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FORM 4 ENTRANCE EXAMS 2023

**SECTION A (40 MARKS)**

1. The type of food to be cooked.

The health condition of the consumer of the meal i.e. infants, healthy person, convalescents.

The available time

The available fuel

The available cooking equipment

1. Under-nourishment

Over-nourishment

1. Glucose

Fructose

1. Color

Texture

Flavors

1. Dough

Batter

1. Candle wax

Borax

1. Grass

Ball point ink

1. Dry cleaning- solvent i.e. petrol

Washing- water

1. Functional (useful) or decorative

White or colored metals

Soft and hard metals

1. Do not scratch pans or bowl.

They do not react with many food.

The handle does not get hot when stirring foods

1. Liquid

Powder

Paste

1. Ironing- is the moving of a hot/warm iron to and fro on an article until all creases are removed and the article is dry. Pressing is placing a warm/hot iron on a garment, lifting and placing it on the next portion until the whole article is pressed.
2. The patch should be flat.

The patch should match in grain with the garment

The fabric for patching should match that of the garment in color, weight, age and fiber content.

When complete, the patch must be inconspicuous unless a decorative effect desired.

The patch must be strongly fixed.

The shape of the patch should correspond to that of the hole or worn out area

1. Measles

Yellow fever

1. Ante-natal care- this is the care accorded to an expectant mother from the time of conception to the time of delivery.
2. Boosting immunity

Reducing mortality rate

Reducing and preventing deformities caused by certain diseases such as polio.

Promoting a healthy nation through eradication of diseases.

1. Providing plenty of room or space

Allowing for independence by encouraging child to do things

Encouraging responsibility, it’s good for the child to have possessions.

Using play things or toys gives a child an opportunity to practice different manipulative and creative skills.

The child should be dressed in clothing which does not restrict playing

Parents and older children should take each day to play with small children.

1. Sprain- steeping on uneven ground.

Bruise- hit by a blunt object

1. Occupy a lot of space since all rooms are of the same floor

They do not offer adequate security.

1. Assist mother’s uterus to return to its normal size and position

Enables the child and mother to bond.

Does not need any preparation. This saves the mother’s time and energy needed for sterilizing feeding equipment.

Prevents post-partum bleeding

Reduces chances of getting breast cancer

Prevent urinary tract infections

1. If weaning is introduced too early before 3 months, the baby’s digestive system is not able to process the new food leading to stomach upset.

Unhygienic handling of food and feeding equipment leads to diseases such as diarrhea

Food not properly cooked

Food handlers should be safe /protective from contaminants.

1. Fixed expenses are those that are somehow committed and unchangeable like car loan, mortgage. Flexible expenses are those that are varied sometimes also include day to day requirements such as food and transport.
2. One cannot buy an item unless they can fully pay for the item

For large items such as car, it is not safe to carry large amounts of money

It is difficult or takes too long to buy some items such as a house

1. Electronic

Print media

Person to person

1. To inform one on the importance of planning for family finances and need to budget and spent family resources wisely.

Interpret and use advertisement wisely

Inform people on their rights as consumers so as not to be exploited.

Help people to understand the role as consumers and their importance to manufacturers and service providers.

1. Hire purchase

Credit cards

Simple non- installment credit

1. Time

Any limitation in time will affect the shopping, since there may be inadequate time to compare prices and get the best value for one’s money

1. Housing the family

Production of various textile fibers

1. Brush teeth twice a day

Floss your teeth once in a while

Rinse mouth well after brushing

Pay regular visit to a dentist.

Exercise your jaw and strengthen your teeth i.e. chew raw carrot

Eat a diet that contains enough supply of calcium, phosphorus and fluorite ad vitamin A, C, D

Avoid excessive sugary foods

1. To prevent bad smell /odour

To be socially acceptable /fit in

1. Borrow cosmetics from friends and siblings

Apply freshly make up on a dirty face to old make up

Apply too much make up it gives a bad look

Bleach your skin with make up

1. Use the correct size of needle and thread for the fabric being sown

The color of thread should match that of the fabric unless a different color is desired for decorative purposes.

