* 1. **HOME SCIENCE (441)**

**30.12.1 Home Science Paper 1 (441/1)**

1.

* Vital for every body cells/maintains turgidity of body cells.
* Provides minerals, for example:- zinc, copper, etc.
* Transportation of nutrients.
* Eliminates waste.
* Digestion.
* Controlling body temperature.
* Regulating fluidity of body fluids.
* Lubricating parts of the body.
* Dissolves foods.
* Prevents dehydration.
* Acts as a medium of body metabolism.
* Controls body pH.
* Acts as a solvent for various substances in the body. ***(Any 3x1=3 marks)***

2.

* Making salads.
* Making appetizer.
* Used as accompaniment.
* Making stock/soup.
* Making juice.
* Making stew.
* Used as a vegetable dish.
* Used as a snack.
* Used as a base when roasting.
* Used in braising.
* Used as a garnish.
* Adds colour.
* Adds flavour.
* Adds nutrients. ***(Any 6x½ =3 marks)***

3.

* Sudden contraction/warping/distorted shape.
* Shortened life span/develop hot spots/burns food/develops holes. ***(2 x 1 = 2 marks)***

4.

* Heating to kill micro organisms.
* Removing air to prevent development of bacteria. ***(2 x 1 = 2 marks)***

5.

* ***AIDS***:- Acquired Immune Defficiency Syndrome.
* ***TBA***:- Traditional Birth Attendant. ***(2 x 1 = 2 marks)***

6.

* Hypertension/heart disease/heart attack.
* Stretch marks.
* Diabetes.
* Cellulites.
* Kidney disease.
* Tiredness and shortness of breath. ***(Any 2 x1 = 2 marks)***

7.

* Meeting nutritional needs of the mother.
* Social preparation of the expectant mother.
* Psychological preparation of the expectant mother.
* Voluntary counselling and testing of H.I.V. of the parents.
* Correct age of the parent. ***(Any 3x1 = 3 marks)***

8.

* Near good road network for ease of communication.
* Near a health facility.
* Near a shopping centre.
* Well drained.
* Near a clean water supply.
* Safe neighbourhood.
* Validity of ownership/legally acquired.
* Should be within family’s financial means/cost. ***(Any 3x1 = 3 marks)***

9.

* Clean all beddings.
* Observe strict hygiene/observe cleanliness of the room.
* Air beddings regularly.
* Ventilate rooms.
* If furniture is infested spray with insecticide/pesticide.
* Pour boiling/hot water.
* House should be well lit. ***(Any 3x1 = 3 marks)***

10.

* In case of emergency a consumer can access goods and services.
* Can be used at any time of the day or night.
* Some credit cards give cash credit.
* It is relatively safer to carry than carrying cash money.
* Not bulky.
* Save time and energy.
* Convenient in use. ***(Any 3x1 = 3 marks)***
* Acrylic.
* Wool.
* Silk.
* Polyester. ***(4 x ½ = 2 marks)***

12.

* Damping articles.
* Protecting articles from scotching/burning/getting damaged.
* Preventing sheen on articles.
* Protect articles from direct heat of the iron.
* Improve/enhance appearance of articles. ***(Any 3x1= 3 marks)***

13.

* Remove unwanted stitches.
* Cutting through buttonholes. ***(2 x 1 = 2 marks)***

14.

* Lacing.
* Using a bias binding.
* Using ric rac.
* Shell edging.
* Hemming/machine/edge-stitching.
* Using zig zag stitches/loop stitches/satin/overlock/buttonhole stitches.
* Crocheting.
* Scalloping.
* False hem.
* Facing/ribbon/crossway strip. ***(Any 6x½=3 marks)***

15.

* To give body.
* To strengthen.
* To add firmness/to stiffen/crisp.
* To give shape.
* To prevent stretching. ***(Any 2x1= 2 marks)***

16. ***Natural fibres*** are obtained from natural products (plants, animals, minerals) while ***man-made fibres*** are manufactured from synthetics and regenerated. ***(2 marks)***

17. (a)

