

18.0 HOME SCIENCE (441)

18.1 Home Science Paper 1 (441/1)

SECTION A

1. (i) Tocopherol - Vitamin E
(ii) Retinol - Vitamin A
(iii) Cholecalciferol - Vitamin D
(iv) Phylloquinone - Vitamin K
- 4 x ½ = 2 marks
2. Qualities of containers used to freeze foods: Should be:
- waterproof/plastic/polythene;
 - strong/durable/long-lasting;
 - easy to handle;
 - easy to clean/washable;
 - harmless/safe to use/not rusting/not poisonous/non-toxic;
 - have a cover/lid
 - should be impermeable/should not transmit flavour/impart flavour
- Any (4 x ½) = 2 marks
3. Nutritional disorders associated with lack of calcium in the body are:
- osteomalacia /soft bones;
 - rickets/bow legs/knock knees/weak bones;
 - osteoporosis/porous/brittle bone;
 - weak teeth
- (2 x ½) = 1 mark
4. Reasons why charcoal must be red hot before roasting meat:
- to seal in the juices/prevent from drying/harden;
 - to ensure food is free from smoke /getting black;
 - to cook well;
 - to save time/cook faster.
- 2 x 1 = 2 marks
5. Arranging the food items into a three course meal
- Course I: Tomato soup / bread rolls
Course II: Stewed fish
 Ugali
 Saute kales
Course III: Vanilla cake/ custard sauce.
- 3 x 1 = 3 marks
- NB:
Award ½ x 2 for each course.
6. Ways of preventing dandruff:
- do not share hair combs / brushes/hair equipment;
 - keep hair combs, brushes and towels/hair equipment clean;
 - wash hair/keep hair clean;
 - oil the scalp regularly;
 - use medicated shampoos;
 - disinfect hair equipment.

Any 2 x 1 = 2 marks

7. Physical body exercises should be encouraged because they:
- enhance blood circulation;
 - assist in burning down excess fat/prevent obesity;
 - enhance the removal of sweat / waste;
 - improve appetite;
 - strengthen the body/keep body fit/keep body active/flexible;
 - stimulate the brain/relaxes the mind;
 - simulate digestion;
 - enhances good grooming/appearance.

Any 3 x 1 = 3 marks

8. Soft furnishing used in the bedroom are:

- curtains;
- duvets / comforters/blankets ;
- pelmets / valances;
- rugs/ mats;
- carpets;
- lampshades;
- cushions/toys/puffed;
- pillows;
- bedspreads/bed covers;
- sheets
- wall hangings,/wall mats
- mattress covers;
- wall paper;
- pillow cases;
- table cover/chair cover;
- cushion cover.

Any 6 x 1 = 3 marks

9. Points to bear in mind when choosing a hurricane oil lamp

- choose a popular brand whose spare parts are readily available;
- ensure the glass, the chimney and handle fit in properly/parts fit in properly;
- choose a size that will give adequate amount of lighting;
- ensure the lamp is made of durable material;
- ensure good workmanship of the entire lamp;
- ensure the lamp is rust free;
- ensure the lamp is working/the wick can move up and down.

Any 3 x 1 = 3 marks

10. Precautions to take after a snake bite on a limb

- do not move the limb;
- tie firmly around the limb just above the bite/compress;
- suck out as much blood as possible/cut and bleed off;
- wipe the bitten part/wash;
- apply black stone/potassium permagranate;
- seek medical attention.

Any 2 x 1 = 2 marks

11. Competitive advertising is:
- the type of advertising used to promote/market/highlight/against (%) the sale of different (½) brands of similar/same goods (%) and services where advertisers try to out do (½) each other by using gimmicks that sometimes create a negative/out do impression on the products of the competitor.
- well described 2 marks
12. Methods of sterilizing bath towels are:
- boiling;
 - steaming;
 - use of disinfectants;
 - fumigation;
 - dry under the sun;
 - press with a hot iron.
- Any 2 x h = 1 marks
13. Uses of fabric conditioners, they:
- make fabric soft to touch;
 - prevent build up of static electricity prevent cloth from clinging to the body;
 - make ironing easier/reduces creasing;
 - introduce a pleasant smell/good/nice/fragrance.
- Any 2 x 1 = 2 marks
14. Functions of the following parts of a sewing machine:
- spool pin : to hold the reel of thread while sewing and winding the bobbin.
 - feed dog: to move fabric while sewing.
 - tension disc : to control the tightness or looseness of the thread during stitching/regulate/tension.
- 3 x 1 = 3 marks
15. Function of the Fishbone stitch is to hold two pieces of fabric together before darning.
- 1 mark
16. A well-made facing should:
- be visible on one side of the garment only;
 - be flat on the right and wrong sides;
 - be well knife edged;
 - have straight stitchery.
- Any 3 x 1 = 3 marks
17. Garments made from elastomeric fabric include:
- corsets;
 - bikers;
 - brassiers;
 - boob tops;
 - pants;
 - stocking / hosiery
 - camisoles;
 - petticoats;
 - boxers;
 - body suits;
 - briefs;
 - vests;
 - slips.
- Any 4 x ½ = 2 marks

18. Functions of pockets in a garment:
- to hold items/keep/put/store;
 - decorative/beauty/attractive;
 - as a style feature/design.

