



SECTION A

1. **The food hygiene means**

A practice/a way/method that safeguards against food contamination which may lead to food poisoning
Going bad/Deterioration/keeping food fresh/keep/prevent/spoilage (½)

- Away
- Method
- Clean lines (½) of food (½)

(1 mark)

2. **Functions of sodium in the body:**

- Maintenance of correct acid base (Ph) in the body fluids.
- Proper functioning of the muscles.
- Proper functioning of the nervous system/brain. Any 2 x 1 = (2 marks)

3. **Disadvantages of re-heating food. It may:**

- easily get contaminated/get spoiled/go bad/can lead to food poisoning.
- lose its flavor/taste
- be rendered undigestible/hard to digest/get tough(proteins).
- lose some of the nutrients.
- lose its usual colour/turn colour/changes colour.
- lose its texture/be soft/be hard.

Any 2 x 1 = (2 marks)

4. **Characteristics of buffet service:**

- Drinks served at a separate table
- food is presented in appropriate dishes and placed on the table.
- plates/cutlery are place at a point where service starts/plates put a starting point and cutlery at end.
- guests/pick plates and serve themselves/are served.
- there is a variety of dishes on offer.
- it is convenient for large groups of people.
- guests may eat while standing or sitting/at a separate table
- food should be easy to eat without cutlery
- guests move from left to right on table

Any 2 x 1 = (2 marks)

5. **Nutritional disorder associated with high consumption of:**

- sugar –diabetes/obesity/hyperglyceamia/hypertension
- fluorine – flourosis/mottling of teeth/browning.

Any 2 x ½ =(1 marks)

6. **Reasons why butter is suitable for creaming in cake making. It:**

- has a good flavor/good taste
- has the ability to hold air/plasticity
- is lighter/easy to manipulate/softer/easy to mix.

Any 2 x 1 =(2 marks)

7. (i) **Inflation:**

(½)

(½)

- An increase in the price of goods and services with no corresponding increase in Earnings/little money/low income/inadequate income.

(ii) **Consumer rights**

($\frac{1}{2}$)

- The freedom and advantages that everyone should be allowed to have when

($\frac{1}{2}$)

Purchasing/buying/spending goods and services

2 x 1=(2 marks)

8. **Remedies for morning sickness during pregnancy:**

- use medicines.
- eat small amounts of food at frequent intervals.
- drink fluids between rather than with meals
- avoid greasy/fatty foods/oily foods.
- take something dry before getting out of bed e.g. biscuits, maize.
- avoid getting out of bed suddenly.
- take something that does not encourage nausea before going to bed.

Any 2 x 1 = (2 marks)

9. **Reasons why weaning a baby too early is discouraged. The:**

- baby does not need other nutrients yet.
- baby is likely to be exposed to infections through contaminated food/ utensils.
- baby's digestive tract is not ready to handle food/weak/stomach/upsets.
- kinds of foods a baby is introduced to are not as nutritious as the breast milk.
- may deny the child full benefit of breast milk e.g mothers bond exercise of jaws
- baby may become obese/over weight

Any 2 x 1=(2 marks)

10. **Opportunistic diseases related to HIV and AIDS:**

- pneumonia/bronchitis.
- tuberculosis
- typhoid
- influenza/common cold
- herpes zoster/herpes
- malaria.

Any 2 x $\frac{1}{2}$ =(1 mark)

11. **Reasons for increasing iron in a lactating mother's diet:**

- to replace amount lost through bleeding/amount lost during childbirth/prevent anaemia

(1 mark)

12. **Types of brushes used for removing dirt from surfaces in the home;**

- scrubbing brush
- hand brush
- cobweb brush
- carpet brush.
- Toilet brush

Any 2 x 1 = (2 marks)

13. **Definition of the term "value":**

- this refers to the degree of lightness or darkness in a colour/shalowness/brightness/dullness/deepness/strength/richness/tints & shades of colour.

(1 mark)

14. **Insects which would cause poisonous stings in the home:**

- wasps
- bees
- scorpions.

