**HOME SCIENCE**

**END TERM EXAMS FORM FOUR**

**PAPER 1**

1. Give two uses of starch in laundry work. (2mks)
* it is used to stiffen clothes and house hold articles.
* It makes the articles smooth and glossy.
* It makes the article easy to iron.
1. State three points on choice of a good ironing surfaces (3mks).
* It should be stable
* It should be of comfortable height to suit the user.
* The ironing surface should be well padded.
* It should be smooth but not slippery.
1. Give two dangers of poor sanitation (2mks)
* it causes water borne diseases
* water pollution
* unsightly environment
* breeding of pests.
1. Give two ways in which snake bites can be prevented. (2mks)
* clear bushes around the homes.
* Cover holes and destroy ant hills around the home.
* Keep doors vents and draining pipes closed or covered
* Keep the compound and the house clean to keep away rats and other rodents.
* Do not play with pet snakes.
1. State two points on importance of child immunization (2mks).
* to boost immunity
* to reduce child mortality rate.
* Reduce and prevent deformity caused by diseases such as poliomyelities.
* to promote a healthy nation through strong and productive citizens.
1. Explain why a waiste bond is interfaced. (2mks)
* To stiffen the waisteband
* To add strength
* To reinforce and prevent stretching.
1. Give two advantages of using electricity as a source of fuel. (2mks)
* It is quick to light and use.
* It requires no storage space.
* It is environmentally clean.
* It can be easily regulated.
1. Define ante-natal care. (1mk)
* This care given to an expectant woman and the unborn baby. ( before the child has been born).
1. State three general rules to be followed when reparing clothes. (3mks).
* Repair as soon as possible.
* Repair should be done before washing to avoid enlarging the tear.
* It should be made as inconspicuous as possible using matching thread.
1. Suggest two desirable qualities that make polyester a suitable frabrick for soft furnishing (3mks)
* It is resistant to sunlight.
* It drapes well.
* It is strong.
1. Give two ways in which kales may be stored in the absence of a refrigerator for at least one day. (6mks)
* Store them loosely wrapped in perforated polytene papers.
* Stand the kales stalks in a bowl of cold water.
1. State two uses of vinegar in laundry work. (2mks).
* To brighten colours
* To remove excess blue
* To remove alkaline based stains.
1. Mention two advantages of using the roasting method of cooking. (2mks)
* It produces attractive and appetizing dishes.
* It requires little attention when done in the oven.
* It is done in the oven, several dishes could be cooked at the same time.
* The extracts from the food such as meat, can be used to make gravy when roasting in a pan.
1. List four traditional methods of preserving food. (2mks).
* Sun – drying
* Smoking/drying over the fire.
* Use of salt
* Use of ash
1. Giving examples, state three reasons for using soft furnishing. (3mks)
* Used for decorative purposes for e.g wall hangings.
* For privacy. E. curtains
* Reduction of noise and provision of warmth. E.g Carpets.
* Used for protection, e.g loose covers
* For comfort. E.g foot rest.
1. Give two examples of a west-made cuff. (2mks)
* It should be well neated.
* It should be flat
* It should be in the same shape and size in both cuffs.
* If attached without a sleeve opening, it should be large enough for the hand to slip in and out comfortably.
* It should have good knife edges or well-rounded corners.
1. Give two reasons why it is important to dry white clothes outdoor in the sun. (2mks).
* Sun disinfects clothes
* It bleaches white articles making them whiter.
1. List three examples of decorative stiches (3mks)
* Chain stiches
* Stem tiches
* Cross stiches
* Faggotting stiches
* Satin stiches
1. Give one reason why clothes should be folded before storage. (1mk)
* To prevent creasing
* To ensure that the items fit properly in the storage space.