Any 2 x % = 1 mark

19. Reasons why easing is commonly worked on a crown of a sleeve; it:
- controls fullness;
 - gives a good fit.

Any 2 x 1 = 2 marks

SECTION B

20. (a) Procedure to follow when laundering a silk blouse/ shirts:
- Collect all the equipment and laundry materials needed(½).
 - Shake to remove loose dust(½) if any
 - Wash by kneading and squeezing(½) in warm \odot water using a mild(½) detergent soapy.
 - Rinse \odot several times/thoroughly in warm(½) water with the final rinse(½) in cold (%) water in which methylated spirit / vinegar (%) has been added.
 - Squeeze/roll (½) the blouse/ shirt. Dry/roll with a clean(½) dry \odot towel (½) or
 - Dry(½) under a shade (\surd) on a clothes line(½) secured with pegs/ hanger(½).
 - Iron (½) using a moderately hot/warm(½) iron on the wrong side(½).
 - Air (%) to dry completely.
 - Fold/hang (½)/store/keep (½).
 - Clean equipment(½) used and store (\surd) appropriately.

(12 marks)

- (b) Steps to follow in the thorough cleaning of the dressing mirrors:
- Collect all the equipment and materials required \odot .
 - Remove dust \odot using a dry(½) cloth wipe /rub(½) the mirror using a cloth wrung(½) out of warm(½) soapy(½) water.
 - Rinse(½) using a cloth(½) wrung out of clean(½) warm(½) water.
 - Dry(½) using a clean dry(½) cloth/newspaper/sponge(½).
 - Buff (%) mirror using a soft \odot clean dry (½) non-fluffy/ lintless cloth / newspaper \odot .
 - Clean equipment used and store(½) appropriately(½).

(8 marks)

SECTION C

21. (a) Points to consider when buying a sewing machines.
- Consider cost in relation to the functions to be done and the best that can be afforded.
 - Buy one with a guarantee/warranty or after sales service.
 - Ensure all accessories/attachment are provided for efficiency in use.
 - Buy one that is not too complicated for the user for comfort/easy use/efficiency.
 - Buy from a reliable dealer who will be able to service/supply spare parts/guarantee.
 - Check whether it is for commercial or domestic use, if commercial buy a heavy duty one/buy according to use for efficiency/serve its purpose.
 - Ensure that there is a manual for use to guide on proper use and care.
 - Choose one that is versatile to give a variety of stitches and functions.
 - Check that it is in a working condition to avoid buying a faulty machine.
 - Buy the right size for the space available.

18. Functions of pockets in a garment:
- to hold items/keep/put/store;
 - decorative/beauty/attractive;
 - as a style feature/design.

Any 2 x 1/2 = 1 mark

19. Reasons why easing is commonly worked on a crown of a sleeve; it:
- controls fullness;
 - gives a good fit.

Any 2 x 1 = 2 marks

SECTION B

20. (a) Procedure to follow when laundering a silk blouse/ shirts:
- Collect all the equipment and laundry materials needed(1/2).
 - Shake to remove loose dust \bigcirc if any
 - Wash by kneading and squeezing(1/2) in warm(1/2) water using a mild(1/2) detergent soapy.
 - Rinse(1/2) several times/thoroughly in warm \bigcirc water with the final rinse (%) in cold \bigcirc water in which methylated spirit/ vinegar(1/2) has been added.
 - Squeeze/roll \bigcirc the blouse/ shirt. Dry/roll with a clean(1/2) dry (1/2) towel (1/2) or
 - Dry(1/2) under a shade(1/2) on a clothes line(1/2) secured with pegs /hanger (%).
 - Iron (1/2) using a moderately hoUwarm (1/2) iron on the wrong side(1/2).
 - Air(1/2) to dry completely.
 - Fold/hang (1/2)/store/keep(1/2).
 - Clean equipment(1/2) used and store(1/2) appropriately.

(12 marks)

- (b) Steps to follow in the thorough cleaning of the dressing mirrors:
- Collect all the equipment and materials required(1/2).
 - Remove dust(1/2) using a dry(1/2) cloth wipe /rub \bigcirc the mirror using a cloth wrung(1/2) out of warm(1/2) soapy (1/2) water.
 - Rinse (1/2) using a cloth (1/2) wrung out of clean (1/2)warm(1/2) water.
 - Dry (%) using a clean dry(1/2) cloth/newspaper/sponge(1/2).
 - Buff (%) mirror using a soft(1/2) clean dry \bigcirc non-fluffy/ lintless cloth/ newspaper(1/2).
 - Clean equipment used and store \bigcirc appropriately (h).

