***Kassu-jet home science marking scheme***

***Pp1 September 2021***

1. State two uses of forks in the kitchen (1mark)

* *Hold food firmly when cutting or slicing*
* *Used to hold meat firmly when carving*
* *To lift cooked meat*
* *Turn chunks of roast meat*

1. Mention two disadvantages of steaming food (1mark)

* *Requires much attention during cooking*
* *It’s dangerous as the steamer can cause scalds if carelessly handled.*
* *Not a suitable method for cooking tough foods.*

1. State two reasons for cooking food (1mk)

* *To improve the appearance of food or to make the food attractive.*
* *To improve flavor or taste of the food.*
* *To make food tender or easy to chew.*
* *To kill germs and parasite present.*
* *To keep the food longer by destroying enzymes that cause food spoilage.*
* *To make food palatable.*

1. State two conditions essential in making steam effective as a raising agent (1mark)

* *High proportion of liquid in the mixture.*
* *High temperature*

1. Outline two uses of fat in bread making (1mark)

* *Improves their keeping qualities.*
* *Flavor*
* *Adds nutritive value to the product.*
* *Shortens the gluten strands.*
* *Improves the appearance ,color.*

1. Define the term environmental hygiene (1mark)

* *Refers to keeping and maintaining high standards of cleanliness around our environment through proper sanitation, refuse disposal, avoidance or pollutants and proper drainage.*

1. State two ways one can care for open drains (1mark)

* *Cleaned regularly.*
* *Kept clear of rubbish so that water can flow freely.*
* *Disinfect regularly where possible.*

1. Mention two points on prevention and control of round worms (1mark)

* *Thorough washing of fruits and vegetables before use.*
* *Proper disposal of human faeces.*
* *Proper hygiene practices such as washing hands.*
* *Deworming.*

1. Identify two ways of meeting the social needs of patient recuperating at home (1mark)

* *The patient should be visited often and talked with and not talked to.*
* *The presence of loved ones and close friends make the sick happy.*
* *Avoid isolating the sick if it’s not necessary.*
* *If there are people the sick would hate to see they should be kept away from them.*

1. List two ways of achieving good grooming (1mark)

* *Takes good care of his/her body.*
* *Dresses well through proper choice, maintenance care and cleaning of clothes.*
* *Keeps physically fit e.g. proper diet, exercise and adequate sleep.*
* *Practices proper etiquette i.e. good table manners, good posture.*
* *Having interpersonal skills.*

1. Mention two vegetable fibers used to make brooms and brushes (1mark)

* *Bass*
* *Bassive*
* *Sisal*
* *Coconut palm*

1. State two advantages of bungalows(1mark)

* *Convenient with families with small children and physically challenged since rooms are in the same floor.*
* *Cheaper to build and extend.*
* *They offer more privacy to the family.*

1. Differentiate between polished wood and a laminated wood (1mark)

* *Polished wood is a wood whose surface is protected by a thin coating or a film of furniture polish while laminated wood is covered with laminated plastic such as formica.*

1. Define the term consumer Education (1mark)

* *This is information that makes people aware of the goods and services available and their rights as consumers to avoid being exploited.*

1. Identify two principles of wise buying (1mark)

* *Set goals and priorities*
* *Prepare a budget*
* *Durable*
* *Versatile*
* *Shopping list*
* *Price attached to the item to match quality.*
* *Interpret and use advertisements wisely.*
* *Attractive in color and design.*
* *Suitability of the item.*

1. State two factors that affect a budget (1mark)

* *Loss of income*
* *Increase in income*
* *Change in personal or family goals*
* *Lack of commitment in following a budget*
* *Inflation*

1. State two advantages of breast milk(1mark)

* *Always at right temperature*
* *Contains all nutrients needed by the baby in the right proportion*
* *Clean and free from contamination*
* *Does not need any preparation*
* *Available all time doesn’t need to be purchased*
* *Enables mother and child to bond*
* *Also assists mother’s uterus to return to its normal size and position*

1. A disease portrays the following features,
2. Its highly contagious
3. Its viral
4. It affects the liver causing liver cirrhosis
5. The vaccine of the diseases is given in three doses

