SECTION A (40 MARKS)

1. Give four functions of vitamin C.  
   - Helps body to resist infection.  
   - Prevents scurvy.  
   - Maintains a clear and healthy skin.  
   - Maintains normal growth rate in children.

2. Mention two ways the social need of a patient recuperating at home can be abused.  
   - Not allowing them to participate in conversations.  
   - Isolating them.

3. State two ways of preparing a tin for baking.  
   - Greasing with fat and sprinkling flour.  
   - Lining with greaseproof paper.  

4. Mention two importance of pressing during garment construction.  
   - To ensure all seams are flat and edges crisp.  
   - Give a professional finish to a garment.

5. State two precautions to take when using wood as fuel.  
   - Use when dry to avoid too much smoke.  
   - Avoid using wood from trees, shrubs.

6. Mention any two practices in the management of sprains.  
   - Apply the R.I.C.E. treatment.  
   - Keep limb raised as much as possible.

7. Note down two causes of missing stitches during machining.  
   - Needle too fine for thread.  
   - Needle bent.

   - Needle blunt.  
   - Machine not oiled.  
   - Needle set the wrong way.  
   - Work pulled when machining.
8. Name two desirable properties of storage facilities.
   - Suit be durable
   - Have smooth surfaces and easy to clean
   - Drawers suit be lockable
   - Rodlagers strong to bear weight of cloth

9. List down two laundry treatments which may be done during the rinsing stage other than starching.
   (2mks)
   - Fabric conditioning - fixing colour
   - Disinfecting - brightening with vinegar
   - Bluing - adding methylated spirit to give a crisp look to silk

10. State two reasons why sufficient ventilation is needed. (2mks)
    - To prevent humidity
    - To get rid of surplus heat

11. Highlight two factors that determine the specific nutritional needs of a sick person. (1mk)
    - Type of sickness
    - Age of the sick
    - Doctor's prescription

12. Identify the correct direction to press the following darts during garment construction.
    (i) Front shoulder dart – press downwards
    (ii) Bust dart – press downwards
    (iii) Elbow dart – press downwards
    (iv) Back waist dart – press upwards

13. Describe how to identify silk using the burning test. (2mks)
    Burns with a spluttering noise
    Self extinguishing emits small of
    burn feathers 'or hair

14. Identify two ways in which consumers can protect themselves from exploitation. (2mks)
15. State two reasons why saucepans should have a thick base.

- for even distribution of heat
- prevent food from burning
- it is more stable on the burner
- to retain its shape for long

16. Give two scenarios where mechanical ventilation would be necessary.

- Where there is overcrowding
- To remove odours
- Where there is heat processes e.g. kitchen
- Lack of natural ventilation e.g. bakery
- Not allowing pastry to relax
- Measuring ingredients inaccurately
- Not keeping ingredients cool
- Not baking in a fairly hot oven

17. Suggest two factors that can lead to a faulty pastry. (1mk)

- Not allowing pastry to relax
- Measuring ingredients inaccurately
- Not keeping ingredients cool
- Not baking in a fairly hot oven

18. List two points on the importance of basting in cooking.

- Prevent food from drying/moisten food
- To ensure even cooking of food
- Improve appearance

19. List two advantages of dry cleaning.

- A fast method of cleaning
- Retains shape, size, colour and lustre
- Does not require a lot of energy

20. Name two vaccines administered orally. (1mk)

- Oral polio vaccine
- Vitamin A capsule

21. Name two types of electric lamps. (1mk)

- Filament or incandescent lamp
- Fluorescent lamp

22. State two reasons for blending fibres. (1mk)

- Stop static charges
- Improve shape
- Improve lustre
- Make them absorbant
- Make them shrink resistant
23. Give two disadvantages on the use of credit cards. (2mks)
- May lead to impulse buying.
- May lead to overspending.
- Card cannot be used in the market, e.g. vegetables.

24. Highlight two reasons why weaning is done. (1mk)
- Exposes baby to different tastes and textures.
- Most nutritional needs which cannot be met by breast milk alone.
- Gradually prepares the baby to stop breastfeeding.
- Help develop digestive system.

25. Mention two ways of ensuring tucks are well made. (2mk)
- Should be made flat at the seam line.
- All tucks face the same direction.
- Tucks should be equal distance apart.
- They should be made on a straight edge.

26. List two advantages of natural lighting. (1mk)
- Free to run; cheap no costs incurred.
- Clean unlike paraffin lamps & candles.
- Readily available during day time.
- No polluting unlike paraffin lamps.

27. State two different ways of attaching a collar to the neckline. (2mks)
- Use of facings
- Self neatening
- Bias binding.
28. You are preparing to go back to school. Describe how you would:
   (a) Clean a greasy glass mug. (5mks)

   (b) Dry clean and finish your school polyester tie. (7mks)

   (c) Launder a loose coloured nylon garment (8mks).


- Wash in hot (4°C) soapy (4%) water using a soft cloth (2%)
- Sisal fibres (1%)
- Rinse (4%) thoroughly in clean 2
- Hot water (1%)
- Dry on a rack upside down (1%)
- Buff using a clean, dry, non fluffy cloth (1%)
- Stone appropriately (1%)

B. Work in a well ventilated place (1%)
- Protect hands with gloves (1%)
- Shake (1%) the tie thoroughly to remove loose dirt (1%)
- Pour an adequate amount of the dry cleaning liquid (1%) in a basin (1%)
- Immerse the tie in the liquid (1%)
- Knead and squeeze (1%) until clean (1%)
- Squeeze (1%) out as much liquid as possible (1%)
- Cover the container to prevent evaporation of solution (1%)
- Dry by hanging (1%) straight under shade (1%) in an airy place (1%)
- After the sediments have settled at the bottom of the basin hold the solution. Pour back into the storage container.
- Cover it tightly $\frac{1}{2}$ and store appropriately.

