

HOMESCIENCE THEORY

PAPER 1

Marking Scheme

SECTION A

1. Methods of cooking using dry heat

(Any 2X1=2 MARKS)

- Baking
- Roasting

2. Types of tacking stitches. (2 marks)

- Even tacking
- Tailors tacking
- Long and short tacking
- Basting/ Diagonal tacking (Any 2X1=2 MARKS)

3. Types of hand sewing needles

- Betweens
- Crewels
- Darners
- Embroidery
- Sharps(Any 2X1=2 MARKS)

4. Ways of enhancing personal health.

- Give body proper cleaning
- Take balanced diet
- Take proper rest
- Do enough exercises
- Dress well(Any 2X1=2 MARKS)

5. Advantages of baking as a cooking method

- If temperature is properly set it does not require a lot of attention.
- Foods are light and easy to digest.

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- Baking saves on fuel since several dishes can be cooked at the same time.
- Foods baked are attractive and appealing.(Any 2X1=2 MARKS)

6. Methods of ventilation

- Adjacent method.
- Cross method. (Any 2X1=2 MARKS)

7. Ways of reducing a bulk in a seam.

- Trimming
- Layering
- Pressing flat (Any 2X1=2 MARKS)

8. Items in the house that can be recycled

- Plastic papers can be used for lining surfaces
- Old tins can be used as utensils
- Plastic containers can be washed then used to store ingredients
- Carton box can be used keeping clothes, or some stuff in the house.
- Old clothes can be used as dusters,Any 2X1=2 MARKS)

9. General functions of minerals in the body

- Building of bones and teeth
- Maintaining all cells in the body e.g. muscles, nerves, brain and blood cells
- Controlling body processes and enabling them to run smoothly (Any 2X1=2 MARKS)

10. Kitchen hygiene – refers to cleanliness of surfaces, equipment and proper disposal of refuse. (Any 2X1=2 MARKS)

11. Colour schemes that are used for interior decoration.

- Monochromatic colour schemes (one colour plan)
- Complementary scheme.
- Triad harmonies

- Analogous(Any 2X1=2 MARKS)

12. Functions of sebaceous glands in the skin.

- Production of sebum which keeps the skin supple.
- Produce sebum which makes the skin water proof.
- Produce sebum which destroys disease causing micro-organism.

(Any 2X1=2 MARKS)

13. Uses of a seam ripper

- Cutting button-holes
- For picking out stitches.(Any 2X1=2 MARKS)

14. Agents used in coating food during deep frying.

- Bread crumbs
- Egg white
- Thin batter(Any 2X1=2 MARKS)



15. Factors that determine size of a patch pocket.

- Purpose of the patch pocket
- Position of the pocket
- Size of the garment
- Age of the wearer.(Any 2X1=2 MARKS)

16. Points to be observed when washing articles with non-fast colour

- The garments should be washed using the kneading and squeezing method

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- The garment should be hanged under shade

- Use moderate iron when ironing (Any 2X1=2 MARKS)

17. How to identify silk using burning test

- Burns with spluttering noise and is self extinguishing.

Gives the smell of burnt feathers or hair.(Any 2X1=2 MARKS)

18. Ways of enriching leftover foods

Adding vegetables

Using species

Serving together with vegetables / salads

Garnishing

Adding stock

Coating some food (Any 2X1=2 MARKS)

19. Disadvantages of using candles for lighting

Get finished quickly

No sufficient light

- Easily put off by wind

- Can cause accidents easily (Any 2X1=2 MARKS)

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20. Uses charcoal as fuel

- For cooling in a charcoal coder

- For cooking

- Ironing (Any 2X1=2 MARKS)

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SECTION B (20 MARKS)

21.)

a) Description of washing a neglected aluminum pan

- Collect equipment and material needed (1/2)
 - Wash (1/2) in hot 1/2 soapy 1/2 water using scouring pad 1/2
 - Rinse 1/2 severally 1/2 using hot 1/2 water.
 - Wipe dry 1/2 with a kitchen cloth 1/2
 - Clean equipment used (1/2)
- (any 8x1/2 = 4 marks)

b) Explanation of thorough cleaning an enamel plate.

