

FORM 3 441/1 HOME-SCIENCE EXAMINATION

END OF TERM 1 – 2024

TIME: 2½ HOURS

Answer all the questions in section A and B and any two questions in section C.

SECTION A – 40 MARKS

1. Name four personal items that should not be shared: (2m)
- Handkerchiefs
 - Toothbrushes
 - Combs
 - nail cutters
2. Give two measures that are necessary for prevention of athlete’s foot. (2m)
- Dry in between the toes.
 - Air your feet regularly.
 - Avoid wearing wet socks or shoes.
 - Wash them and apply talcum powder.
 - Treat them with antifungal gels.
3. Mention two types of maisonettes. (2m)
- Detached
 - Semi detached
4. State three tasks that are carried out weekly when taking care of a bath shelter. (3m)
- Highdusting
 - Cleaning the wall
 - Cleaning the soap dish
 - Disinfecting the inside and the drainage
 - Cleaning the equipment used for storing them appropriately.
5. List down four types of materials used for making bristles for brooms and brushes. (2m)
- Animal hair
 - Vegetable fibres
 - Grass
 - Plant stems
 - Synthetic fibres
6. Give two ways in which food gets contaminated. (2m)
- Food spoilage
 - Food poisoning
7. Give the meaning of FIFO in food storage (2m)
- First In First Out – The food put in the refrigerator first should be first out
8. Suggest three ways of ensuring good results when steaming food. (3m)
- The steamer must have a well-fitting lid.
 - The steam should be produced throughout the cooking
 - The container with the food must be well covered

- Always keep a pan of hot water aside to add: in case it dries up.
9. State three uses of viscose and rayon fabrics. (3m)
- Making outer wear
 - Making underwear
 - Making earrings
 - Making table linens
 - Household articles
10. List down two disadvantages of stewing food. (2m)
- It is a slow method
 - Consumes a lot of fuel
11. Point out three physical identifications of cotton fabrics (3m)
- Burns readily with a bright yellow flame.
 - Leaves grey ash
 - Smells like burnt paper
 - Stronger when wet.
12. State three joining and three neatening stitches. (3m)
- | <u>Joining</u> | | <u>Neatening</u> |
|----------------|---|------------------|
| • Back stitch | - | • loop /blanket |
| • Machining | - | • button hole |
| • Oversewing | - | • Zigzag |
| • Running | - | • Overcasting |
13. Apart from pregnancy, identify three reasons for missing menstruation (3m)
- Illness
 - Excessive exercises
 - Malnutrition
 - Menopause
14. List down three determinants of safe parenthood. (3m)ks
- Meeting the nutritional needs of the mother
 - Social preparation of the expectant mother
 - Psychological preparation of the expectant mother
 - Correct age of the parent
15. List down four reasons why babies cry. (2m)
- When hungry or thirsty
 - Feeling of loneness
 - When wet or soiled
 - When too hot or cold
16. Define each of the following terms
- (i) Menu: is a list of dishes prepared or to be prepared for a particular meal.
- (ii) Course: a dish /dishes eaten as part of the meal, eg beef stew
- (iii) Dessert: a sweet cold dish served after the main course eg. Fruit salad

SECTION B – 20 MARKS (COMPULSORY)

17. You intend to stay at home on the coming Saturday morning so as to carry out some tasks.

Outline the procedure you will follow in laundering your dirty polyester nightwear. (8m)

- Collect all the items needed
- Soak in a warm soapy water for a short time
- Was in warm soapy water
- Kneading and squeezing method
- Rinse thoroughly with warm water to remove soap and dirt
- Final rinse in cold water to freshen, to which a fabric conditioner is added
- Drip dry under shade on a cloth line , secured with pegs
- Use a warm iron to remove creases on the W.S
- Air to dry completely
- Fold and store in a cool, clean and dry place
- Clean dry and store the used equipment.