Choose the correct stitch for the verified purpose. Fasten on and off stitches neatly and firmly.

Use at thimble when pushing the needle into the fabric to protect the middle finger.

1. Use the correct needle size which is sharp and not bent

Do not pull the work when machining

1. Box

Inverted

Knife

1. Enhance creativity

Exact size no alteration

Saves on money which could have been used to buy commercial patterns.

1. Stitching line

Construction line

Fitting line

Pattern line

1. The person whose measurements are being taken should wear a simple outfit to facilitate accurate measurements

To obtain the natural waistline, tie a tape measure around the waist

The measurements being taken of a person should stand upright but relaxed.

When taking round body measurement always put two fingers between the tape measure and the body

1. Over-casting

Edge stitching

Loop stitching

Bonding

Machine zigzag

1. Conspicuous

Inconspicuous

1. Should be fine

Sharp

Stainless steel

Eye should be smooth

Easy to thread

Assorted.

**SECTION B**

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1. CHARCOAL

* Collect equipment and materials to save on time and energy.
* Crush,charcoal,with a mortar and pestle
* Sieve
* Store in
* Container with a lid
* Clear up

ASH/SAND

* Collect equipment and materials to save on time and energy
* Pick out large impurities
* Sieve
* Store in
* Container with lid
* Clear up
* Collect equipment and materials to save on time and energy
* Soak ,cooled sufuria in cold water loosen ugali and buckle
* Scrape off dirt use a blunt object not to scratch sufuria
* Discard dirt rinse sufuria to remove particles of ugali
* Scrub following the grains for smooth finish the inside and outside to dislodge dirt in hot water
* Rinse severally in clean hot water to remove soap and dirt
* Final rinse in clean hot water for quick evaporation ,sparkle
* Flick to remove excess water
* Dry completely using a dry non fluffy cloth
* Buff with clean dry lintless kitchen cloth to shine
* Clean and store equipment and materials for future use.



* Collect equipments and materials to save on time and energy
* Flick to remove loose dirt
* Soak in cold water containing a detergent to loosen dirt, emulsify grease.
* Wring the towel from the soaking water
* Wash in hot soapy water using friction method to dislodge dirt
* Rinse severally in clean hot water to remove all dirt and soap
* Boil by putting in boiling water to kill germs /whiten between 10-15 minutes turning it frequently
* Finally rinse in cold water to freshen
* Dry towel in direct sunlight secured with pegs to dry completely and not ts fall
* Press the towel in hot iron along the rap to remove creases
* Air to remove odours,dry completely
* Fold and store appropriately in kitchen shelf for later use
* Clean and store equipment



* Collect equipments and materials to save on time and energy
* Remove items from top for easy cleaning
* Dust the top ,legs and underneath with a dry kitchen clothe to remove all loose dirt
* Scrub using a scrubbing brush, with warm soapy water to remove maximum dirt, scrub in the direction of the grain to prevent roughening the surface.
* Overlap to ensure thoroughness
* Use a clean cloth wrung out of clean warm water to thoroughly rinse out all soap and dirt .
* Finally rinse off the top with a clean cloth wrung out of clean cold water to preserve the wood and freshen it too
* Dry completely with a clean dry absorbent non fluffy cloth to minimize absorption of moisture into the wood which may soften it.
* Clean and store equipment and material for future use.

**SECTION C**

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* Each type of food should be packed separately.
* Pack soups and hot drinks in flasks.
* Wrap sandwiches in aluminum foil, grease proof paper, cling film, sandwich boxes.
* Pack hot cooked food in flasks or small plastic containers.
* Pack fruit juices in plastic bottles
* Salads could be packed in polythene bags or plastic containers.
* Put all packed food in a large container such as a bag or plastic basket
* Include service or eating equipments such as spoons, forks.