- Collect equipment and material needed (1/2) to save on time (1/2)
- Removal of loose dirt/dispose scrapes of food (1/2) to keep water clean (1/2)
- Use a sponge (1/2) and warm soapy (1/2) water to remove dirt and prevent scratches (1/2) and remove dirt (1/2)
- Rinse thoroughly in warm (1/2) water to remove dirt and soap (1/2)
- Final rinse in cold (1/2) water to freshen (1/2)
- Drip dry/upside down on a rack (1/2) to remove water (1/2).
- Store (1/2) in a clean cool dry place to maintain (1/2)
- Clean (1/2) equipment used to maintain (1/2) (any 14 x 1/2 = 7 marks)

c) Procedure of cleaning a hurricane lamp (omitting the glass)

- Collect equipment and materials (1/2) *necessary for the work.*
- Protect (1/2) the surface using old newspapers(1/2)
- Dismantle the lamp (1/2)and place the glass chimney on a clean dry place
- Empty the kerosene into a clean dry container (1/2)
- Put hot soapy water(1/2) inside the reservoir close the opening and shake the lamp(1/2)
- Rinse (1/2) thoroughly using warm (1/2) water
- Shake (1/2) off excess water

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- Wipe off soot ($\frac{1}{2}$) using a newspaper especially the chimney
- Clean the frame chimney and handle using warm ($\frac{1}{2}$) soapy ($\frac{1}{2}$) water and a soft cloth/sponge ($\frac{1}{2}$)
- Rinse ($\frac{1}{2}$) thoroughly
- Drain off excess water by placing it upside down ($\frac{1}{2}$) on a clean surface
- Trim ($\frac{1}{2}$) the wick
- Reassemble ($\frac{1}{2}$) the lamp
- Refill ($\frac{1}{2}$) with kerosene
- Clean equipment and materials ($\frac{1}{2}$) used (any $18 \times \frac{1}{2} = 9$ marks)

SECTION C (40 MARKS)

22 a) Points on conservation of energy in lighting.

- Lighting in various parts of the house should be designed to suit a particular area
- Use lightly colored surfaces as they reflect light and distribute it better than dark ones
- Daily light should be used as much as possible. Artificial light should be used only for dark hours
- Ensure that all light fittings e.g. shades, covers etc are clean and in working order
- Turn off lights when not in use even for short periods
- Avoid using bulbs with high voltage than really required (any $5 \times 1 = 5$ marks)

b) Suitable conditions for the growth of yeast.

- (i) **Food**, this is provided by the sugar in the flour / Limited amounts should be used since too much of it will rupture the yeast cells retarding the fermentation process.
- (ii) **Warmth**, the working conditions must be warm 25°C / Hot temperatures will kill the yeast and cold temperature will retard the growth of the yeast.
- (iii) **Liquid**, this is provided by the water or milk used in the mixture/ It is used for the formation of the solution in which fermentation process takes place.
- (iv) **Time**, this is provided by allowing yeast mixture to ferment and proof.

(any 3x2 = 6 marks)

c) Preparation of a shaped round patch pocket and attachment.

- Neaten $\frac{1}{2}$ the top edge $\frac{1}{2}$ of the pocket
- Snip / notch $\frac{1}{2}$ the turnings $\frac{1}{2}$ of the curves ($\frac{1}{2}$),

Fold $\frac{1}{2}$ the allowance ($\frac{1}{2}$) along the S.L ($\frac{1}{2}$) to the W.S ($\frac{1}{2}$) of the pocket.

- Pin $\frac{1}{2}$ and tack $\frac{1}{2}$ in place $\frac{1}{2}$
- Stitch ($\frac{1}{2}$) the pocket along the S.L $\frac{1}{2}$ and re enforce $\frac{1}{2}$ the mouth .
- Trim $\frac{1}{2}$ the corners ($\frac{1}{2}$) of the pocket $\frac{1}{2}$.
- Press ($\frac{1}{2}$) the pocket flat $\frac{1}{2}$.

(any 18 x $\frac{1}{2}$ = 9 marks)

23 a) Advantages of stewing as a method of cooking.

