

ANSWERS

G8

HOMESCIENCE

1. State the guidelines to be followed when grilling different types of foods to ensure the food is well cooked.
 - a) Foods to be grilled for example, meat, should not be too thick to allow them to cook properly.
 - b) The grill should be preheated to the correct temperature before.
 - c) The food must be attended to constantly to prevent burning or over-cooking.
 - d) The food should be turned frequently to ensure even cooking.

2. Name the following cooking tools

- Two prong fork



<p>Skewer</p>	
<p>Tongs</p>	

3. State the desirable properties of linen

- a) Linen is a strong fibre.
- b) Linen creases badly since it has no resilience.
- c) Linen can withstand high temperatures.
- d) Linen is not easily damaged by mild alkalis.
- e) Linen is a good conductor of heat hence ideal for hot weather.
- f) Linen is more resistant to high temperatures than cotton.
- g) Linen is moth proof.
- h) Linen is shiny.
- i) Linen does not pick dirt particles easily.
- j) Linen is more resistant to sunlight than cotton.

4. State the undesirable properties of linen

- a) Linen frays easily.
- b) Linen is attracted by mildew if stored damp.
- c) Linen catches fire easily.

5. State the challenges experienced or faced when buying household goods and services.

- a) Increase in prices.
- b) Scarcity of goods and services.
- c) Transport challenges.
- d) Expired goods.
- e) Cheating on weights of goods and other measurements.
- f) Poor Quality of goods.
- g) Network problems for on-line shops and services.
- h) Incompetent service providers.
- i) Availability of fake online outlets that are fraudsters.

j) Lack of market information to consumers.

6. What are the ways of Saving Income when buying household goods and services?

- a) Bargaining.
- b) Shopping in bulk.
- c) Buying household goods and services during promotions.
- d) Comparing prices before buying goods and services.
- e) Using a shopping list.
- f) Buying goods and services from exhibitions and trade fairs.
- g) Improvising some items, you intended to buy using locally available materials.

7. There are several ways of buying various household goods and services from the sale outlets. Name a few.

- a. Use of Cash.
- b. Through credit.
- c. Use of Mobile money.
- d. Through barter trade.
- e. Use of cheque.
- f. Use of credit card.
- g. Use of Debit card.

8. State three reasons for having a kitchen garden

- a) Clean air
- b) Herbs detox
- c) Aesthetics matter
- d) Stay grounded
- e) Organic vegetables
- f) Compost your waste
- g) Cheap and easy
- h) Recycle and use
- i) Health friendly

9. State three types of kitchen gardens.

- a) Hanging kitchen gardens in Kenya
- b) Container kitchen gardens in Kenya
- c) Raised bed kitchen gardens in Kenya
- d) In-ground kitchen gardens in Kenya
- e) Indoor kitchen gardens:

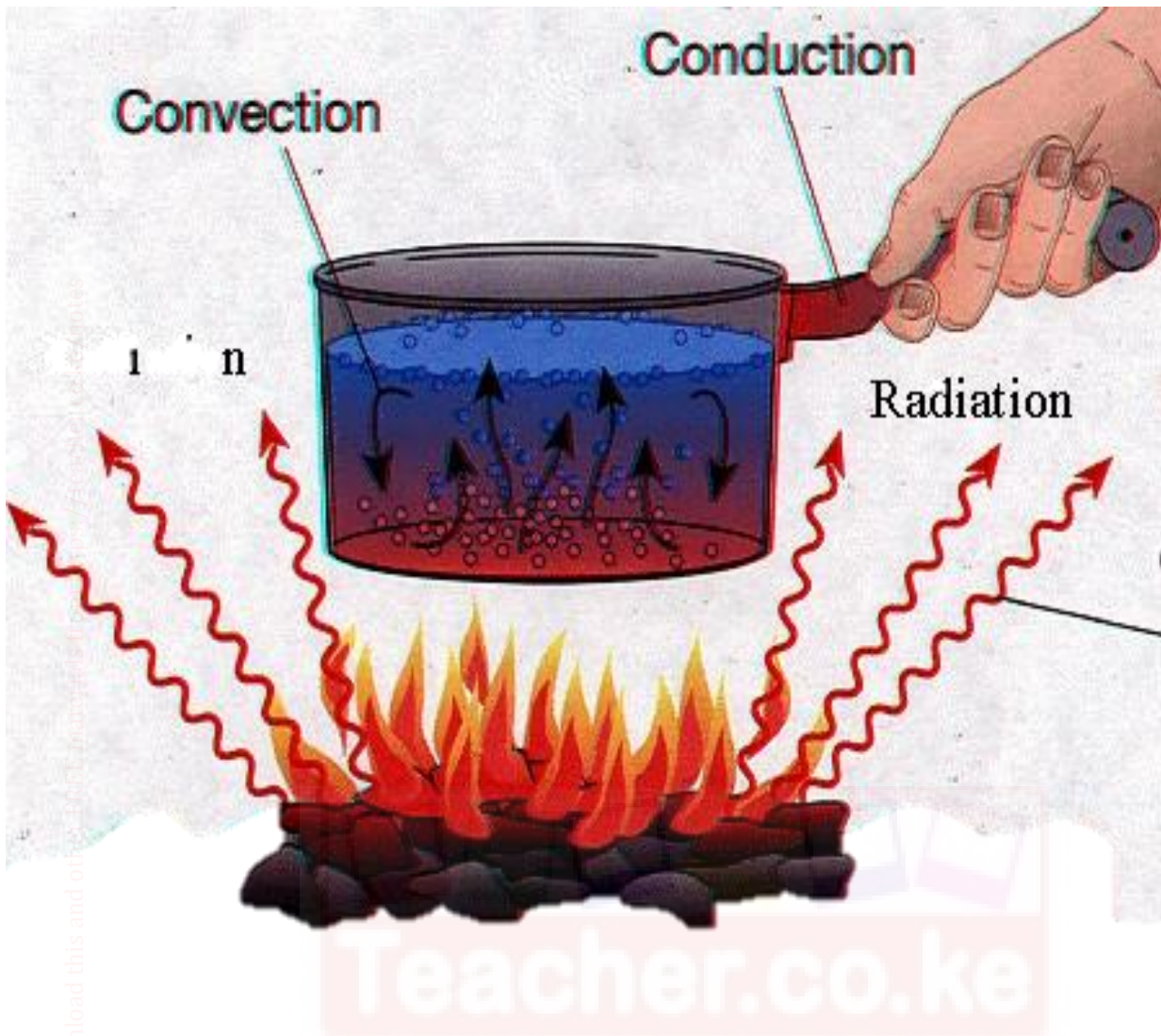
- f) Potager kitchen garden
- g) Permaculture kitchen garden
- h) Vertical kitchen garden in Kenya
- i) Hydroponic kitchen garden in Kenya
- j) Staircase kitchen garden in Kenya
- k) Simple drip garden
- l) Tyre kitchen garden
- m) Multi storey kitchen garden
- n) Food robe kitchen garden
- o) Sack kitchen garden
- p) Wick irrigation kitchen garden
- q) Moist bed kitchen garden
- r) Aquaponics kitchen garden
- s) Yard small kitchen garden
- t) Cone kitchen garden
- u) Micro-kitchen garden