(8 marks)

SECTION C

21. (a) Points to consider when buying a sewing machines.
- Consider cost in relation to the functions to be done and the best that can be afforded.
 - Buy one with a guarantee/warranty or after sales service.
 - Ensure all accessories/attachment are provided for efficiency in use.
 - Buy one that is not too complicated for the user for comfort/easy use/efficiency.
 - Buy from a reliable dealer who will be able to service/supply spare parts/guarantee.
 - Check whether it is for commercial or domestic use, if commercial buy a heavy duty one/buy according to use for efficiency/serve its purpose.
 - Ensure that there is a manual for use to guide on proper use and care.
 - Choose one that is versatile to give a variety of stitches and functions.
 - Check that it is in a working condition to avoid buying a faulty machine.
 - Buy the right size for the space available.

- Buy that which can be afforded for satisfaction/not to strain you income.
- Buy a machine with readily available spare parts for easy replace.

Any 4 x 2=8 marks

(b) Care of a white Nylon shirt.

- Avoid exposure to direct sunlight as it will yellow.
- Avoid rubbing as it piles.
- Avoid high temperature as it destroys the fibre/melts/burns/scorch.
- Do not bleach as it will turn yellow.
- Wash separately from coloured garments to avoid discolouration.

Any 3 x 2 = 6 marks

(c) Differentiating between the following:

(i) Wear and tear;

- Wear is when a garment develops signs of weakness and thinning(I) due to friction while a tear is a hole or straight cut (1) on a garment caused by a strong pull / sharp object.

(ii) Casing and hem;

- A casing has two rows of stitching while a hem has one.
- A casing has an opening for inserting elastics/cords while a hem is a way of finishing a row edge.

(iii) Regenerated and synthetic fibres.

- Regenerated fibres are made from natural materials ($\frac{1}{2}$) which are chemically treated while synthetic fibres are made from petroleum(!) products and natural gases.
- Regenerated fibres are natural materials($\frac{1}{2}$) treated with chemicals($\frac{1}{2}$) while synthetics are purely chemicals (1).

2 x 3=6 marks

22. (a) Life styles associated with the following nutritional disorders.

- (i) Gout - High intake of alcohol and meat.
- (ii) Anorexia Nervosa - refusal to eat in order to remain slender.
- (iii) Hypertension - consumption of too much salt/stress.
- (iv) Obesity - high consumption of junk/ processed foods/high intake of carbohydrates/fatty foods/sedentary lifestyle/lack of exercise.

4 x 1=4 marks

(b) Advantages of using convenience foods.

- They save on time, labour and fuel as little cooking is required.
- They are handy because they can provide a quick snack/meal incase of unexpected guests/travel/picnic/being busy/less time.
- They are economical since there is no wastage in preparation such as trimming, peeling or shelling.
- They are attractive since colour is added during processing.
- Seasonal foods can be made available as they can be canned / dried / bottled.
- Nutritional value is enhanced as some foods are fortified.
- They are easily/readily available since they are found in many outlets.
- They give a chance to try new recipes as instructions are laid/they are partially prepared.
- They are less bulky therefore easy to store and shopping.

- (c) Factors to consider when setting a table.
- The number of people taking the meal as this determine the number of covers to be laid.
 - The meal to be served as this ensures that all the tableware is available.
 - Number of courses/dishes as this enables one to set the cover for the courses.
 - Tableware as this determines their placement.
 - Type of meal service as each type has its own way of laying the table.
 - The type of dinners determines the way of table setting eg. ages, special needs.
 - A centre piece should be available for beauty/enhance appetite.
 - Provide adequate space to avoid overcrowding for comfort.
 - Ensure the room is clean for hygiene.
 - The table cloth should be well laundered for neatness.
 - Table appointments should be clean for hygiene/enhance appetite.

Any 4 x 2 = 8 marks

23. (a) (i) The two sources of light are:

- Natural and artificial.
- Any source of light eg. sun, moon, candle.

(1 mark)

(ii) Reasons for providing appropriate lighting in a sickroom;

- To give clear visibility for ease caring of the sick/to avoid accidents.
- To avoid too dim a light that strains the eye of the sick.
- To avoid glare that strains the eye of the sick.
- To enhance interior decor making the room comfortable for the sick.
- To ensure the light is well distributed to avoid fatigue/pests/germs.
- To cheer the sick to promote quick recovery.
- To provide warmth to make the sick comfortable.

Any 3 x 2 = 6 marks

(b) Points to observe in the care of lighting fixtures.

- Keep all lighting fixtures in good state of repair for efficiency and safety.
- Dust lighting fixtures regularly to get rid of loose dirt.
- Occasionally wipe with a damp cloth to remove marks.
- Ensure that movable lighting fixtures such as table or floor lamps can stand stable to avoid accidents/keep in a safe place to avoid breakage/destruction.
- Replace blown out bulbs promptly to ensure adequately light in each room.

Any 4 x 2 = 8 marks

(c) Possible causes of pre-mature birth:

- STI's/gonorrhoea, syphilis;
- anaemia;
- smoking of tobacco;
- low weight in pregnancy / poor weight gain in pregnancy;
- alcohol intake;
- poor nutritional status/malnutrition;
- high levels of stress/ shock/trauma/accidents;
- cervical incompetence;
- serious infections such as pneumonia, malaria;
- use of hard drugs
- use of un-prescribed medicine
- performing difficult tasks;
- hypertension/high blood pressure.

Any 5 x 1 = 5 mark