Any 2 x $\frac{1}{2}$ =(1 mark)

15. **Surfaces in a house where a low all round flower arrangement may be used:**

- dining tables
- coffee tables
- centre table

Any 2 x $\frac{1}{2}$ =(1 mark)

16. **Physical changes in puberty unique to girls**
- development of breasts.
 - enlargement of hips
 - onset of menstruation.
 - Develop a defined waistline
- Any 2 x 1 =(2 marks)
17. (i) **Types of bleaches:**
- Oxidizing bleach (½)– sodium hypochlorite, fix, topex, ace, sunlight.(½)
 - Reducing bleach (½)– hydrogen peroxide.(½)
- (2 marks)
- (ii) **Use of laundry blue on garments apart from whitening to:**
- brighten grey and blue articles.
- (1 mark)
18. **Correct order of laundry processes:**
- sorting
 - repairing
 - stain removal
 - steeping
- (2 marks)
19. **Types of “eyes” used for completing the hook fastening in garment construction:**
- metal loops/eyes/metal eyes/plastic eyes
 - metal bars/plastic bars.
 - worked bars.
 - worked loop
 - rouleau loop
- Any 2 x ½=(1 mark)
20. **Desirable qualities of fabrics for making P.E shorts:**
- strong/can withstand frequent washing
 - washing – fast coloured
 - easy to launder
 - washable.
 - absorbent.
 - Durable/long lasting
 - Nouching
 - Soft/not irritating the skin
 - Light in weight
- Any 3 x 1=(3 marks)
21. **Temporary stitches used to hold fullness before making permanent stitches:**
- basting stitches/diagonal tacking
 - tacking stitches/even tacking/long & short tacking.
 - running stitches.
 - Gathering stitches/machine gathering/machine tacking
- Any 2 x ½=(1 mark)
22. **Characteristics of a well made dart. It should:**
- taper gradually to a point.
 - be firmly secured/fastened at the end(method of securing).
 - be of the correct length of the dart
 - be pressed in the right direction/lie in right direction
 - have a straight stitching line
 - be inconspicuous on the right side
 - lie flat/be pressed/be ironed
 - correct width of dart.
 - Firmly stitched
- Any 2 x 1 = (2 marks)

23. **Points to bear in mind when cutting worked button holes**
- Width/size of the button/diameter + 3mm or 1/8"/match with hole
 - Position of the button-hole/button
 - Type of fabric.
 - Cut on straight grain
 - Avoid cutting buttonhole stitches
- Any 1 x 1 =(1 mark)
- 24.
- A bound opening is seen on the R.S of the garment while a continuous wrap opening does not show on the R.S when closed.
 - A bound opening has a strip cut on the bias while the continuous wrap is cut with a straight strip of fabric.
 - Bound not reinforced at base while continuous is 3 mm from the base.
 - Bound can be both functional & decorative while continuous may not.
 - Bound is continuous while a continuous wrap has an underlap overlap clearly distinct.
- NB: Well differentiated only. (2 marks)

SECTION B

25. (a) **Cleaning a plastic cup**
- Clean/soft abrasive/sisal(1/2)wash in hot/warm (1/2)soapy(1/2)water using a soft (1/2)cloth or sponge (1/2).
 - rinse thoroughly (1/2) in hot/warm (1/2) water.
 - drip dry (1/2)/dry (1/2) with a cloth
 - pack appropriately (1/2).
 - Store/keep well/right place/bag/basket
- (4 1/2 marks)
- (b) **Cleaning aluminum sauce pan previously used to boil milk.**
- soak (1/2) in cold water(1/2)
 - wash/(1/2)clean with warm/hot/soapy (1/2) water. Using an abrasive/sand/ash/steel wool (1/2) (1/2), inside/outside (1/2).
 - rinse (1/2) thoroughly in warm/hot (1/2) water.
 - dry (1/2) with a dry cloth/drip on a rack or draining board (1/2).
- (5 marks)
- (c) **Laundering a coloured linen shirt with a fresh tea stain.**
- pour water (1/2) through the stain(1/2).
 - soak (1/2) in cold water (1/2).
 - wash (1/2)in warm (1/2) soapy(1/2) water using friction (1/2) method/gebtke friction/rubbing.
 - rinse (1/2) in warm (1/2) water.
 - final (1/2) rinse in cold (1/2) water to which salt has been added/vinega (1/2).
 - Dry(1/2) under a shade (1/2) on a clothe's line.
 - iron (1/2)while damp (1/2) using a hot/warm (1/2) iron.
 - air (1/2)fold(1/2) and store (1/2) appropriately.
- (10 1/2 marks)

