

NAME INDEX NO.....

Candidates Signature.....

Date.....

441/1
HOMESCIENCE
PAPER I
THEORY
TIME: 2 ½ HOURS



INSTRUCTIONS TO CANDIDATES

- Write your name and index number in the spaces provided.
- Sign and write the date of examination in the spaces provided above
- This paper consists of **THREE** sections A, B and C.
- Answer all the questions in sections A and B and any two questions from section C in the spaces provided.

FOR EXAMINERS USE ONLY

SECTION	QUESTIONS	MAXIMUM SCORES	CANDIDATES SCORES
A	1 – 19	40	
B	20	20	
C	21 - 23	20 20	
TOTAL SCORE		100	

SECTION A

1. Identify two ways in which the skin protects the body. (2 marks)

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2. Give two factors to consider when using cosmetics. (2 marks)

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3. Mention two ways you would prevent dandruff. (2 marks)

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4. Give two limitations of using a pressure lamp for lighting. (2 marks)

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5. State three good qualities of a kitchen plan. (3 marks)

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6. Give two advantages of using commercial paper patterns. (2 marks)

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7. Define the following terms. (3 marks)

(i) Colostrums

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(ii) Hue

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(iii) Pressing

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8. What are effects of putting hot food in a refrigerator? (2 marks)

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9. State the two main roles of garnishing in food presentation. (2 marks)

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10. State two factors that make meat dry and tough after roasting. (2 marks)

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11. Differentiate between a rich and plain cake. (2 marks)

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12. State any three points you would note when buying a zip for a skirt. (3 marks)

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13. Mention two safety measures you should consider when arranging furniture in the sitting room. (2 marks)

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14. Give two reasons for keeping potatoes in cold water as soon as they are peeled. (2 marks)

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15. State three disadvantages of using left over foods. (3 marks)

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16. Give two roles of a shank in garment construction. (2 marks)

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17. Draw and name two different symbols likely to be found on care labels of a woolen garment. (2 marks)

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18. Name two types of tacking stitches. (2 marks)

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SECTION B (20 Marks) COMPULSORY

19. You have visited your cousin and she requires you to help her with house chores.

a) Describe the procedure you would follow to thoroughly clean a hurricane Lamp. (7 marks)

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b) Explain how to launder her fast coloured nylon petticoat. (8 marks)

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c) Thorough cleaning an enamel plate. (5 marks)

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SECTION C

Answer any two questions from this section in the spaces provided.

20. a) Explain four reasons for using a time plan while performing household tasks. (8 marks)

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b) Identify six disadvantages of using convenience foods. (6 marks)

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c) Give six precautions to observe when using candles for lighting. (6 marks)

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21. a) Describe using well labeled diagrams how to work out a plain seam on the side of a blouse. (8 marks)

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b) Describe how to prepare a front and back facing using one well labeled diagram. (6 marks)

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c) Suggest four problems experienced during pregnancy and give a possible cause and remedy. (6 marks)

Problem ½ mark	Cause ½ each	Remedy ½ each

22. a) Explain four reasons why polythene bags are popular for storage of food in the refrigerator. (8 marks)

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b) List four functions of beverages in a meal. (4 marks)

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MARKING SCHEME

1. Identify two ways in which the skin protects the body. (2 marks)

- Protects inner part from external injury
- Protects entry of micro-organism into the skin
- Melanin protects the skin from ultra violet rays.

2. Give two factors to consider when using cosmetics. (2 marks)

- Skin type and complexion
- Composition of the cosmetic
- Expiry date
- Follow manufacturers instruction
- Do not apply on a broken skin
- Remove old make up before applying new one
- Discontinue incase of skin irritations.
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3. Mention two ways you would prevent dandruff. (2 marks)

- Using disinfected shampoos and hair oils
- Avoid sharing combs and head gears and sterilize.
- Clean combs and hair brushes.

4. Give two limitations of using a pressure lamp for lighting. (2 marks)

- May be noisy
- The mantle is delicate-easily destroyed.
- High consumption of fuel (paraffin)
- Can be very dangerous if not handle with care
- Should be served by experts.

5. State three good qualities of a kitchen plan. (3 marks)

- Working surfaces should be of comfortable height to avoid straining.
- Sufficient working space for easy movement.
- Working surfaces should be close to each other to avoid too much movement.
- Should be well ventilated and lit to avoid fatigue.
- Work centers should allow work to flow from one surface to another without retracing steps.