(c) Launder a loose coloured nylon garment (80ks).

- Wash in warm soapy water using kneading and squeezing $\frac{1}{2}$ to prevent further loss.
- Rinse in warm water $\frac{1}{4}$.
- Final rinse in cold water $\frac{1}{4}$ with vinegar which salt has been added.
- Lemon may be added in the final rinse to brighten the colour.

- Drip drip under shade $\frac{1}{2}$.
- Use a warm iron to press on the w.s. $\frac{1}{4}$ to avoid shiny marks.
- Air to dry completely $\frac{1}{2}$.
- Store appropriately $\frac{1}{2}$ in a clean dry clean.
SECTION C (40 MARKS)

29. (a) Outline four precautions to take when laundering baby’s napkin. (4mks)
(b) Identify four problems related to breast feeding and their remedies. (4mks)
(c) State four points to bear in mind when taking body measurements. (4mks)
(d) State four disadvantages of hoarding. (4mks)
(e) List four general rules to observe when making flour mixtures. (4mks)

30. (a) Mention four qualities of a well made hem. (4mks)
(b) Give four reasons for heavy and close texture in creamed cake mixtures. (4mks)
(c) Mention four ways of making a faced slit opening decorative. (4mks)
(d) Highlight four advantages of complementary feeding. (4mks)
(e) Explain four qualities suitable for a night wear. (4mks)

31. (a) Explain four ways pastry can be kept cool during preparation. (4mks)
(b) Note down four qualities of a well-made collar. (4mks)
(c) State four advantages of hire purchase. (4mks)
(d) State four ways of caring for a lactating mother. (4mks)
(e) Write down four points to bear in mind when choosing a method of “fullness disposal”.

29(a). Precautions to take when laundering baby's napkin. (4mks)
- Feed in the sun as it acts as a sterilizer.
- Soak to loosen dirt from stool.
- Launder in hot soapy water to kill sterilize the napkin.
- Rinse several times till water is clear to avoid traces of soap which can irritate the baby's skin.
- Wash clothes separately to avoid bacteria from familylasta to avoid bacterial...
C. Wear a simple outfit for the person whose measurements are being taken for accurate measurements.
- To obtain the natural waistline, tie a tape measure around the waist.
- The person whose measurements are being taken should stand upright but relaxed.
- When taking round body measurements, always put two fingers between the tape measure and the body, the tape measure should move freely.

dyspies are liked or go up price.
creates scarcity of goods for the consumer.
retards the economic growth of a country.

E. Use good quality ingredients.
- Weigh ingredients accurately.
- Use correct equipment and utensils during preparation and cooking.
- Follow method of preparation accurately.
- Observe cooking temperatures and duration of cooking as specified.
- Baked items should be tested for readiness before taking out of oven.
- Cool and store serve appropriately.
30a. Should be even in depth,
- should be flat and smooth.
- raw edges should be well concealed.
- should be neat and evenly distributed.
- should be inconspicuous on the right side unless decorative
- should be appropriate size depending on the type of fabric and style of garment.

b. Insufficient creaming of fat and sugar
- insufficient raising agent
- too much liquid
- too slow an oven
- insufficient cooking
- too hot an oven, resulting in the mixture forming a hard crust before the air expands

c. Edge stitching the opening and closing with a button and loop
- boucle loop inserted between garment and facing
- stitching a zip fastener between garment and the facing
- using a contrasting colour of facing on the right side
- turning facing to the RS and stitching it down with a decorative stitch.
d. Give additional nutrients as the nutritional needs of the baby increases.
- Provides in response to the baby's growth rate.
- Provides an alternative feeding where breastfeeding is not available.
- Makes weaning easy by enabling the baby to become familiar with new foods and tastes.
- Provide nutrients not available in breastmilk e.g., vitamin B and iron.

e. Should be a good conductor of heat for comfort at night and warm.
- Should be absorbent.
- Should be strong and durable to withstand frequent washing.
- Should be soft, land smooth when worn next to the body.
- Should be light in weight for comfort.
- Should not generate static electricity.
a. Cool fat and water in the refrigerator before mixing.
- Use a palette knife for mixing.
- Use fingertips to rub in the fat as it's the coolest part of the hands.
- Allow dough to rest in a cool place.
- Handling it as little as possible.
- Using cold water freshly drawn as it contains more air.
- Lifting and shaping with a rolling pin and palette knife.

b. Retain its shape.
- Should be applied accurately to lie smoothly on the neckline.
- Should be interfaced.
- Stitches used to hold collar in place should not show on R/S.
- Should be well positioned.
- The neck curve should be smooth.

c. Consumer is able to get immediate use of the article.
- Consumer acquires the item after paying the deposit.
- Purchase of a durable item becomes an immediate saving for the family.
- One is able to buy goods/items they would not have managed to buy through saving which takes a long time.
d. Adequate rest
   - Have adequate time to relax with the baby to enhance bonding.
   - Eating a balanced diet rich in proteins, iron, carbohydrates, vitamin A & C
   - Drink plenty of fluids to prevent constipation/diabetes as breastmilk is composed of water.
   - Maintain high standards of hygiene.

e. The warping of the fabric - Bulky fabrics are made bulkier when gathers are made on them.
   - The purpose -
     - Position where the fullness is to be controlled.
     - Style of the garment.
     - Weave of the article.