SECTION C

26. (a) **Comparative shopping**
- Is the practice of observing prices and comparing(1) qualities of goods/prices(1) offered at different prices and places.
- (2 marks)
- (b) **Functions of the Kenya Consumer Association to**
- Protect the interests/quantity/rights/prices of the consumers.
 - Guard against dumping of harmful/worthless goods in the market/works with KEBS to promote quality.
 - Handle consumer complaints.

- Promote consumer education/awareness.
- Keep consumers informed on matters of interest to them.

Any 4 x 1 = (4 marks)

(c) **Functions of fats and oils in the body.**

- Gives a feeling of fullness because they have a high satiety value
- Helps lubricate joints when present in the body
- Converted into energy when the body needs them when excess is stored in the body.
- Fat deposited under the skin acts as an insulator against cold.
- Regulates body temperature when deposited under skin.
- Fat deposits around internal organs protect them from physical injury.
- Produce energy required for body activities/mechanisms/when carbohydrates are missing.
- Helps keep the skin supple/soft when deposited under the skin

Award each 2 marks = 3 x 2 = (6marks)

(d) **How the following factors contribute to oily/glossy/moist/sunctionssuccessful meal planning**

(i) Nutritional meal balance

- Should be balanced (1) to meet body needs (1)
- Should contain, carbohydrates, vitamins, minerals, fats and oils, water and roughage (1) to meet body needs.

(2 marks)

(ii) Climate

- During the hot weather, there is need to serve cold foods whereas during the cold weather, hot foods are preferred.
- People tend to eat generally more food in cold weather to meet increased demand for energy to keep people warm.
- Food should be suitable for the climate/whether in order to meet its demands.

(2 marks)

(iii) Texture

- Food should have varied textures to make them appealing/break monotony/strengthen teeth/appetizing/interesting/good etc.

(2 marks)

(iv) Individual requirement

- The food should cater for each individual in the family in order to meet their specific demands.

(2 marks)

4 x 2=(8 marks)

27. (a) **Process to be carried out on a cotton fabric before laying out patterns are:**

- Putting in H₂O in order to prevent shrinking.
- Pre-shrinking –steeping the fabric in cold water for about 30 minutes and drying.
- Graining – removing a weft thread along the raw edge and cutting along the space left.
- Pulling – pulling the fabric diagonally/straighten or align the grain.
- Iron/pressing – using a hot iron to remove creases/for accuracy/for neatness.
- Moving the iron on the fabric
- Checking on factory faults-to avoid faults when cutting-identify the faults
- Establish the fabric size – to ensure its enough-size of fabric
- Check on nap/one way design – to ensure you cut well – on sight
- Plan a rough lay out – to ensure fabric is enough – place pattern pieces don the material.

Any 3 x 2 = (6 marks)

(b) **Processes carried out on the skirt of an apron with a bib in readiness for attachment.**

- Prepare the skirt (1 mark)
- neatening/finishing the sides of the skirt appropriately/hemming/binding/machining/shell-edge

- preparing the pocket/attaching.
 - finishing the lower hem/putting a frill/using lace/binding.
 - preparing the gathers and pulling to fit on the area to be attached to.
 - Embroidery/pleat/smock on skirt/decoration
 - Press/iron
- 5 x 1=(5 marks)

(c) **Points to show the importance of timely repair; To**

- maintain their original size.
- make them last long/durable/stay longer/cutting cost/same on money
- keep their shape/pattern/design/look/style.
- make them look smart/presentable/neat/good/nicee/attractive.
- reduce the possibility of the wear and tear worsening/prevent further tearing.