Which disease is this? *Hepatitis B*

1. Mention the main importance of postnatal care(1mark)

* *it safeguards the general health of the baby and the mother*

1. State two points on achieving safe parenthood (1mark)

* *Meeting nutritional needs of the mother*
* *Social preparation of the expectant mother*
* *Psychological preparation of the expectant mother*
* *Voluntary counseling and testing of HIV of the parents*
* *Correct age of the parents*

1. Mention two points to observe when using disinfectants during laundry. (1mark)

* *Manufacturer’s instructions should be followed*
* *Wear protective clothing to avoid infection*
* *Required amount of disinfectant can be added to water during soaking or rinsing*
* *Kept away from children*
* *Completely rinsed out of clothes before drying*

1. Give two grease absorbents used in laundry (1mark)

* *French chalk*
* *Talcum powder*
* *Salt*
* *Blotting paper*

1. List two types of vacuum cleaners(1mark)

* *Upright suction*
* *Cylindrical suction*
* *Round suction*

1. List two uses of candles as a source of lighting (1mark)

* *lighting*
* *for decorative and serene atmosphere i.e dinner*
* *birthdays*
* *funerals.*

1. Mention two advantages of biogas fuel (1mark)

* *Its clear to use*
* *Its cheap to produce and sustain*
* *Quick to light and use*
* *Easy to produce in rural areas*
* *It’s a renewable source of energy, doesn’t pollute environment*

1. List down two methods windows can be used for ventilation (1mark)

* *Louvre*
* *Fanlight*
* *Vertically pivoted*
* *Horizontally pivoted*
* *Gliding windows*

1. Mention two commonly used bleaches in laundry (1mark)

* *Sodium peroxide*
* *Sodium hypochlorite*

1. Identify two forms of starch prepared at home(1mark)

* *Boiling water starch*
* *Cold water starch*

1. State two ways of improvising storage facilities (1mark)

* *A bar of wood fixed to the wall with nails, clothes can be hanged using hangers.*
* *Carton boxes*
* *Clothes can be fold and stored in a laundry basket*
* *A line fixed across two walls and fastened with nails.*

1. Mention two dangers of poor ventilation (1mark)

* *Suffocation and fainting*
* *Drowsiness*
* *Discomfort*
* *Easy transmission of communicable diseases.*

1. Differentiate between a tear and a wear (1mark)

* *A wear refers to thinning or weakening of a section of a garment or household article whereas tear is a hole found on any part of a garment or a household article.*

1. Define the term pressing (1mark)

* *Its passing of a warm iron on a garment, lifting and placing it on the next portion until the whole article is pressed.*

1. Mention two methods of neatening seams(1mark)

* *Overcasting*
* *Edge stitching*
* *Loop stitching*
* *Binding*
* *Machine zigzag /overlock*
* *Pinking*

1. Fasteners are mainly functional on garments. Give two examples (1mark)

* *Buttons*
* *Zips*
* *Hook and eyes*
* *Press-studs*
* *Velcro tapes*
* *Loops with chords*
* *ties*

1. State two properties of silk that makes it suitable for making furnishings(1mark)

* *its absorbent*
* *its strong*
* *its lustrous*
* *its elastic*
* *drapes well*
* *warm*

1. List two balance marks in pattern markings (1mark)

* *Notches*
* *Dots*

1. Factors that determine the choice of an apron style (1mark)

* *Kind of work the apron will be used for.*
* *Gender of the person to use the apron*
* *Personal preference of the use*

1. State two qualities of a well-made seam (1mark)

* *Strongly stitched to last longer.*
* *Accurately stitched to maintain a good line*
* *Neatly stitched to enhance appearance.*
* *Well pressed and flat*
* *Matched where they cross or meet each other.*
* *Be of appropriate width and equal in all parts of he garment*

1. Mention two layers that makes the pleat (1mark)

* *Surface/top*
* *Under fold/fold back*
* *Base /resting place*

1. List down two functions of pockets on garments(1mark)

* *Emphasize fashion features.*
* *They are functional used to place an item.*
* *Decorative.*

**SECTION B (20 MARKS)**

1. You are at home over the weekend and asked to assist in thorough cleaning of the following items;
2. Procedure of laundering a polyester dress with a gum stain (8marks)
3. Cleaning a kitchen counter made of plain wood (7marks)
4. Cleaning a baby’s feeding bottle (5marks)