6. Give two advantages of using commercial paper patterns. (2 marks)

- Accuracy and good fit is assured
- Are available in different sizes.
- Saves time and energy
- Are economical when they give more styles.

7. Define the following terms. (3 marks)

(i) Colostrums

Thick yellowish milk immediately after birth which contains antibodies.

(ii) Hue

Name given to a particular colour

(iii) Pressing

Placing a hot iron box on an article, a place at a time until the whole garment is ironed.

8. What are effects of putting hot food in a refrigerator? (2 marks)

- It reduces its efficiency.
- Leads to easy food spoilage

9. State the two main roles of garnishing in food presentation. (2 marks)

- To make the food look colourful/ attraction/ interesting/ improve appearance.
- To stimulate ones appetite.
- To improve nutritive value.

10. State two factors that make meat dry and tough after roasting. (2 marks)

- Pricking surface oozes out juices.
- Not basting meat while roasting.
- Putting meat on the roasting surface before its hot enough
- over roasting

11. Differentiate between a rich and plain cake. (2 marks)

Rich cake	Plain cake
<ul style="list-style-type: none">- High percentage of fat and sugar.- More eggs used.- Less baking powder used	<ul style="list-style-type: none">- Low percentage of fat & sugar- Less eggs used- More baking powder used

12. State any three points you would note when buying a zip for a skirt. (3 marks)

- Zip glides easily and smoothly.
- Suitable length for the size of the opening.
- Colour of zip tape must match that of the skirt.
- Zip texture must match that of the fabric

13. Mention two safety measures you should consider when arranging furniture in the sitting room. (2 marks)

- Avoid overcrowding/space the furniture well/mind space for movement.
- Avoid arranging furniture on the traffic areas/avoid arranging furniture on the way.
- Sharp edges/corners/screws of furniture should be away from traffic.
- Avoid placing furniture behind doors.

14. Give two reasons for keeping potatoes in cold water as soon as they are peeled. (2 marks)

- To prevent colour change.
- To prevent hard skin from forming which interferes with cooking.

15. State three disadvantages of using left over foods. (3 marks)

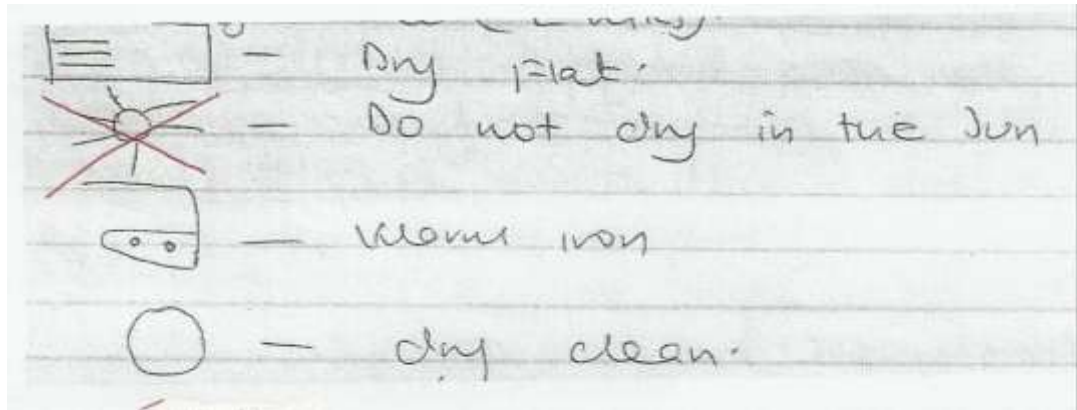
- Loose flavour
- Nutritive value is reduced.
- Colour changes

- Texture changes
- Alter flavour
- Can cause food poisoning if not well preserved.

16. Give two roles of a shank in garment construction. (2 marks)

- Accommodate the thickness of the fabric.
- To allow movement of the button between the button and the garment.
- To prevent tearing of the fabric/button stand/stop straining
- To ease fastening/ to help in buttoning

17. Draw and name two different symbols likely to be found on care labels of a woolen garment. (2 marks)



18. Name two types of tacking stitches. (2 marks)

- