**HOME SCIENCE FORM 3**

**END OF TERM 3 2022**

**Time: 2 ½**

**NAME………………………………………… PREVIOUS MARK…………**

**CLASS. ………… TARGET MARK ……………. ADM NO. …………………...**

**SECTION A**

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

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1. Give two reasons for dipping boiled eggs in cold water. (2mks)

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1. Give two reasons why brown bread is preferable to white bread. (2mks)

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1. Why is steaming food highly recommended for cooking for an invalid? (2mks)

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1. Outline three precautions to take when bathing a baby. (3mks)

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1. State two reasons for giving extra iron to an expectant woman. (2mks)

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1. Give three importances of immunization. (3mks)

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1. Define the term immunisation. (1mk)

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1. Name two causes of cracked or sore nipples during breast feeding. (2mks)

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1. List four importances of breastfeeding. (4mks)

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1. Give reasons why weaning should be done gradually. (1mk)

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1. State four factors to consider when weaning a baby. (4mks)

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1. a. What time should weaning begin? (1mk)

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b. why. (2mks)

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1. What is a habit? (1mk)

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1. Name four habits that the child must be train on. (2mks)

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1. Identify four desirable qualities of a baking power. (2mks)

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1. Name two methods of cake making. (2mks)

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1. What is batter? (1mk)

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**SECTION B (COMPULSORY QUESTION)**

1. a. Explain briefly five factors that influence consumer buying. (10mks)

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 b. You have prepared a food budget state six ways of reducing food expenditure in

your home. (6mks)

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

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**SECTION C**

**ANSWER ANY TWO QUESTIONS**

1. a Explain how to launder a woollen jumper. (10mks)

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

1. a. List 6 point to consider when making a seam. (6mks)

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

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

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

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

c. name two ways to prevent occurrence of kwashiorkor. (2mks)

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

e. Discuss how to conserve food nutrients during preparations, cooking and storage. (7mks)

1. Preparation
2. Cooking
3. storage

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