**FORM 3 HOMESCIENCE**

**MARKING SCHEME**

1. Ways of preventing the spread of dandruff.

* Clean and disinfect combs and brushes regularly.
* Avoid sharing combs and head gear.
* Use disinfected shampoos and hair oils.

2. Aims of first aid.

* To save life.
* Prevent further injury.
* Prevent pain.
* Promote recovery.
* Prevent too much loss of blood.

3. Disadvantages of bungalow housing design.

* It occupies a lot of space.
* Does not offer adequate security.

4. Reasons why the U- plan kitchen type is said to be the most convinent.

* Steps are not retraced as compared to other places.
* The distance between the work centres is short saving on time and energy.

5. Safety measures to be considered when arranging furniture in the sitting room.

* Leave space for traffic.
* Arrange in an organized way.
* Avoid overcrowding them.

6. Waterborne diseases,

* Cholera.
* Typhoid.
* Dysentery.
* Bilharzia.
* Amoebiasis.
* Hepatitis A.

7.Advantages of using cotton fabric for night wear.

* Strong; withstands frequent washing.
* Absorbent.
* Warm.
* Good conductor of heat.

8. Disadvantages of a concealed drainage system.

* Expensive to install.
* Most suitable where there is piped water.
* Expensive to repair.

9. Qualities of a good iron box.

* Sole should be smooth for easy ironing.
* Have a sharp pointed toe.
* Reasonably heavy.
* Should be durable.
* Rust free.

10. Principles of stain removal.

* If the stain is acidic, an alkaline will remove it.
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* Alcohol will remove alcohol based stains.
* Grease stains are removed by detergents.
* Water based stains are removed using water.

11. Possible causes of anaemia.

* Excessive bleeding.
* Lack of Vitamin C.
* Malfunction of the body.
* Infestation by parasites.

12. Other names for the following nutrients.

a) Vitamin E- Tocopherols.

b) Vitamin A- Retinol.

c) Vitamin K- Phylloquinone.

d) Vitamin D- Cholecalaferol.

13. Reason for folding in flour in a creamed cake mixture.

* To incorporate more air.
* Prevent the already incorporated air from escaping.

14. Benefits of manipulative play.

* Enables child to exercise their limbs.
* Enables child to enjoy play.
* Teaches on size, colour, volume and shape.
* Improves co-ordination.

15.Importance of weaning the baby gradually.

* Gives time for the baby to get used to the new food.
* Allows time to observe the reaction.

16. Reasons that may cause a baby to refuse to breast feed.

* A sign that the baby is ill.
* Nipple confusion.
* Being feed by a baby bottle.
* Problems of feeding patterns/technique.

17. Vaccines that a child should be given by the age of 9 months.

* BCG.
* OPV.
* DPT.
* Hepatitis B, Haemophillus Influenza Type B.
* Pheumococcal vaccine.
* Measles.
* Yellow fever.
* Vitamin A.

18. Apart from pregnancy, other reasons for missing periods.

* Menopause.
* Some medication.
* Change of environment.
* Health problems.
* Stress and fatigue.

19. Reasons why it is important to use foods in season when planning meals.

* They are easily available.
* Cheap to buy.
* Fresh to provide nutrients and good flavour.

20. Reasons why family meals should be planned.

* To ensure meals are within the family budget.
* Ensure that food is adequate for all.
* Provide variety.
* Make use of available food stuffs.
* Have well balanced meals.
* Meet the nutritional needs of special groups in the family.

21 a) Laundering a woolen sweater.

* Collect all the cleaning equipments and materials.
* Take measurements and record /outline on a paper on a flat surface.
* Do not soak to avoid damaging the fibres.
* Wash in warm soapy water using the knead and squeezing method.
* Wash quickly below the water.
* Rinse thoroughly in warm water to remove traces of soap and dirt.
* Squeeze out excess water then roll it on a clean towel to remove excess water.
* Take measurements while flat/ place on the outline taken and adjust where necessary.
* Dry flat on a clean surface under the shade.
* Press indirectly using a warm iron.
* Air to ensure complete dryness.
* Fold and store.
* Use naphthalene balls in storage.

 b) Cleaning a cemented floor.