5 x 1=(5 marks)

(d) **Symbols for each of the following care instructions.**

(i)



Hand wash with temperature the hand can withstand.
Do Temperature upto 50°C in a basin

(ii)



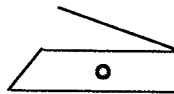
Hang to dry on a clothe's line

(iii)



not dry-clean

(iv)



Use a cool iron of about 120°C.

-All irons – all dots

-Iron and write 120°C

-Iron and no symbol (1/2)

(4 marks)

28.

(a) **Advantages of lining a curtain : To**

- Prolong its life/last long/durable.
- Protect from sunrays/filtering excess light.
- Make it heavy for adding body.
- Make it drape well/hang well.
- Prevent fading
- Opaque/privacy

Any 3 x 1= (3 marks)

(b) **Precautions to take when using an electrical appliance in the home.**

- Have all electrical wires well insulated
- Replace damaged wires

- Avoid pushing metal objects into electric sockets
- Avoid touching electric switches with wet hands.
- Turn off switches when not in use.
- Avoid using defective appliances
- Follow manufacturer's instructions when using electrical appliances.
- Avoid having electrical cables running across rooms.
- Avoid overloading sockets/too many gadgets
- Put off when there is a black out.

Any 6 x 1 =(6 marks)

(c) Activities in management of amoebic dysentery

- Proper disposal of human waste/proper use of toilets.
- Treatment of water for domestic use/clean water/boiling/water guard/aqua tabs etc.
- Proper food water storage
- Observing strict personal hygiene (carry personal hygiene is acceptable)
- Treatment of infected persons/seek medical advice/take to hospital/drugs.
- Thorough cooking of food.
- Proper water storage
- Thorough cleaning foods/wash foods well
- Wash utensils well.

Any 5 x 1 =(5 marks)

(d) Points to observe when looking after a sick person.

- Keep clothing & bedding clean/aired
- Keep the patient comfortable i.e dress warm or light
- The room should be as comfortable as possible/clean/warm/not noisy
- The sick person should not be disturbed unless it is absolutely necessary
- The room should be well ventilated.
- The number of visitors should be minimized
- Meals should be in small quantities and attractively presented.
- The room should not be crowded with furniture.
- The person attending to the sick should find time to talk to the patient/be close to patient/comforting
- Meals should be attractively presented.
- Room should be well lit
- Wear protective clothing
- Keep the patient clean/air
- Observe strict personal hygiene
- Administer drugs as prescribed by Doctor
- Provide a balanced diet
- Give a lot of nutritious drink
- Social/spiritual psychological, emotional, nutritional need, physical- alternatives – give a mark for each!

Any 6 x 1 =(6 marks)

