

HOME SCIENCE EXAM

Answer All Questions in the Spaces Provided

FORM 4 TERM 2 2024 THEORY

1. Define home science. (1mk)
 - It's an integrated subject which imparts knowledge skills and attitudes from different disciplines in order to enable individuals lead a quality life.
2. Give any 2 measures which prevent the occurrence of athlete's foot (2mks)
 - Keep feet dry especially between the toes
 - Avoid wearing wet shoes and socks
 - Avoid sharing shoes and socks
3. Identify 2 major causes of suffocation (2mks)
 - Inhalation of fumes or poisonous gases
 - Placing polythene bags over the head
 - Physical barriers to the airway which causes obstruction
 - Smothering objects as pillows and cushions
4. Give 2 reasons why apartments/flats are not suitable for the young and the elderly (2mks)
 - Its tiring to climb up the stairs as they lack energy
 - They may fall down the stairs
5. List any 2 qualities of containers used to freeze foods (2mks)
 - Waterproof/ plastic/ polythene
 - Strong/ durable/ long-lasting
 - Easy to handle
 - Easy to clean/ washable
 - Have a cover/ lid
 - Should not transmit flavor
 - Harmless/safe for use/ non-toxic
6. Name any 4 waterborne diseases caused by poor sanitation (2mks)
 - Typhoid
 - Cholera
 - Dysentery
 - Bilharzia
 - Amoebiasis
 - Hepatitis A
7. State any 2 qualities of a good iron box (2mks)
 - Sole should be flat and smooth
 - Have a sharp pointed toe
 - Reasonably heavy to exert pressure
 - Material should be strong to last long
 - Rust free

8. Name any 4 fabrics that should not be wrung during laundering (2mks)
- Woolen
 - Nylons
 - Loose colored articles
 - Silk
 - Polyester
 - Synthetics
 - Viscose
 - Knitted cottons & linens
9. Give any 2 reasons for mending clothes (2mks)
- Avoid further tear
 - Improve on their appearance/ make them wearable
 - Make them last long
 - Maintain the original qualities/ keep their shape
10. State any 2 functions of phosphorus in the body (2mks)
- For bone and teeth formation
 - Helps regulate body fluid concentration
 - Energy production
 - Maintenance of body ph.
11. List down any 2 consumer goods and any 2 consumer services (2mks)
- Goods: clothes, furniture, stationary, shelter etc.
 - Services: transport, insurance, education, medical etc.
12. Define the following terms (3mks)
- a) A cover
- Is the space reserved for one person in the table setting for a meal
- b) A dish
- Food prepared in a particular way as part of a meal
- c) A meal
- A dish or a group of dishes taken at a particular time of day
13. Apart from pregnancy, identify 2 reasons for missing menstruation (2mks)
- Menopause
 - Some medication
 - Change in environment
 - Emotional disturbance
 - Health problems
 - Stress and fatigue
 - Few months after giving birth
 - In young girls, before the floe stabilizes
14. Give any 2 symptoms of influenza “flu” (2mks)
- Sore throat
 - Runny or stuffy nose
15. Mention any 2 ways achieving habit training in a child (2mks)
- Imitation of older children and adults

- Observation
 - Play
 - Repeated practice of action
16. State any 2 advantages of a well lit room (2mks)
- Reduces fatigue
 - Enhances clear visibility/ reduces eye strain
 - Enhances interior decoration
 - For efficiency
 - Discourages breeding of pests
17. State any 2 advantages of using loose covers in a room (2mks)
- Protects the article
 - Ease the maintenance of the article
 - Enhances beauty/decoration
18. Give any 4 reasons for blanching vegetables (2mks)
- Stop the enzyme action
 - Kills bacteria
 - Retains nutrients
 - Retains color
 - Reduces bulk
19. List any 4 dehydrated foods in the market which need reconstitution before use (2mks)
- Baby formula
 - Soups
 - Dried eggs
 - Dried milk
 - Breakfast cereals
20. State any 2 problems that a consumer may face while planning to purchase an item (2mks)
- Problem of choice, too many brands/substitutes to choose from
 - Confusion caused by advertising
 - Limitation of resources/money
 - Lack of knowledge on performance of the item

SECTION B 20MKS (COMPULSORY QUESTIONS)

21. Your aunt has come to visit over the holiday. Describe how you would do the following for her.

a) Launder her loose colored cotton lessos (10mks)

- Shake the article to remove loose dirt
- Wash in warm soapy water
- Wash quickly in water using kneading and squeezing
- Rinse in warm water until all traces of soap are removed
- Finally rinse in cold water into which salt has been added
- Dry under the shade on the WS
- Iron while still damp using a moderately hot iron on the WS
- Air the lessos
- Fold and store appropriately

b) Make the bed that she is going to use (10mks)