10. State three methods of cooking food:

- a) Baking
- b) Boiling
- c) Steaming
- d) Grilling
- e) Frying



11. Identify the methods of heat transfer when cooking below



12. What is meant by the following terms?

Dextrinisation: The reaction of dry heat on the surface of food which changes starch to dextrin, e.g. toast.

Gelatinisation: The process of thickening which takes place when a mixture of starch and liquid is heated.

13. Mention five ways used to retain nutrients while cooking

- Choose fresh foods that are not over-ripe, bruised, cut or scraped.
- Peel thinly or cook in their skins, jacket



- c) Aim at golden brown when cooking in dry heat.
- d) Use enough water to cover
- e) Cook them for the appropriate time
- f) Blend starchy flavours with cold water before cooking
- g) Stir thoroughly and continuously over low heat
- h) Wash vegetables before cutting. Soaking or washing time should be reduced to minimize nutrient loss.
- i) Cut vegetables into big pieces so that exposure of vitamins to water is less while cooking and washing.
- j) Use a vegetable peeler to remove skin as it helps remove only a very thin layer of skin.
- k) Use minimum water for cooking. Bring the water to boil and add the vegetables to cook.
- l) Cook vegetables by steaming and pressure cooking to conserve nutrients.
- m) Cover the vessel with a lid while cooking as it hastens cooking.
- n) Vegetables salads should be prepared just before serving to conserve nutrients.
- o) Use acids such as lime juice or vinegar to salads as it prevents loss of Vitamin C since Vitamin C is stable in acid.
- p) Store foods in a cool, dark place.
- q) When boiling, add the raw food to the boiling water rather than to cold water.
- r) Steaming is a way of cooking with a minimum amount of water.
- s) If possible use the cooking water for gravies, sauces or soups as it is a source of water-soluble vitamins and elements (minerals).
- t) Cook for the minimum time necessary to make the food palatable and safe.
- u) Do not use baking soda to help keep the green colour of vegetables, as this increases loss of vitamin C.
- v) Do not use copper utensils. (Copper helps to destroy vitamin C.)
- w) Soak whole pulses overnight

14. State the factors to consider when setting a table.

- a) The number of people taking the meal as this determine the number of covers to be laid.
- b) The meal to be served as this ensures that all the tableware is available.
- c) Number of courses/dishes as this enables one to set the cover for the courses.
- d) Tableware as this determines their placement.
- e) Type of meal service as each type has its own way of laying the table.
- f) The type of dinners determines the way of table setting e.g. ages, special needs.
- g) A centre piece should be available for beauty/enhance appetite.
- h) Provide adequate space to avoid overcrowding for comfort.
- i) Ensure the room is clean for hygiene.
- j) The table cloth should be well laundered for neatness.
- k) Table appointments should be clean for hygiene/enhance appetite