Economical method of providing a meat dish from a cheap cut of meat through slow

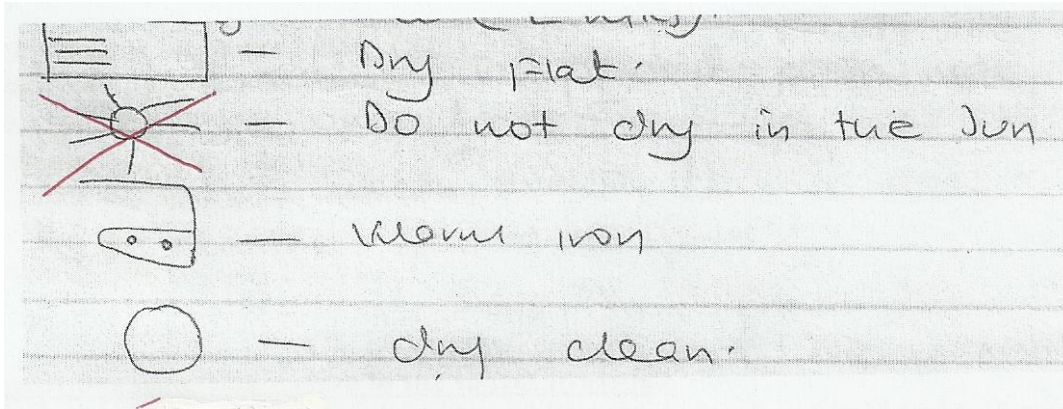
Prolonged cooking

- The gravy (liquid part) of the food is served with the food therefore the nutrients which are in the gravy are not lost
- Does not require close attention during cooking except for occasional stirring therefore other tasks can be performed while the stew is cooking
- With the long slow cooking, natural flavor of food are developed which make the food more enjoyable
- It does not require special cooking facilities therefore can be carried out successfully even on three stones
- The water soluble nutrients are conserved because the evaporation is minimized through the use of a pan with a lid
- Consumes little fuel therefore economical on fuel

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-Prolonged slow cooking tenderizes tough foods (Any 4 pointsx2= 8 marks)

b) Different symbols likely to be found on care labels of a woolen garment.

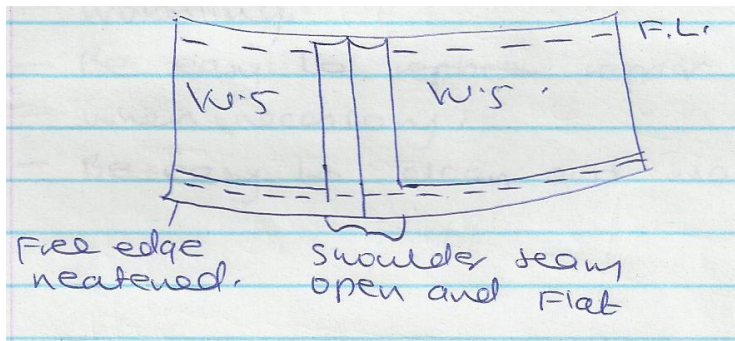


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c) Description of how to prepare a front and back facing using one well labeled diagram.

- Place the two $\frac{1}{2}$ facings R.S $\frac{1}{2}$ facing matching $\frac{1}{2}$ the fitting line.
- Pin $\frac{1}{2}$ and tack $\frac{1}{2}$ along the fitting line $\frac{1}{2}$
- Remove pins $\frac{1}{2}$ and machine $\frac{1}{2}$ stitches
- Remove tacking $\frac{1}{2}$ and press $\frac{1}{2}$ seam open $\frac{1}{2}$
- Neaten $\frac{1}{2}$ the free edge $\frac{1}{2}$.

(Description any 10 points x $\frac{1}{2}$ = 5 marks and diagram 1 mark = 6 marks)



24 a) Reasons why hospitals would not use silk fabric for their bed sheets.

- Easily damaged by high temperatures, hospital bed sheets must be frequently sterilized.
- Easily damaged by alkalis and acids – hospital bed sheets are usually stained with medicines and other stains hence require strong fabrics.
- Weakened by long exposure to sunlight – hospital linens are exposed to the sunlight for further sterilization.
- Silk is weak when wet-hospital linen require frequent washing which silk cannot stand (any 4 x 2 = 8 marks)

b) Precautions to observe when using a micro – wave oven.

- (i) Do not overload
- (ii) Do not use metal object to warm food
- (iii) Follow manufactures instructions
- (iv) Do not start micro – wave without food inside.
- (v) Switch off when not in use.
- (vi) Don't let it get too dirty
- (vii) Don't keep the microwave near heating appliance (any 6 x 1 = 6 marks)

C) Good qualities of a kitchen plan.

- Working surfaces should be of comfortable height to avoid straining.
- Has sufficient working space for easy movement.
- Working surfaces should be close to each other to avoid too much movement.

- Should be well ventilated and to avoid fatigue.
 - Should be well lit to avoid fatigue
 - Work centers should allow work to flow from one surface to another to avoid retracing steps.
- (any 6 x 1 = 6 marks)