Procedure of laundering a polyester dress with a gum stain

* ***Collect*** *all equipments and materials needed to* ***save on time*** *and* ***energy.***
* ***Shake*** *to remove* ***loose dirt****.*
* *Remove the* ***gum stain*** *with* ***ice cubes****,to harden the gum,then* ***scrap off*** *the gum using a* ***blunt******object.***
* *Uses a piece of cloth soaked with paraffin or turpentine and use it to remove the remaining gum.*
* *Wash in warm detergent by kneading and squeezing method to remove dirt.*
* *Rinse in warm water severally to remove soap and dirt then final rinse with cold water to refreshen the fabric.*
* *Final rinse with fabric conditioner to get rid of static electricity.*
* *Drip dry in the shade on line secured with pegs to remove moisture.*
* *Iron using a warm iron to remove creases.*
* *Air to dry completely.*
* *Fold and store appropriately.*
* *Clean equipment and store appropriately.*

Cleaning a baby’s feeding bottle

*Boiling*

* *Collect all equipments and materials to save on time and energy.*
* *Rinse out any food remains.*
* *Wash in warm soapy water using a sponge /bottle brush to remove dirt.*
* *Rinse severally in warm clean water to remove soap and dirt.*
* *Boil water for 10-20 minutes in a sauce pan then immerse the cleaned bottle for 1 minute to sterilize.*
* *place in a clean covered container.*
* *Clean and store the equipments appropriately.*

*Sterilizing solution*

* *Measure the amount required as per the instruction into a covered container.*
* *Immerse the bottle in the prepared solution*
* *Leave them until they are ready for use.*
* *Clean and store appropriately.*

***Cleaning a kitchen counter made of plain wood***

* *Collect equipment to save on time and energy****.***
* *Dust using a dry duster to dust the surface thoroughly to remove loose dirt.*
* *Clean using warm soapy water and a scrubbing brush.*
* *Scrub in the direction of the grain, this prevents roughening of the surface and dirt is removed.*
* *Rinse using a cloth wrung from warm water to remove soap and dirt.*
* *Finally rinse off using a clean cloth wrung out of cold water this freshens the wood and helps to preserve its color.*
* *Dry with a piece of cloth to remove moisture.*
* *Clean the equipments and store appropriately.*

**SECTION C (20 MARKS)**

1. Name only three functions of government bodies that ensures consumer information about commodities are not violated (3marks)
2. Briefly explain how to darn a hole in a knitted fabric( (5marks)
3. Briefly describe the cleaning of calabashes (4marks)
4. Mention four groups of people who may need packed meals (4marks)
5. Yellow fever is an acute viral disease, state four symptoms of the disease (4marks)
7. Discuss five reasons for sufficient ventilation in a room (5marks)
8. Outline three areas where the following body measurements are taken from(3marks)

* Bust
* Waist
* Back length

1. Briefly explain five points to consider when planning and serving meals for children(5marks)
2. State three disadvantages of cash buying (3marks)
3. State four ways of fulfilling the physical needs of an expectant mothers (4marks)
5. Briefly explain how to darn a hole in a knitted fabric(5marks)
6. Mention five possible causes of needle breaking when sewing (5marks)
7. Mention three signs and symptoms of anorexia nervosa (3 marks)
8. Outline and explain the three forms of advertisements (3 marks)
9. State four points on the importance of immunization (4marks)

42. ***Name only three functions of government bodies that ensure consumer information about commodities are not violated.***

1. *Kenya bureau of standards*

*Weight and measures department*

*Price control department*

1. ***Briefly explain how to darn a hole in a knitted fabric***

* *Place the two pieces of fabric together with the W.S facing each other and the R.S outside.*
* *Tack matching raw edges and fitting lines, notches 6mm above the fitting line.*
* *Pin and tuck 6mm above fitting line.*
* *Machine along the tacking, finish off threads and remove tacking.*
* *Trim turnings to 3mm and press open.*
* *Turn the work to W.S and knife edge.*
* *With the R.S together pin and tack along the fitting line, and enclosing raw edges completely.*
* *Remove pins stitch along the tacking.*
* *Remove tacking and press the seam over towards the back of the garment.*