* Dust the surface with a soft cloth/duster.
* Wring out the soft cloth in warm soapy water/warm water with vinegar added to it and wipe the surface carefully.
* Rinse using soft cloth wrung in warm water.
* Dry thoroughly with a dry soft cloth.
* Rub with a little furniture cream polish/linseed oil/cold black tea.
* Buff to shine. ***(6 x 1 = 6 marks)***
	+ Identify type of fabric before choosing stain removal agent.
	+ If alkaline stain based, use acidic and vise versa.
	+ Remove stains from the outside to the inside.
	+ Remove stains when they are fresh.
	+ Use specific stain removal agents for stains that are clearly identified.
	+ If the nature of the stain is not known, try the least harmful method first.
	+ Use correct procedure when removing stains.
	+ When treating stains, try several weak applications of the stain removal agent rather than one strong one.
	+ Stain removal agents must be used in the recommended form.
	+ When fabric is immersed in solution, it should not be allowed to stay longer than necessary.
	+ Once the stain is removed, the articles should be washed immediately to remove traces of the agent.
	+ Work on the stain before washing.
	+ Identify the type of stain first. ***(Any 6x1=6 marks)***
	+ Flush the toilet/pour water.
	+ Sprinkle some toilet cleaner /detergent and leave for some time.
	+ Clean with a toilet brush/broom.
	+ Flush the toilet again/pour water/rinse.
	+ Clean the floor with a mop and disinfectant.
	+ Ensure fresh air/leave window and door ajar for a while/use air freshner.
	+ Sprinkle water/disinfectant.
	+ Pour ash on the floor.
	+ Levelise ash/sweep with broom.
	+ Ensure enough toilet paper/leaves/enough water.
	+ Ensure fresh air.
	+ Clean outside the toilet.
	+ Pour water.
	+ Detergent.
	+ Scrub.
	+ Brush/broom.
	+ Rinse.
	+ Disinfect.
	+ Toilet paper.
	+ Air. ***(8 marks)***

18. (a)

* Food items served alongside others although they may not form part of the main menu. ***(1 mark)***
* Foods that have a salty taste/not sweet/sour. ***(1 mark)***
* Substances which when added to foods enhance taste. ***(1 mark)***

 (b)

* Type of diners, for example:- age, status.
* Number of courses to be served.
* Provide adequate spacing on the table.
* Type of food service to be used.
* Table linen should be clean.
* Table linen should be well starched.
* Table mats should be heat resistant.
* Cutlery should be clean.
* Cutlery should be well polished.
* Crockery should be adequate.
* Cruets and water jugs should be filled and placed within reach.
* Flower arrangement should be low/centre piece should be present.
* Cover items should be appropriately placed.
* Table linen should be well pressed.
* Number of people eating the meal. ***(8 marks)***

 (c) (i) It is a guide/plan for spending the available income of a family or an individual on food. ***(2 marks)***

* + It enables an individual or family to plan for food requirements within their income.
	+ It helps in setting of food priorities.
	+ It enables one to plan for future meals.
	+ It helps in controlling and limiting food expenses/minimizes impulse buying.
	+ It is an organized method for accumulating savings for future use.
	+ It helps in meeting the set goals or obligations for a family/individual.
	+ The family/individual gets some satisfaction.
	+ It guides a family/individual on expenditure on food.
	+ Ensures that the family/individual vary their meals. ***(Any 7x1=7 marks)***

19. (a)

* Prevent accidents.
* Free the house from dampness.
* Keep off bad odours/smells.
* Destroy breeding places for pests.
* Keep the surroundings neat.
* Keep the surroundings free from pools of stagnant water. ***(Any 4x1=4 marks)***
	+ They pose danger to people/domestic animals in that they can fall into them and get hurt or drown.
	+ They cause soil erosion because the edges of uncemented ones continue to wear out.
	+ They can be unsightly due to accumulation of rubbish. Smelly due to the accumulation of waste water not cleared constantly.
	+ Pests can breed in them and this can become a health hazard.
	+ May encourage damping thus posing a danger to health.
	+ Can cause stagnant water/floods which can cause accidents. ***(Any 4x2=8 marks)***
	+ Proper disposal of faeces and urine.
	+ Treating/boiling water for use in the house.
	+ Washing hands before handling food and after visiting the toilet/pit latrine.
	+ Thoroughly washing food preparation and service utensils before use.
	+ Thoroughly cleaning food preparation areas.
	+ Thoroughly washing fruits and vegetables before service.
	+ Ensuring food handlers are clean.
	+ Ensuring food handlers under go regular medical check-up.
	+ Ensuring food handlers are free from typhoid.
	+ Encouraging vaccination against typhoid/encouraging immunisation
	+ Thoroughly cook food. ***(Any 8x1=8 marks)***

20. (a)

* Raglan.
* Puff-sleeve.
* Bishop sleeve.
* Bell.
* Magyar/short kimono.
* Leg of mutton.
* Kimono/long kimono.
* Dolman. ***(Any 6x½=3 marks)***
* Hem opening.
* Bound opening.
* Faced-slit opening.
* Continuous wrap opening.
* Piped opening.
* Zipped opening. ***(Any 3x1= 3 marks)***
* Its head has a slight rather shallow curve at the back.
* It is well rounded.
* It has a hollow curve at the front area. ***(3 x 1 = 3 marks)***
* Place the sleeve in the armholes R.S. facing.
* Match and pin the fitting lines, notches/balance marks and under arm seams.
* Working from the W.S. of the bodice, pin the rest of the sleeve to the armhole.
* Ease in/distribute the fullness across the crown of the sleeve and pin.
* Check the sleeve/test for food hang.
* Tack along the stitching line.
* Remove pins.
* Machine along the fitting line.
* Remove tackings.
* Trim the armhole seam allowance to 6 mm to 1 cm.
* Neaten the seam.
* Press. ***(11 marks)***