

NAME.....CLASS.....ADM.....

HOMESCIENCE
END TERM 2 2020
FORM 1

1. Define the following terms.

(i) Hygiene. (1mk)

Hygiene refers to the keeping of one's appearance body wise and clothing clean and neat.

(ii) First aid. (1mk)

Is first help given to a n injured person before taking him or her to see a doctor.

2. Name two parts of the skin. (2mks)

- **Dermis**
- **Epidermis**

3. Suggest two methods on how to avoid athlete feet. (2mks)

- **Dry in between the toes before wearing shoes.**
- **Air feet regularly and wear open shoes.**
- **Avoid wearing wet socks or shoes.**
- **Avoid sharing shoes and socks.**

4. What are accessories? (1mks)

Are items worn with clothing to highlight point of interest

5. Differentiate between the following

(a)Scalds and burns. (2mks)

- **Scalds are injuries caused by moist heat e.g hot tea**
- **Burns-injuries caused by dry heat e.g open fire**

(b) Sprain and fractures. (2mks)

- **Sprain-a twist of limbs joints beyond the normal range causing tearing of the ligaments.**
- **Fractures- a break or crack in the bone.**

(c) Cuts and bruises. (2mks)

Cuts-open injury into the skin by sharp objects causing one to bleed.

Bruises-

6. Suggest three importance of housing a family. (2mks)

- **Protection from natural calamity e.g rain, hot sun**
 - **To provide security from wild animal thugs e.t.c**
 - **To give a sense of belonging from emotional well being and social development.**
7. Suggest one precaution to take when cleaning china cups. (1mk)
- **Avoid subjecting to extreme temperature ,sudden change.**
 - **Avoid chipping should not be stack together when cleaning e.gpilling cups together.**
8. List three methods of providing family with shelter. (3mks)
- **Buying.**
 - **Building.**
 - **Renting.**
9. State two classification of dirt. (2mks)
- **Loose.**
 - **Fixed.**
10. List three qualities of a good duster. (3mks)
- **Should be able to hold dust.**
 - **Should be soft.**
 - **Should be fluffy.**
 - **Should be colour fast.**
11. Name any two kitchen plan. (2mks)
- **L shaped plan.**
 - **U shaped plan.**
 - **Corridor plan.**
 - **One wall plan.**
12. State two advantages of suction method in removing of loose dirt. (2mks)
- **Dust is sucked into a bag attached to the vaccum cleaner without raising it in the room to irritate occupants on settle on furniture surface.**
 - **One does not need a dust pan to gather and collect dirt it is sucked by the vacuum cleaner, bay can later be emptied.**
13. State two areas of the house referred as wet areas. (2mks)
- **Kitchen**
 - **Bathroom**
 - **Toilet**
14. State three methods of removing loose dirt. (3mks)
- **Dusting.**

- **Sweeping.**
- **Suction method.**
- **Brushing.**

15. List two problems related to the feet. (5mks)

- **Bunions**
- **Corns**
- **Athlete feet**
- **Jiggers**
- **Cracked feet**

16. State two factors one should observe when caring for hair. (2mks)

- **Wash hair regularly with suitable shampoo or good quality toilet soap.**
- **Avoid extreme heat while drying hair this tend to remove natural oils from hair.**
- **Incase of dandruff use medicated shampoo.**
- **Dry hair may need as frequent washing as greasy hair.**
- **Avoid sharing headgear, pillow, combs and hair parasite.**

17. What is the use of a mackintosh spread before sheets in a bed. (2mks)
To prevent the wetting of the mattress e.g in childrens bed.

18. What causes fainting. (1mk)
Is a sudden, brief loss of consciousness that occurs when there is temporary reduction of blood flow to the brain.

19. Name four improvised cleaning materials. (2mks)

- **Old clothes -for duster.**
- **Egg shell-as an abrasive.**
- **Maize cob-for scrubbing.**
- **Sisal fibre-ash or crushed charcoal can be applied.**

20. List down five types of brushes commonly found in the home. (5mks)

- **Scrubbing brush**
- **Toilet brush**
- **Cloth brush**
- **Cobweb brush**
- **Bottle brush**
- **Shoe brush carpet brush**

21. Suggest the name of an opening in a wall between the kitchen and the dining room. Suggest its function. (2mks)

An opening found on kitchen wall is known as a hatch.

Function: to pass over food or dirty dishes used in the kitchen for cleaning.

22. Define good grooming.

(1mk)

SECTION B: Attempt all questions.

23. You have been asked to stay at home and carry out some household chores

(a) Describe how you will thoroughly clean the bathroom.

(7mks)

- **Open the windows**
- **Collect all the equipments needed.**
- **Remove dirty linen and towels and take them to the laundry.**
- **Clean the bath mats**
- **High dust all surfaces.**
- **Clean the walls windows and mirror according to their type.**
- **Soak the soap dish in warm water, scrub it to remove all soap.**
- **Rinse and dry it.**
- **Scrub the basin and the bathtub or shower.**
- **Clean the floor according to its type.**
- **Replace the towels with clean ones.**
- **Return the soap dish and floor mats to their proper place.**
- **Clean the equipment used and store it appropriately.**

(b) Clean the refrigerator.

(8mks)

- **Defrost the refrigerator.**
- **Check the state of the stored food.**
- **Discard any food that has gone bad.**
- **Wash the containers.**
- **Clean the inside and outside surfaces using warm soapy water.**
- **Wipe the other containers and shelves to remove smudges.**
- **Work quickly to prevent warm air from getting into the refrigerator.**
- **Close the refrigerator door and dust the outside to remove any smudges.**
- **Pay particular attention to the handles.**
- **Rinse well .dry it using a clean cloth.**
- **Clean all movable parts in the same way.**
- **Rearrange the fridge ensuring that any unspoilt food is returned to the fridge.**

(c) Clean stainless steel equipment.

(5mks)

- **Wash in hot soapy water.**
- **Rinse thoroughly in hot water.**
- **Dry completely**

- Polish to a high shine using a clean soft dry tea towel or a glass cloth.
- Store appropriately.