**HOME SCIENCE FORM 3**

**Time: 2 ½**

**MARKING SCHEME**

1. Identify four nutrients where intake should be increased during pregnancy and state why (4mks)

Phosphorus 1 calcium – formation and development of the foetus bones and teeths.

Iron – Prevent mother and foetus from getting anaemia.

 Provide the baby for the first six months.

Protein – Build tissues of foetus and repair maternal tissues

Vitamin D – Works with calcium to build strong bones and teeth

Vitamins C – Helps the mother to resist infection.

1. Give two reasons for dipping boiled eggs in cold water. (2mks)
* To avoid black ring forming between the yolk and egg white
* Make it easy to remove the shell.
1. Give two reasons why brown bread is preferable to white bread. (2mks)

Made of whole meal/ nutritious has higher fibre content/ assist in digestion.

1. Why is steaming food highly recommended for cooking for an invalid. (2mks)
* Easy to digest.
* Nutrients are retained as food in not cooked in water.
* Foods retain natural flavours.
* Saves time and energy as other foods can be cooked on the steamers
1. Outline three precautions to take when bathing a baby. (3mks)
* Hold baby securely.
* Do not expose baby to cold.
* Use warm water.
* Use gentle soaps
* Dry baby thoroughly.
* Dress the baby quickly to avoid exposing it to cold.
* Do not leave the baby in water.
* wash eye, ear, and nose separately to avoid infection.
* Close window when bathing the baby.
1. State two reasons for giving extra iron to an expectant woman. (2mks)
* Enable the foetus to store enough for the first six months.
* Cater for heavy loss of blood during delivery.
1. Give three importances of immunization. (3mks)
* Saves lines by protecting the child from fatal diseases.
* Prevent emotional, physical and mental agony and mostly disability.
* Saves money which would be spent on medical bills.
* eradicate diseases.
1. Define the term immunisation. (1mk)

Introduction of materials of dead bacterial or inactivated viruses or attenuated bacteria into the body to produce antibodies which fight diseases.

1. Name two causes of cracked or sore nipples during breast feeding. (2mks)
* Over sacking/ strong sucking/ long sucking.
* Sucking from wrong position.
* Baby not suckling causing dryness.
* Baby put of abruptly after biting.
1. List four importance of breastfeeding. (4mks)
* Colostrum has antibodies
* Contains all nutrients the baby needs.
* Clean and free of infections.
* Uterus return to normal size
* Cheap methods of feeding.
* Bonds the mother and the baby.
* Less risks of contamination.
1. Give reasons why weaning should be done gradually. (1mk)
* Allow the baby’s digestive system time to adjust to the new food.
1. State four factors to consider when weaning a baby. (4mks)
2. a. What time should weaning begin. (1mk)

4-6 months

b. why.(4)

* Baby begins to outgrow the milk from the mother’s breast.
* Malnutrition may creeps if not done.
* Baby is born enough iron to last it for only 6 months
1. What is a habit? (4mk)
* .It is a repeated action during the life of an individual that becomes a habits
1. Name four habits that the child must be train on. (2mks)
* Bond movement.
* Wear clean clothes.
* Sleep enough.
* Eat mouth closed.
* Stand/ sit upright.
* Be responsible.
1. Identify four desirable qualities of a baking power. (2mks)
* Correct amount of gluten
* Finely ground.
* No foreign bodies
* Without colour.
* Without Lumps.
* Fresh with no Adour of staleness/not expired.
1. Name two methods of cake making. (2mks)
* Price
* Income
* Limited time
* Substitute good
* Complimentary goods
* State of family
* Rural – urban set up
* Education
* Social status
1. What is batter? (1mk)

Mixture of flour, milk/water and sugar/salt

**SECTION B (COMPULSORY QUESTION)**

1. a. Explain briefly fire factors that influence consumer buying. (10mks)
* Price
* Income
* Limited Time
* Substitute good
* Complimentary goods
* State of Family
* Rural – Urban set up
* Education
* Social Status

b. You have prepared a food budget state six ways of reducing food expenditure in your home. (6mks)

* Use cheap substitutes
* Use food in seasons
* Avoid waste in the Kitchen.
* Store food properly
* Keeping kitchen garden
* Avoid processed foods.
* Buy foods in bulk.
* Take advantages of special offers.
* Plan meals ahead of time.

