**HOMESCIENCE FORM ONE**

**END OF TERM 3 MARKING SCHEME**

1. **Attributes of a well groomed person:- (3mks)**

* Takes good care of the body
* Good dressing
* Physically fit i.e. diet, exercise, enough sleep
* Has good interpersonal skills
* Practices proper etiquette.

1. **Undesirable effects of wearing tight shoes. (3mks)**

* Press the feet, distorting shape.
* Can cause growth of corns
* Can cause growth of bunions.

1. **Difference between Dermis and Epidermis.**

* Dermis is the inner layer of the skin while epidermis is the outer.
* Epidermis consists of dead cells while dermis contains living cells.

1. **Undesirable behaviors in adolescents:-**

* Stooping in girls to hide breasts.
* Refusal to participate in discussions to hide deep voices in boys.
* Wearing oversized clothes to hide body curves in girls.
* Refusing to eat in fear of gaining weight – girl i.e. Anorexia Nervosa.

1. **Differences between:- (2mks)**
2. **Suffocation and fainting**

Suffocation occurs when there is insufficient supply of fresh air while fainting occurs because of temporary inadequate supply of blood to the brain.

1. **Burns and scalds**

Burns are caused by dry heat while scalds are caused by hot liquids.

1. **Ways of abusing medicine. (2mks)**

* Taking in excess and becoming addicted.
* Using for other reasons other than treatment.

1. **Accessories for an interview.**

* A wrist watch
* A belt
* Tie
* Brief case
* Cuff links
* Clips (Tie)

1. **Reasons for the following:-**
2. **Using a folded duster:-**

A folded duster or pad has no loose corners that can pull down ornaments. (1mk)

1. **Dusting surfaces from the top**

This ensures that no dust settles on already cleaned surfaces. (1mk)

1. **Four well known kitchen plans.**

* L- plan
* U-plan
* Corridor plan

1. **Responsibilities of a landlord to the tenants. (2mks)**

* Maintain the house e.g. repair of broken taps, leaking roof.
* Leaking roof
* Payment of land rates and premiums.

1. **Functions of each of the following:- (3mks)**
2. Spring balance:- for weighing ingredients.
3. Rolling pins:- for rolling out dough
4. A colander:- for draining water from pasta and vegetables.
5. **Steps on the care of the feet. (5mks)**

* Collect all items required.
* Use warm water and a suitable soap.
* Use a pumice stone to remove dead cells.
* Remove the dirt in the nails using a nail file.
* Scrub the toenails using a nail brush
* Rinse thoroughly using clean warm water
* Dry using a clean dry towel and cut the toe nails straight across.

1. **Three design features for a tall plump figure. (3mks)**

* Wear clothes of one colour from shoulder to hem to give an unbroken line.
* Avoid large patterned fabrics as they exaggerate one’s size.
* Avoid bright colours as they lead to make figure more full.
* Wear designs with vertical lines which tend to reduce width/figure.
* Avoid fluffy fabrics to avoid bulkiness.
* Avoid tight fitting clothes, they show bulges and extra curves.
* Use limited jewellery to avoid drawing attention to body parts.

1. **Aims of giving first Aid:- (4mks)**

* To save life.
* Help recovery
* Relieve pain
* Minimize further injury
* Stop bleeding
* Reassure the casualty.
* Assist in seeking medical help.

1. **Choice of brooms and brushes. (5mks)**

* Buy for the right purpose.
* Soft/hard bristles according to intended purpose.
* Firmly and closely fixed bristles.
* Smooth and comfortable handle/length
* Smooth curved edges.
* Well finished smooth wooden part.
* With a hole for storage.

1. **Procedure for cleaning a wooden spoons. (4mks)**

* Collect items required.
* Clean with warm soapy water and a scouring pad to scrub the surface.
* Rinse thoroughly in warm water.
* Final rinse in cold water.
* Wipe with a dry clean cloth.
* Leave in a warm airy place to dry completely.
* Store in a shelve.

1. **Four reasons for cleaning a house:- (4mks)**

* To preserve appearance.
* Reduce maintenance cost.
* For health reasons
* To prolong life.
* For psychological satisfaction.
* Attractive appearance.

1. **Four reasons for using polish on leather shoes.**

* To give a glossy shine.
* To prevent cracking.
* Make them water repellent.
* Make them last long.

1. **Signs and symptoms of sprain:- (2mks)**

* Swollen joint
* Hot joint
* Painful joint

1. **Side effects from use of medicine. (2mks)**

* Drowsiness
* Diarrhea

1. **To avoid when using cosmetics:- (4mks)**

* Borrowing from others.
* Applying on a dirty skin.
* Applying too much.
* Bleaching one’s skin

1. **Sterilizing methods on a white cotton handkerchiefs. (2mks)**

* Use of salt
* Boiling
* Use of dettol
* Drying under the sun.
* Ironing hot.

1. **Methods of removing loose dirt. (4mks)**

* Sweeping
* Dusting
* Brushing
* Suction

1. **Factors influencing choice of clothes. (4mks)**

* Figure type
* Skin complexion
* Existing fashion
* Well fitting
* Fabric texture and design
* Weather
* Affordable
* Age.

1. **Procedure for caring for a household duster. (4mks)**

* Collect requirements.
* Shake outside after use.
* Soak in cold water.
* Wash thoroughly in warm soapy water.
* Rinse in warm and finally in cold water to freshen.
* Dry in the open air.
* Dry in a well ventilated place
* Clean dry and store used equipment.

1. **Importances of Home Science to an individual. (4mka)**

* Equips an individual with knowledge and skills to improve quality of life.
* Helps individual to adapt to the changing living conditions.
* Prepares one to take care of their personal hygiene, clothing, resources and health.
* Lays a foundation for career development.

1. **Examples of improvised abrasives.**

* Sieved ash.
* Crushed egg shells and sisal fibres.
* Crushed charcoal.
* Rough leaves.
* Sifted sand.

1. **Qualities for a dust pan.**

* Smooth edges to avoid accidents.
* Should be strong.
* Well shaped.

1. **Four examples of labour saving kitchen equipment. (4mks)**

* Food mixers
* Meat mincers.
* Potato peelers.
* Dish washers.
* Deep fat fryers.
* Potato chippers
* Food warmers etc

1. Factors on buying a house:-

* Cost – affordable
* Value of the house
* Location of the house
* Construction
* Orientation – take advantage of the natural view
* Family requirements.
* The reliability of the seller.