* Collect all the equipment and materials required.
* Sweep the floor to remove loose dirt.
* Using warm soapy water and a hard brush, scrub starting from the furthest end of the room.
* Scrub small areas at a time in circular motion ensuring all parts are cleaned.
* Rinse by wiping with a clean cloth rinsed in warm water.
* Overlap the sections to ensure the room is all cleaned.
* Dry using a non-fluffy cloth.
* Clean and store all the equipments and materials used.

22 a) Factors that determine the dietary needs of individual family members.

* State of health: Needs of those who are ill will differ from those with good health.
* Age: All growing babies, children e.t.c need a higher proportion of protein protective and energy giving foods.
* Occupation: The type of work one is engaged in will determine the nutritional requirements.
* Body size: Larger bodies require more energy.
* Gender: Men require more energy than women.

 b) Reasons for food fortification.

* Improve the appearance.
* To treat nutritional disorders.
* Improve flavour.
* Improve texture.

 c) Points to consider when choosing a pair of cutting out shears.

* Rust free to avoid staining the work.
* Sharp for efficiency.
* Firmly hinged.
* Long enough at least 15cm.
* One blade should be narrower to slip under the fabric.
* Handle should have a smaller round hole for the thumb and a large one for efficiency.

23 a) Factors to consider when weening a baby.

* Consider the likes and dislikes of the baby and prepare the foods that the babylikes.
* Give the right consistency depending on the age of the child. Start with liquids semi-liquids and then to solids.
* The weaning food should be well balanced with all the nutrients in their right proportion.
* Use the right cooking methods which will produce foods which are easy to digest e.g. boiling, steaming, stewing and baking.

 b) Forms of an advertisement.

* **Print media advertising.**

This is a form of advertising that uses printed publications/materials such as newspapers, magazines, pamphlets, billboards and posters.

* **Electronic media advertising.**

This is a form of advertising that is created, distributed and accessed using electronics such as radio, television, films and video.

* **Person to person/word of mouth.**

This is a form of advertising where consumers are informed about the existence of a product or service and they are also shown how to use and care for the product. It involves demonstrations and exhibitions.

* **Celebrity advertising.**

This is using a famous person’s image to sell products or services by focusing on the person’s money, popularity or fame to promote the products or services.

 c) Properties which make acetate fabric suitable for making garments.

* Absorbent; therefore able to absorb sweat leaving one comfortable.
* Strong; therefore lasts longer.
* Has luster therefore attractive in appearance.
* Good conductor of heat therefore keeps the body cool during hot weather conditions.
* Light in weight therefore comfortable to wear.
* Warm therefore suitable for cold weather.

24 a) Precautions to take when bathing a baby.

* Closing windows to avoid draught and keep the baby warm.
* To test the water with the back of the elbow to prevent burning the child.
* To collect all the equipment for washing the baby I order to clean the child well and to avoid making the child cold.
* To wash the eyes first one by one using a different cotton wool to avoid infection.
* To clean all the areas that are folded to prevent accumulation of dirt that may irritate the skin.
* Always fill half the basin to avoid drowning the baby.
* Hold the baby at the back when washing the body to prevent it from falling into the water.
* Use a soft flannel to clean the body to prevent injuring the skin of the baby.

 b) Factors to consider when caring for white nylon shirt.

* Avoid exposure to direct sunlight as it will yellow.
* Avoid rubbing as it piles.
* Avoid high temperature as it destroys the fibre/melts/burns/scorch.
* Do not bleach as I will turn yellow.
* Wash separately from coloured garments to avoid discolourtion.

 c) Causes of food spoilage.

* Contamination of harmful micro-organisms like yeast.
* Oxidation of food e.g. peeled green bananaswhich are exposed to air turns black.
* Exposure of food to agro-chemicals.
* Enzyme action which causes decay in meat and fruits.
* Natural food poisons present in plants.