

**HOMESCIENCE**  
**FORM 3**  
**OPENER EXAMINATION: TERM 2 2024**

**TIME:2HRS**

**SECTION A**

**Answer all questions in the spaces provided**

1. Identify two causes of baby's inability to breastfeed. (2mks)
  - a. *Palate lip/cleft lip*
  - b. *Oral thrush*
  - c. *Illness*
  
2. Give two reasons why it is important for the parents to visit VCT clinic. (2mks)
  - a. *They will be counseled on how to live in harmony irrespective of status*
  - b. *He mother is given medical care to prevent mother to child transmission if positive*
  - c. *If negative they are counselled and advises on how to maintain their negative status.*
  
3. What are packed meals. (2mks)

*These are meals that are prepared,cooked and packed then eaten away from home.they can be used during picnics,while travelling etc.*
  
4. List four appropriate packing equipment and materials. (2mks)
  - a. *Picnic bags*
  - b. *Hot pots*
  - c. *Polythene papers*
  - d. *Grease proof paper*
  - e. *Disposable plates and cutlery*
  - f. *Serviettes food flask*
  - g. *Plastic bottle*
  - h. *Foil paper*
  - i. *Straws*
  
5. What are raising agents? (1mk)

*These are substances used to make flour mixture light*
  
6. List three types of play in child development. (3mks)
  - a. *Creative*
  - b. *Physical*
  - c. *Imaginative*
  - d. *Manipulative*

7. Give two advantages of delivering babies at home. (2mks)  
*The mothers enjoys emotional support from the family members*  
*It is cheaper since there is no hospital bill to be paid*

8. Name two components of the dermis. (2mks)

- a. *Blood capillaries*
- b. *Sweat glands*
- c. *Sebaceous glands*
- d. *Nerve endings*

9. List four sexually transmitted disease that an expectant mother should be screened for. (2mks)

- a. *Syphilis*
- b. *Gonorrhoea*
- c. *HIV/AIDS*
- d. *Chlamydia*
- e. *Genital herpes*
- f. *Vaginal candidiasis*

10. Outline three points to observe when using deodorants. (3mks)

- a. *The body should be clean*
- b. *Stop use in case of skin irritation*
- c. *Follow manufacturers instructions*
- d. *Use sparingly.*

11. State three factors to consider when choosing shoes. (3mks)

- a. *They should be well fitting for comfort*
- b. *They should be well made for durability*
- c. *They should have an appropriate heel size*
- d. *They should be affordable*
- e. *They should be attractive in colour*
- f. *They should be suitable for purposes*
- g. *They should be easy to care for.*

12. Mention two function of teeth. (2mks)

*They aid in speech*

*They aid in digestion by mechanically breaking down food.*

*They enhance facial appearance.*

13. Give three signs and symptoms of malaria. (3mks)

High fever

- a. *Headache*
- b. *Vomiting and diarrhea*

- c. *Anaemia*
- d. *Loss of appetite*
- e. *Enlarged spleen*

14. Write the following abbreviation in full. (2mks)

- a. DPT-*diphtheria,pertussis(whooping cough),tetanus*
- b. RS-*right side*
- c. STI-*sexually transmitted infection*
- d. WC-*water closet*

15. List four nutritional disorders associated with lifestyle. (2mks)

- a. *Gout*
- b. *Obesity*
- c. *Hypertension*
- d. *Anorexia nervosa*
- e. *Bulimia*

16. Give three advantages of using wooden spoon when cooking food. (3mks)

- a. *Poor conductor of heat therefore does not burn hands*
- b. *It does not scratch the saucepans thus do not contaminate food*
- c. *It is silent when stirin gfoods.*
- d. *It is strong therefore does not bend*

17. State three reasons for controlling fullness. (3mks)

- a. *It gives shape to the garment*
- b. *It reduces style feature*
- c. *It gives a good fit for garment*
- d. *It gives a decorative effect to the garment*

18. List two methods of controlling fullness. (1mk)

- a. *Darts*
- b. *Easing*
- c. *Pleats*
- d. *Gathers*
- e. *Tucks*
- f. *Elastic*
- g. *Smocking*
- h. *shiming*

#### SECTION B COMPULSORY.(20MKS)

19. You are a member of a Home Science club making a presentation.

- a. Give the procedure for thorough cleaning of an aluminum sufuria. (5mks)
  - a. *Remove any loose food particles*
  - b. *Scour the inside and outside using hot soapy water and an abrasive*