**SECTION B: COMPLSORY (20MKS)**

1. Your parents are away and you have been left incharge of the home, using knowledge and skills learnt in home science,
2. Explain how you would launder your mother’s viscose rayon dress. (10mks)
* Shake to remove loose dirt
* Wash in warm soapy water using kneading and squeezing method.
* Use a mild detergent.
* Rub lightly the heavily soiled parts such as the collar and the cuffs.
* Rinse in warm water to remove soak and dirt
* Finally rinse in cold water into which fabric conditioner has been added to relax the fibre.
* Drip dry under a shade.
* Use a moderately horn iron and iron it while still damp.
* Air to remove moisture.
* Fold and store appropriately.
1. Describe how you would clean your younger sister’s leather shoes.
* Collect the equipment needed.
* Protect the working area with a newspaper.
* Dust with a dry duster, incase of mud remove using a stick.
* Wipe with a soft cloth wrung out of warm soapy water.
* Clean both outside and inside. Pay special attention to the sole and heel.
* Rinse by wiping with a cloth wrung out of clean warm water.
* Wipe to dry with a dry non-fluffy cloth. Leave in a cool and airly place for complete dryness.
* Apply polish springly using a soft brush, leave for a while and buff to shine.
* Stuff with old newspaper and store in a shoe rack.

**SECTION C (40 MARKS)**

**Answer any two questions in this section**

1. Mention five nutritional disorders that are associated with lifestyle. For each disorder mention and give points on how to manage it. (10 mks)
2. **Gout –**
* reduce intake of alcohol and roast meat.
* Drink plenty of water
* Exercise to reduce excess weight.
* Give pain killers.
1. **Obesity-**
* Reduce intake of carbohydrates.
* Avoid snacks.
* Reduce fat intake
* Exercise the body regularly.
1. **Hypertension –**
* Avoid and manage stress.
* Reduce intake of salt
* Exercise the body to reduce weight
* Discontinue family planning methods which may cause high blood pressure.
1. **Anorexia nerrosa**
* Take a balances diet
* Seek guidance and counselling
* Take small quantities of food at regular intervals.
1. **Diabetis**
* Limit the intake of carbohydrates and refined foods
* Increase intake of fluids and high fibre foods.
* Check blood sugar levels regularly and take the necessary action.
* Do regular exercise.
* Follow doctors dietery instructions.
* Avoid sugary stuff.
1. State and explain five points to be considered in planning and preparing meals for manuals worker. (10mks)
* The meals should be balanced with higher amount of energy giving foods.
* Provide a lot of fluids to replace that which is lost through sweating.
* Provide plenty of vitamin B1 to release of energy.
* Serve large amount of food.
* Provide snacks in between meals.
* Season food well.
1. **a) discuss four disadvantages of supplementary feeding. (10mks)**
* The baby may not be given the right proportion of nutrients.
* The baby may develop some allergic reactions to the introduced foods.
* Bonding between the mother and the child is interfered with.
* It takes time, energy and money to prepare the foods.
* The baby may reject the food.

 **b) give five examples of conditions at home that may interfere with a mother’s lactating ability. (5mks)**

* Stress/anxiety
* Too much work leading to fatigue
* Sickness e.g in a coma
* Lack of a balanced diet
* Inadequate intake of fluids

C) State five reasons why it is advisable for women to deliver in the hospital. (5mks)

For special care – hospitals have adequate staff and facilities to cater for emergencies.

Hospitals offer a sense of security for the pregnant mother.

After delivery, the mother and the baby are checked for any complications.

The baby is given the first immunization of B.C.G and polio.

1. a) explain five advantages of using convenieve foods. (10mks)
* ensure availability of foods that are not in season.
* They are handy for unexpected guests and picnics.
* They save on time and energy in menu planning and meal preparation.
* They help busy homemakers to provide the family with suitable meals.
* They help those without cooking skills to produce attractive suitable meals.
* They save on fuel
* The colours added during processing improve the appearance of the food.
* They are cheaper at times than fresh foods.

 b) Give three points on storage of reheated foods. (3mks)

* Store in clean covered containers to prevent bacterial contamination.
* Store in a cool well ventilated dry place.
* Do not store for long.

 c) Mention seven things to consider in the choice of soft furnishing. (7mks)

* The fabric they are made with should be easy to launder.
* The cost should be within the buyers financial means.
* The colour should match with the rest of the colour scheme in the room.
* Choose crease resistant and shrink resistant fabrics to maintain size and shape.
* The fabric should be colour fast
* The curtain materials should be resistant to sunlight and should drape well.
* Choose good quality materials to last long.
* Choose an attractive design to enhance decoration