c. Identify four factors that may interfere with a family budget. (4mks)

* Lack of money
* Fluctuating income.
* Unavailability of goods and service, scarcity impulse buying.
* Impulse buying
* Emerges such as sickness
* Responsibilities of bread winner

**SECTION C**

**ANSWER ANY TWO QUESTIONS**

1. a Explain how to launder a woollen jumper. (10mks)
* End if necessary
* Do not soak as woollen absorbs a lot of water
* Wash in warm mild detergent water using kneading and squeezing method quickly and avoid lifting.
* Rinse in warm to remove traces of soap and dirt.
* Final rinse in warm water into which fabric conditioners has been added.
* Squeeze as much water as possible then roll the article into a deem towel to further remove moisture.
* Dry float under shade
* Press indirectly using a warm iron
* Air it dry completely before storage.
* Fold and store appropriately.

b. Draw 10(ten) care label symbols and give their meaning. (10mks)

**WASHING SYMBOLS**

 8 Cool

 Very hot

 95 Maximum agitation 30 Minimum Agitator

 4 hand hot

 50 Medium agitation

**IRON SYMBOLS**

 Cool iron about 120 eg Polyester Warm iron about 160

* e.g rayon

Hot iron about 210 eg cotton do not iron

**DYING SYMBOLS**

 Drip – Dry Hang on line

 Dry Flat Tumble dry

**TREATMENT SYMBOLS**

 Do not bleach

 Bleach

**CL**

 **Use chloriment bleach**

**CLEANING SOLVENTS**

 Dry clean (APF) Dry cleaning solven/ agent

 Do not dry clean

 May be hand- washed Do not hand wash

1. a. List 6 point to consider when making a seam. (6mks)
* Allow sufficient tumings when cutting out according to the type of fabrics
* Consider F.L carefully when joining to ensure a proper filling garments.
* Pin accurately before tacking.
* Seam should be of even width, flat, turned towards side or centre back.
* Use suitable needle and tesian to produce straight and firm seams.
* Press seam to make flat and neat.
* Make seam inconspicuous unless the seam is decorative.

b. Name five methods of neating raw edges. (5mks)

* Loop stitching
* Edge stitching
* Overcasting
* Binding
* Over lock

c. With aid of well labelled diagrams, explain how to make French seams. (9mks)

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22. a. What is kwashiorkor? (1mk)

* Protein deficiency disease.

b. List five signs and symptoms of kwashiorkor. (5mks)

* Swelling of stomach face hand and feet condition known as oendema
* Hair is scanty, thin, Brownish and looks straight (silky).
* Child looks dull and inactive.
* Skin peels off in patches leaving wounds and brain development is affected.
* The skin changes to a pale or reddish colour.
* Growth retarded.
* Child may be anaemic.

c. Name two ways to prevent occurrence of kwashiorkor. (5mks)

* Breastfeed as long as possible
* Wean on protein rich foods eg. Milk, eggs. Fish, legume and tender meat.

d. List five ways on management of kwashiorkor. (5mks)

* Balanced diet rich in proteins.
* Easy to digest foods such as skimmed milk, boiled and steamed protein rich foods.
* Give food in small amount at regular intervals.
* Give foods rich in magnesium, potassium and iron.
* Give plenty of fluids from fresh fruits.
* Give carbohydrates for energy.

e. Discuss how to conserve food nutrients during preparations, cooking and storage.

1. Preparation
* Food containing water – soluble vitamins should be prepared just before cooking to prevent destroying vitamin C.
* Food should be thinly peeled during preparation to prevent loss of nutrients.
1. Cooking
* Avoid over cooking proteins it makes them hard and difficult to digest.
* Avoid over cooking carbohydrates as it hardens them.
* Avoid overcooking vitamins as some are instable to heat and gets destroyed.
* Cook just before serving to avoid reheating
* Cook vitamin for the shortest time.
* Fat soluble vitamins should not be cooked in too many fats as they lose the vitamins.
* Sodium bicarbonate should not be added in vegetables as it destroys vitamin C.
* Foods containing mineral salts should not be cooked in too much water as minerals tend to dissolve in the water.
1. Storage
* Vitamin C is destroyed by air therefore should not be stored for a of period at time.
* Fruits and vegetables containing vitamin C should be stored in a cool place, away from direct sunlight.

**END**