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- c. *Rinse thoroughly in hot water*
- d. *Dry with a kitchen cloth/drip on a rack*
- e. *Store appropriately.*
- b. Outline the procedure for laundering loose coloured leso/Khanga. (6mks)
  - a. *Shake the article to remove loose dirt*
  - b. *Wash in warm soapy water using kneading and squeezing method*
  - c. *Rinse in warm water to remove soap traces and dirt*
  - d. *Final rinse in cold water into which salt is added*
  - e. *Dry under the shade w.s*
  - f. *Iron while still damp using a moderate hot iron on the w.s*
  - g. *Air fold and store appropriately*
- c. Outline the steps to follow when laundering an acrylic sweater. (9mks)
  - a. *Soak in cold water to loosen dirt*
  - b. *Wash in warm soapy water using kneading an squeezing method*
  - c. *Rinse in warm water to remove soap traces and dirt*
  - d. *Final rinse in cold water to freshen into which fabric conditioner may be added.*
  - e. *Dry drip under shade securing with pegs to avoid them from falling*
  - f. *Use warm iron to remove creases*
  - g. *Air dry completely*
  - h. *Fold and store appropriately*

### SECTION C(40MKS)

Answer any two questions from this section

- 20.
- a. Explain four benefits of attending post-natal clinic to a mother. (8mks)
    - a. *The mother is thoroughly examined to ensure that the uterus and other organs are back to normal*
    - b. *The mothers breasts are examined to make sure that she will be able to breastfeed*
    - c. *The mothers health,emotional,psychological and social concerns are addressed at the clinic.*
    - d. *Pregnancy related complications if any are addressed*
    - e. *The mother is advised on good nutrition,child care hygiene and family planning for healthy living*
  - b. Give four advantages of hospital confinement during delivery. (4mks)
    - a. *Qualified medical personnel are available to attend to the mother and child.*
    - b. *There are relevant equipment in case of complications during delivery*
    - c. *Mother gets enough rest without disturbance and visitors are controlled*
    - d. *Immunization start immediately*
    - e. *Mother is hgive advise on nutrition care of the child and family planning.*
  - a. State and explain our types of play in child development. (8mks)
    - a. *Physical play-to exercise different muscles by running ,jumping e.t.c*
    - b. *Manipulative play-assist the childs use of the limbs eg in modeling*

- c. *Creative play-helps a child express themselves*
- d. *Imaginative play-helps children to act out their feelings and features e.g role acting*

21.

- a. Discuss four factors to bear in mind when planning meals for children. (8mks)

- a. *The food should be rich in proteins,calcium,phosphorus iron,carbohydrate and vitamins*
- b. *Some food should be crunchy/spy for plenty if chewing so as to strengthen their teeth.*
- c. *The food is served in clean dainty dishes*
- d. *Meals should be served punctually and at regular intervals.*
- e. *Plenty of fluids should be included such as fresh fruit juice and milk.*
- f. *Food should not be over-sweetened or over-flavoured*

- b. Explain how steam works as a raising agent. (2mk)

- a. *Steam raises mixtures by physical action*
- b. *Steam is produced when water in a mixture reaches boiling point*
- c. *As steam forces its way up through the mixture,the gluten strands and set,holding the mixture in flat raised form*

- c. Describe five rules to observe when using a refrigerator. (10mks)

- a. *Avoid storing hot foods as its interferes with the temperature in the fridge.*
- b. *Do not push it against the wall to ensure adequate circulation of air around the condenser so that the cooling mechanism can run effectively*
- c. *Avoid overcrowding food to ensure free circulation of air in the fridge*
- d. *Do not keep foods with strong smell as this will interfere with the other foods*
- e. *Store foods when covered so that they do not dry up*
- f. *The door should be keep closed and only opened when necessary so as to prevent warm air*
- g. *From getting in thus raising the temperature*
- h. *Always keep the fridge clean and spills should be wiped immediately.*
- i. *The fridge should be stored in a cool area*
- j. *Regulate to the correct temperature*
- k. *Store foods in their correct compartments*

22.

- a. Discuss three disadvantages of an open drainage. (6mks)

- a. *They pose danger to people and domestic animals as they can fall in them and get hurt*
- b. *They can be smelly and unsightly if not constantly cleaned due to accumulation of waste water and rubbish they cause soil erosion because the edges of the uncemented drainage continues to wear out*
- c. *They can be breeding places for pests and this is becomes a health harzard*

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- d. They may encourage dumping thus posing a danger to health*
- b. List four signs of pregnancy. (4mks)
- a. Breast become tender and enlarged*
  - b. Morning sickness*
  - c. Frequent urination*
  - d. Cessation of the monthly periods*
  - e. Enlarged abdomen*
- c. Briefly describe five substances added to soaps and soapless detergents during their manufacture. (10mks)
- a. Builders-they improve the cleansing power of the soap.they include Sodium sulphate and sodium carbonate*
  - b. Dyes-they are added to give soap different colours*
  - c. Antiseptics-they are added to kill bacteria on the surfaces used on*
  - d. Blue-this is added as a abrightening agent to counteract yellowing to white*
  - e. Perfume-they are added to increase the fragrance of the sopa*
  - f. Bleaches-they a\re added to laundry to whiten and remove stains*

