**END OF TERM 1 2023**

**MECS FORM FOUR**

 **2023 HOMESCIENCE**

 **441/1 MARKING SCHEME**

 **SECTION A**

**1. Definition of the term control of fullness**  1x1=1 mks

- Arrangement of extra size of fabric.

**2. Ways of meeting the social needs of the sick at home**

- visiting the patient often and talking with them not talking to them

- Not allowing people the sick would not like to see to visit them.

-Avoid isolating the sick unless necessary as it makes them feel unwanted.

-engage the sick in social activities and functions. any 2x1=2mks

**3. Reason for washing woolen garments when immersed in water**

-To avoid stretching hence lose shape. 1x1=mks

**4. Ways in which a neglected dustbin could lead to food contamination**

-if the dustbin is not properly emptied

-breeding place for some pest e.g cockroaches any 2x1=2mks

**5. Difference between needs and wants**

Needs are essential items one cannot do without in life while wants are items required by a person but one can do without them any 2x1=2mks

**6. State two conditions that can make breastfeeding difficult**

-When the mother is too ill to breastfeeding

-When the mother is HIV positive

-Baby’s refusal to breastfeed. any 2x1=2mks

**7. Types of knives used in the kitchen and their functions**

Bread knife-for spreading butter on bread/trimming cakes

Palette knife-For spreading pastry

Butchers knife-cutting bony meat

Paring knife-cutting vegetables and peeling fruits any 2x1 = 2mks

Kitchen knife-all food preparation processes

**8. Characteristic of persuasive advertising**

-Persuades the consumer into believing that the product or service being advertised is better than the other they already know of similar purpose. 1x1=1mks

**9. Reasons for food fortification**

-Improves he nutritive value of food

-Enhances the flavor of the food.

-Prevents nutritional deficiency disorders. any 2x1=2mks

**10.i)Reason for the above observation**

-poor rinsing of clothes 1x1=1mks

**ii) Suitable solutions for the above observation**

-Proper rinsing of clothes in clean water.

-complete drying of clothes after washing and after finishing any 2x1=2mks

**11. Qualities of a good stitch**

- correct tension

- Straight stitching

- fastened at the beginning and the end

-enhance interior decoration any 2x1=2mks

**12. Ways of neatening an open seam**

-loop stitching

-overcasting

-binding/use of a crossway strip

-edge stitching any 2x1 =2mks

**13. State two factors to consider in the choice of a tracing wheel**

-The handle should be smooth not to hurt the user.

-The wheel should be serrated for easy tracing any 2x1=2mks

**14.Body measurements required when making a pair of trousers.**

Waist

Hips

Inner trouser length

Outer trouser length

Crotch depth any 2x1 =2mks

**15. Ways of preventing poisoning at home.**

-Do not store chemicals and dry cleaning agents near food

-Keep medicine and all chemicals out of children’s reach

-Follow the basic instructions on use of medicine any 2x1=2mks

**16. Difference between corns and bunions**

-Corn form where the shoes press against the skin while bunions form on the toes joints especially the big toe due to ill-fitting shoes. any 2x1=2mks

**17. Nutritional disorders associated with lack of calcium in the body**

-Rickets in children

-Osteomalacia in adults any 2x1 =2mks

**18. Ways of preventing tooth decay**

- brushing teeth at least twice per day

-Avoid taking sweet foods

-Occasionally visit a dentist. any 2x1=2mks

**19.Two advantages of budgeting**

-avoids impulse buying

-ensures saving for the future any 2x1 =2mks

**20. Four clothes’ improvised storage facilities**

**-**Carton boxes -clothes baskets -nails on the wall -a string from one wall to another

-a carton with a lid any 4x1/2 = 2mks

**21. Two factors to consider when choosing a zip to fix on a garment**

-same color with the garment

-correct length to ease wearing and removal of the garment

-correct weight in relation to the weight of the garment.

**SECTION B COMPULSORY**

22)**a) laundering a white cotton bed sheet**

**-**collect equipment and materials required 1/2

-Wear protective gloves1/2 to prevent contracting the disease

-Soak 1/2 in cold disinfected 1/2 water to loosen dirt and kill germs1/2

-Wring 1/2 out of the soaking water

-Wash 1/2 in hot soapy water using friction 1/2 method

-rinse 1/2 thoroughly in hot clean water to remove soap and dirt 1/2

-Final rinse in cold 1/2water to freshen the fabric 1/2

-Wring 1/2 out as much water as possible

-Dry 1/2 under direct sunlight1/2

-Iron 1/2while still slighlty damp 1/2using a hot iron1/2

-air to dry completely1/2

Fold and store appropriately1/2’

-clean equipment used, dry and store appropriately1/2 max 16x1/2= 8mks

**b) Cleaning a pair of plastic shoes**

**-**collect equipment and materials required 1/2

-dust if dusty or remove mud if muddy 1/2

-clean1/2 using warm/hot soapy 1/2water and a soft brush 1/2starting from inside to outside 1/2

-Rinse 1/2 thoroughly in clean warm/hot water 1/2

-Final rinse in cold water 1/2

-flick 1/2to remove as much water as possible

-dry1/2 under a shade 1/2slightly inclined1/2

-store appropriately 1/2

- Clean equipment used, dry and store appropriately ½ max 14x1/2= 7mks

**c) Cleaning a porcelain plate**  (5mks)

-collect equipment and materials required 1/2

-Rinse 1/2 off any food remains in cold water.