30.13.2 Home Science Paper 2 (441/2)

		SCORE	MAXIMUM SCORE
1.	PRESENTATION		
(a)	Work well pressed (1) and folded (½)	1½	6½
(b)	Label (½) firmly fixed (1) without Concealing details (½) and on a single fabric (½)	2½	
(c)	Pins/Needles (½) tacking threads (½) and Unnecessary threads (½) removed	1½	
(d)	Made up for the left half	1	
2.	CUTTING OUT		
(a)	All seven pieces cut out (7 x ½)	3½	9½
(b)	Smooth cutting of short C.F	1	
(c)	Smooth cutting of short C.B	1	
(d)	Waistband C.B smoothly cut (½ x 2) and on straight grain (½ x 2)	2	
(e)	Straight grain of shorts front (1) and back (1)	2	
3.	DART		
(a)	Straight stitchery (1) tapering to a point (½)	1½	5½
(b)	Thread ends well fastened at the point	½	
(c)	Correct length of dart 6.8 cm to within 2 mm (6.6 cm – 7.0 cm)	1	
(d)	Correct width of dart 0.8 cm to within 2 mm (0.6 cm – 1.0 cm)	1	
(e)	Dart pressed towards C.B	½	
(f)	Flatness of dart on R.S (½) and W.S (½) (no pockets formed)	1	
4.	POCKET		
(a)	Preparation of pocket mouth well tucked under (1) even hem (½) and straight stitchery (1)	2½	15
(b)	Pocket turnings well tucked under (½ x 3) evenly trimmed (1) and snipped (1)	3½	
(c)	Pocket fixed with straight stitchery (1 x 3) within 2 mm and close to the edge (½) with sharp corners (½ x 3)	5	
(d)	Pocket reinforced at the mouth corners (½ x 2)	1	
(e)	Correct positioning of the pocket at 1.5 cm from tip of the dart within 5 mm (1 – 2cm)	1	
(f)	Correct size (superimposed to within 3 mm) ½ and correct shape (½)	1	
(g)	Flatness of pocket on R.S (½) and W.S (½)	1	

		SCORE	MAXIMUM SCORE
5.	SIDE SEAM – OPEN SEAM {If not open seam award zero (0)}		
(a)	Seam joined with smooth stitchery (2 marks)	2	
(b)	Seam well neatened (2 x 2)	4	
(c)	Correct width of finished seam 1 cm to within 2mm (0.8 – 1.2 cm)(1 x 2)	2	11
(d)	Evenness of neatened seam (½ x 2)	1	
(e)	Seam opened and flat at the waistband (1) and hem (1) W. S. only	2	
6.	INNER LEG SEAM – MACHINE FELL SEAM		
(a)	Straight stitchery of first row	1	
(b)	Fell well tucked under (1) and held down with straight stitchery (1) close to the edge (½) Without facing	2½	6½
(c)	Evenness of seam(1) and correct size (1) (0.4 cm – 0.8 cm) Flatness of seam on R.S side with one raw of stitching	2	
(d)	Fell fixed towards the back of the shorts	½	
(e)		½	
7.	FACING (BACK AND FRONT)		
(a)	Back and front facings correctly joined (½ x 2) with straight stitchery (½ x 2) side seam and inner leg seam	2	
(b)	Facing correctly (1) attached to lower edge of the short with straight stitchery(1 x 2) by impression	3	
(c)	Seam trimmed (1)	1	
(d)	Facing and shorts seams matching to within 2 mm (½ x 2) If not facing give from (each)	1	15
(e)	Seam under stitched with straight stitchery (½ x 2)	1	
(f)	Free edge of facing well tucked under (1 x 2) and fixed using straight (1) machine stitchery (1) [If not machine stitched award zero (0)]	4	
(g)	Evenness of the finished facing (½ x 2) with 3 mm	1	
(h)	Correct size of facing 4 cm to within 5 mm (3.5 cm – 4.5 cm)(1 x 2)	2	

		SCORE	MAXIMUM SCORE
8.	WAISTBAND		
(a)	Waistband joined with straight stitchery	2	19
(b)	Seam trimmed (2), snipped ($\frac{1}{2}$) with sharp point $\frac{1}{2}$	3	
(c)	Waistband well knife edged (1 x 2)	2	
(d)	Waistband correctly attached with straight stitchery (1 x 2) and trimmed ($\frac{1}{2}$ x 2)	3	
(e)	Raw edges of waistband well tucked under (1 x 2)	2	
(f)	Quality of hemming stitches (If not hemming stitches award zero)	2	
(g)	Flatness of waistband on R.S (1) and W.S (1) If not in the	2	
(h)	C.F deduct $\frac{1}{2}$	1	
(i)	Evenness of waistband on R.S	1	
(j)	Correct width of waistband 3.6 cm to within 3 mm (3.3 cm – 3.9 cm) R.S. only	1	
	Waistband edges flash with C.F ($\frac{1}{2}$) and C.B ($\frac{1}{2}$) within 2mm	1	
		45	