- Strip the bed and place the bedding on a chair

- Dust the bedstead and turn the mattress
- put the under blanket right side up
- put the under sheet, right side up with the wider hem to the head side. The linen must be centrally placed
- tuck both the blanket and sheet firmly and mitre the corners
- put the top sheet right side down, the wider hem at the head side and reaching just beyond the head of the mattress
- put the top blankets separately, right side up to reach just short of the top sheet
- tuck the mitre at the bottom ends of both blankets and sheets
- turn down the sheet over the blankets and tuck the sides
- put the pillow cases and place pillow in position
- put the bedspread

SECTION C 40 MKS (CHOOSE ANY 2 QUESTIONS)

22 a) Explain any 4 practices necessary for maintaining healthy teeth (8mks)

- Brush the teeth (oral hygiene) after every meal in order to freshen the teeth
- Floss the teeth once in a while to clean in between the teeth to prevent tooth decaying/cavities
- Rinse the once in a while with antibacterial mouth wash to help kill germs
- Visit the dentist regularly for checkups
- Exercise jaw & strengthen the teeth by eating hard foods
- Eat a balanced diet rich in calcium, phosphorous, fluorine, vitamins A, D&C for healthy and strong teeth

b) Discuss 4 qualities of a well-made in seam pocket. (8mks)

- Seam allowance should be trimmed and well neatened
- Should be well placed at a strategic place in the seam for convenience during use
- Pocket should be well pressed and laying flat towards the front of the garment
- Pocket bag should be deep enough
- Pocket bag should be joined with appropriate stitches for strength
- It should be well reinforced on the upper and edges of the pocket mouth on the RS of the garment

c) Highlight 4 importance of consumer education (4mks)

- Informs consumers on the importance of planning for the family finances
- Enables the consumer to budget and spend family resources wisely and economically
- Informs people on their rights as consumers so as to not be exploited
- Helps people understand their role as consumers and their importance to manufacturers of service providers
- It enables one to interpreted and use advertisement wisely and to their own advantage

23 a) Explain how the following factors contribute to successful meal planning (8mks)

- i. Nutritional balance
 - A well balanced diet with all the nutrients provided in the required right amounts and proportion will ensure successful meal planning hence meeting all the nutrient needs
- ii. Climate

- A meal providing more of hot foods during cold weather and more of cold foods during the hot weather, will successfully meet the climate needs of people taking the meal

iii. Texture

- Providing variety of food textures e.g. crispy, crunchy and tender in a meal will ensure meeting the variety need of texture in a meal

iv. Food in season

- Providing foods in a season such as fruits and vegetables, they are usually more available and cheaper and fresh hence meeting successful meal planning

b) Discuss 4 points to consider when selecting fastenings (8mks)

- Type of garment: zip fasteners are suitable for skirts and trousers while buttons are appropriate on shirts and blouses
- Position of the opening: buttons and buttonholes are appropriate for front openings of shirts and blouses, while zips fastenings are suitable at the back openings of skirts
- Effect desired: if a decorative effect is desired, decorative buttons can be used and zips can be used inconspicuously
- Age of the wearer: nonmetallic fasteners, Velcro tapes and press studs are suitable for baby clothes
- Size of the opening: the fasteners should be proportional to the opening
- Color of the garment: fasteners chosen should be the same color as the garment unless decorative
- Type of fabric: heavy fabrics require large and strong fasteners such as buttons and buttonholes while for frying fabrics use buttons & Rouleau loops

c) Identify any 4 factors that affect the efficiency of a detergent (4mks)

- Types of builders present
- Washing time
- Type of water used
- Temperature of the water
- Mechanical action

24 a) Explain any 4 processes to be carried out on a fabric before laying out patterns (8mks)

- Press to remove creases to ensure accurate measurements
- Check the grain when the fabric is folded with the selvages together to ensure that the wefts edges lies flat and even
- Pull the fabric in the opposite direction of the off grain slant to grain
- Pull a thread across the fabric in order to ensure that the edge is on a straight grain
- Check for faults on the fabric to avoid the same on the garment

b) Explain any 4 factors that may affect normal foetal development(8mks)

- Sexually transmitted infections e.g. gonorrhoea and syphilis. Gonorrhoea can cause blindness to the child
- Alcohol and smoking can cause the baby to underweight during birth
- HIV/Aids may cause the baby to suffer full blown aids and die before the 5th birthday
- Drugs may cause the bay to be underweight and even prescribed medicines can lead to miscarriage
- Trauma and any unpleasant experiences that cause distress and anxiety may lead to miscarriage
- German measles may deform the baby if it occurs during the first three months of pregnancy
- Nutrient deficiency may cause the baby to be mentally and physically retarded

c) State any 4 advantages of using firewood as a fuel for cooking (4mks)

- Readily available in rural areas
- It is less costly
- It's easy to use
- Helps heat the house besides other uses
- Aromatic woods are used for curing milk gourds and flavoring sour milk
- It provides abrasives e.g. ash for washing utensils and disinfecting latrines and chicken houses