* Use kneading and squeezing method of washing
* Use moderate and low temperatures during laundering processes.
* Drying in the shade
* Wash quickly
* Use mild detergents
* Use salt in final rinse to fix colour.



* Backache and mild uterine contractions
* Stopping of menstrual period
* Nausea/morning sickness
* Frequent desire to pass urine
* Strong like or dislike to certain foods
* Enlarged breasts
* Tenderness of the nipples
* Bulging of the abdomen
* Dark line on the abdomen running from the navel downwards
* Movement of foetus which is felt at about the 5th month
* Changes in skin complexion
* Hurt burn/constipation



* Informs the consumer on the availability of certain goods or services and how to access them.
* It’s a quick and effective way of passing information about a new product.
* Advertising gives information on the varieties available for a specific product.
* Good advertising gives additional information.



* Size of the tear
* Weight of the fabric
* Method of fabric construction
* Cleansing method
* Effect desired
* Position of the tear
* Type of garment or article

43.



* Care should be taken not to overcook them as some are unstable to heat.
* Cooked for the shortest time possible
* Should be cooked in as little water as possible
* Sodium bicarbonate destroys vitamin c should not be used in softening vegetables.
* Cut the vegetables in medium sizes



* Buy them for the right purpose
* Bristles should be soft or hard and pliable depending on the purpose you intend the brush for.
* The bristles should be closely and firmly fixed onto the head.
* Handle should be smooth and of comfortable length.
* Should be light in weight
* Smooth and curved at the edges to avoid damaging furniture
* The wooden part should be appropriately finished for easy cleaning.
* Materials should be durable for the brush to last long.



* Physical play-exercises the muscles i.e. running,jumping,climbing
* Manipulative play –enables the child to use the limbs playing with sand, water, seeds, gives enjoyment and teaches things such as volume, colors and shapes of objects.
* Creative play-helps a child express themselves through painting, coloring, modeling and paper cutting helps coordination of hands and eyes and develops smaller muscles of the body.
* Imaginative play-helps children to act out their feelings and fantasies in play they pretend to be father, mother, teacher.



* Family financial goals(present and future)
* Available cash income
* List all the expenses fixed and flexible
* Estimate the amount of money to be spent on the listed items
* Some money should be set aside for emergencies



* The effect desired
* Type of fabric
* Type of garment
* Part of the garment
* The style of a garment
* Amount of fabric to be disposed

44.



* It’s an economical method as cheap cuts of meat can be used.
* It needs little attention during the cooking period.
* It can done on top of stove or in an oven.
* It is a good method for cooking tough cuts of meat.
* Nutrients and flavors are not lost.
* Easily digested and suitable for invalids and convalescents



Dry in the sun Don’t dry in the sun

Drip dry

Dry flat

Tumble dry

Don’t tumble dry

Hang on the line to dry



* Don’t attempt to use a finger to remove the object because the object may move further inside.
* If an insect is in the ear, hold the head in such a way that the ear is turned towards the ground so that the insect may crawl out.
* Gently flush it out with warm water or vegetable oil
* If water or oil fails to remove the object seek medical assistance within 24hrs.



* Set goals or priorities
* Prepare a budget
* Consider the suitability of the item
* Durable
* Versatile
* Attractive in color and design
* Price
* Shopping list
* Should learn to interpret and use advertisements wisely.
* Where possible buy in cash to attract discounts
* Develop the art of bargaining to attract discount.
* Window shopping



* Allow sufficient turnings when cutting out according to the type of fabric being used.
* Consider fitting line carefully when joining to ensure a proper fitting garment/ article.
* Pin accurately before tacking.
* Seams should be of even width, they should also be flat, turned towards the side or center back and suitably finished.
* Use suitable thread, needle and correct tension to produce straight and firm seams.
* Press seams to make them flat and neat, when pressing be careful to avoid marks on the rest of the garment.
* Make the seam inconspicuous unless the seam is to form part of the decoration or style feature on a garment.