• Though clean a stainless steel lunch box. (6m)

- Collect all the items required
- Clean in hot soapy water, using a sponge, inside and out.
- Rinse in hot water to remove soap and dirt.
- Final rinse in hot water
- Dry upside down on a rack
- Buff to shine with a clean dish cloth and store.
- Clear up

• Describe how to clean an aluminium sufuria. (6m)

- Collect the items needed.
- Was in hot soapy water.
- Rub and stains with a nylon scouring pad or steel wool.
- Work towards the same direction when scrubbing.
- Rinse thoroughly in clean hot water to remove all soap and dirt.
- Dry well.
- Store appropriately.

SECTION C - 40 MARKS

Answer only two questions in this section.

18(a) Outline five symptoms of shock. (5m)

- Feeling dizzy/faint
- Skin becomes pale
- Shallow breathing/weak rapid pulse
- Loss of consciousness
- Heavy sweating
- Feeling cold.

(b) List down five reasons that make light weight cotton fabric suitable for use by a beginners in sewing (5m)

- It is easy to stitch.
- Readily available.
- It's not slippery.
- Does not fray easily.
- Easy to iron.
- Strong to withstand undoing stitches

(c) Mention five danger signs during pregnancy. (5m)

- Vaginal bleeding
- Oeolema that spreads to the face and hands
- Severe abdominal pain or backache
- Excessive vomiting
- Frequent dizziness
- Appearance of amniotic fluid.

(d) Explain five importances of breast feeding (5m)

The breast milk : -

- is always at the right temperature.
- Contains all the food nutrients in the right proportions.
- Clean and free from contamination
- Does not need any preparation.
- Available all the time.
- Enables the child and mother to bond
- Assists the mother uterus to return to its normal size and position.
- The colostrum contains antibodies which protect the body against infections
- Its also easily digested.

19(a) State five functions of the skin. (5m)

- Protects the body/covers the inner parts.
- Acts as a sensory organ
- Controls the body temperature.
- Assists in excretion through sweating.
- Acts as a respiratory organ
- Synthesis of vitamin D

(b) Point out five rules of patching. (5m)

- The fabric for patching should match that of the garment.
- Should be inconspicuous when complete unless it's decorative.
- The shape should correspond to the worn out area.
- Should match in line with garment
- Should be flat

(c) Mention five important rules to observe in stain removal (5m)

- Remove when fresh.
- Identify the kind of the stain and type of fabric for a suitable stain remover
- If unknown, start with milder methods
- Rinse the article thoroughly after removing the stain.
- Work from outside the inside to avoid spreading the stain.

(d) Explain five activities at the post natal care/clinic. (5m)

- Mother is advised to eat balanced diet.
- Mother abstains from sex for 4-6 weeks to ensure thrust of the uterus heals
- Mother learns how to bath the baby.
- Advised in family planning matters
- Baby's growth rate is monitored.
- Baby immunized against some childhood diseases
- Any problem with the mother or baby is reported to a doctor.

20(a) List down five considerations to make when planning to build a house (5m)

- Should suit the family size.
- Suitable for the site.
- Located near essential facilities
- Safe and secure neighbourhood.
- Cost should be within the family's income.

(b) Mention five causes of needle – breaking when machine stitching. (5m)

- Pulling the work while stitching
- Two thick fabric
- Needle not firmly fixed
- Maching over pins or zip teeth
- Too fine needle for the fabrics
- Bobbin and case not properly set.

(c) State five points to observe when choosing an electric iron. (5m)

- Of an affordable cost.
- Sufficient heavy.
- Clearly labeled thermostat temps for different fabrics
- The flex should be of convenient length.
- All parts should be firmly fixed
- Flat sole.
- An operation manual should be available.

(d) Outline five roles of traditional birth attendants. (5m)

- Assisting in the birth process.
- Handling minor complications during pregnancy.
- Accompanying a pregnant woman to hospital if need be.
- Advise the mother on how to take care of the cord.
- Advice mother on foods to feed on.

END