1. ***Briefly describe the cleaning of calabashes***

* *Collect equipments to save on time and energy.*
* *Wash in warm soapy water using a mild abrasive to remove dirt and prevent scratches.*
* *Rinse thoroughly in warm water to remove soap and dirt.*
* *Final rinse in cold water to freshen.*
* *Dry upside down on a drying rack to drip water.*
* *Store in a cool dry place*.
* *Clean and store equipment appropriately.*

1. ***Mention four groups of people who may need packed meals***

* *Workers unable to obtain food where they work*
* *School going children*
* *Picnic goers*
* *Children on school tours*
* *Travelers who have no access to eating facilities.*

*e)* ***Yellow fever is an acute viral disease, state four symptoms of the disease***

* *Headache*
* *Fever and chills*
* *Jaundice*
* *Vomiting*
* *Bleeding of the gums*
* *Bloody urine*
* *Backache*
* *Slow and weak pulse.*

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1. ***Discuss five reasons for sufficient ventilation in a room***

* *To prevent humidity which describes the high concentration of moisture in the air.*
* *To get rid of surplus heat this makes the atmosphere uncomfortable.*
* *To increase the free circulation of air thus reducing the spread of airborne diseases.*
* *To remove any odors which develop when people crowd together.*
* *To get rid of air pollutants in a room e.g. aerosols*

1. ***Outline three areas where the following body measurements are taken from***

* *Bust – taken around the fullest part of the bust add, 2.5cm to 3.5cm to ease*
* *Waist – taken around natural waist line, put two fingers between the tape measure and the body.*
* *Chest width –taken across the widest part of the chest*
* *Back length – taken from the nape to the waist line*

1. ***Briefly explain five points to consider when planning and serving meals for children***

* *The diet should be balanced*
* *Provide variety of foods which the child can choose.*
* *Meals should have crunchy and crispy foods that require plenty of chewing necessary for growth of strong teeth*
* *Serve food in small quantities to encourage second helping ,serve in correct serving plates or bowls*
* *Food should be presented attractive to encourage enjoyment*
* *Food served at regular intervals and punctually*
* *Give fluids such as clean boiled water and fresh juices to aid digestion and replace fluid lose during play.*

1. ***State three disadvantages of cash buying***

* *One cannot obtain an item unless they can fully pay for the item*
* *For large items such as a 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. ***State four ways of fulfilling the physical needs of an expectant mothers***

* *Getting adequate sleep and taking a nap at least one hour a day*
* *Working normally but avoiding lifting loads or suffering fatigues*
* *Doing exercises ie walking, swimming*
* *Wearing loosely fitting clothing and fitting low heeled shoes for comfort*
* *Maintaining high standards of hygiene ie bathing daily, brushing teeth*
* *Sometimes she needs to rest her feet on a low stool or a foot rest to prevent them from swelling*

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1. ***Briefly explain how to darn a hole in a knitted fabric****.*

* *Collect sewing equipments to save on time.*
* *Work on the R.S of the item. Ensure slackened tension of the stitches to allow for elasticity of the fabric*
* *Begin from the outside of the hole*
* *Catch the free loops on the cut edges to prevent laddering*
* *Work out the first rows of stitches across the hole. Secure them on both ends of the hole*
* *Fill in the second set of rows of stitches by interlacing with the first set.*
* *Store the equipments.*

1. ***Mention five possible causes of needle breaking when sewing***

* *Needle is bent*
* *Machining over pins*
* *Machine close to zip teeth*
* *Needle too fine for the work*
* *When the presser foot is loose and the needle hits it.*
* *Straight stitch presser foot is used for zigzag.*
* *Needle not firmly fixed in place.*
* *Fabric too thick for the needle.*

1. ***Mention three signs and symptoms of anorexia nervosa***

* *Sudden weight loss.*
* *Avoidance of food.*
* *Feeling overweight and even when thin and underweight.*
* *Depression.*

1. ***Outline and explain the three forms of advertisements***

* *Electronic media- TV, Radio, films, videos*
* *Print media- newspaper, pamphlets*
* *Person to person- demonstrations and exhibitions*

1. ***State four points on the importance of immunization***

* *Vaccines give protection against dangerous diseases which are likely to occur during childhood.*
* *Immunization saves money that would have been spent on medical services.*
* *It prevents emotional, physical and mental agony and disability.*
* *Immunization eradicates diseases.*
* *Immunization helps the nation to have healthy citizens.*