-Clean 1/2 in hot 1/2 soapy water using a sponge 1/2

-Rinse 1/2thoroughly in clean hot 1/2 water

-drip-dry1/2 on a dish rack1/2 /wipe

-Buff1/2 to shine with a non-fluffy cloth 1/2

-store appropriately1/2

-clean equipment used, dry and store appropriately1/2  (max 10x1/2 =5mks)

**SECTION C**

**23.a) Precautions to observe when managing a burn at home**

- Do not break the blisters as they become very painful and can lead to infections

-Avoid exposing the burn to open air as the nerves endings come into contact with it and become very painful:

- Avoid exposing the burn to a hot environment as it increases the pain.

any 3x2=6mks

**b) Three ways of ventilating a room using windows**

- using horizontal pivoted windows:They open horizontally,half opens towards the outside and the other half towards the inside.

**-** using vertically pivoted windows:They open vertically half of the window opens towards the inside and the other half towards the outside

-Using glinding windows:They open by glinding mainly from side to side

-Using Louvre windows:They open simultaneously letting in fresh air while preventing the raindrops from entering.

-Using fanlight windows:They open towards the outside and let in fresh air.

 **c) Principles of food preservation.**

-Removal of moisture .This inactivates germs and enzymes reducing their ability to cause spoilage.

-Application of heat destroys micro=organisms that lead to food spoilage

-Exclusion of oxygen makes it impossible for micro-organisms to grow and multiply.

-Reducing the temperatures by freezing makes it impossible for micro-organisms to multiply and renders them inactive. It also inactivates the enzymes in food.

-Adding sugar, salt acids and other chemical preservatives destroys the micro-organisms any 4x2 =8mks

**24. a) Reasons for appropriate lighting in a house**

- enables efficiency in performance of tasks as there is clear visibility

-Reduces fatigue when working as no shadows are casted that make an individual strain to see

-Reduces accidents such as cuts and falls that result from poor visibility

-Enhance interior decoration in a home which is achieved by using lighting fixtures that are decorative.

-to avoid eye strain which occurs where different light intensities are used making the eyes strain to see.

 any 4x2=8mks

**b) Ways of improvising cleaning materials at home**

-charcoal crushed into fine particles and stored in a clean covered container

-Sand is sieved and stored in a covered container

-Rough leaves from non-poisonous plants are collected and crushed then stored in a covered container.

-Sisal fibre is used together with soap, ash, charcoal and sand

-Ash is sieved to remove unwanted particles then stored in a clean covered container. any 3x2=6mks

**c) Points to consider when planning a meal for an invalid**

-The meal should be balanced with plenty of protective foods for immunity and bodybuilding foods for repair of worn out body parts

-The food should be attractively presented to stimulate appetite

-The food should be served in small amounts and at regular intervals to stimulate appetite

-As soon as the food is taken the utensils should be removed from the table to discourage houseflies.

-Avoid cooking foods with strong flavorings and smells as they discourage the sick person.

-Provide plenty of fluids in form of fresh fruit juices, soups and milk as they help in digestion.

any3x2 =6mks

**25** **a) Points to observe when laying and cutting out pattern pieces**

-Study the symbols on the pattern to get the correct information on the laying of the pattern pieces.

-Press the pattern pieces before laying to ensure that you get correct sizes of the prices that are cut out.

-Lay the pattern pieces close and correct direction of the grain of fabric so as to save on the fabric.

-When cutting use long cutting shears to have a smooth cut edge.

-Cut the fabric along the indicated cutting line on the pattern leaving notches where indicated

any 3x2=6mks

**b) Advantages of stewing as a method of cooking**

-There is no wastage as everything cooked is served

-It needs little attention therefore other activities can be done at the same time

-Fuel consumption is low as the heat is lowered during simmering

-Stews are easy to digest and therefore suitable for invalids and the elderly

-stews are tasty as the flavor is retained any 3x2=6mks

**c) Activities that take place at the antenatal clinic**

- The blood pressure is checked during every visit

-Sugar and protein levels are checked in the urine to ensure that they are normal

-Weight is checked to monitor the growth of the foetus and ensure that the expectant mother adds between 10-12kgs of her normal weight.

-the blood group is checked to ascertain the Rhesus factor is negative and the level of hemoglobin is established.

- incase the expectant mother is ill she is treated and advised on matters pertaining to her diet and hygiene. any 4x2 =8mks

**END**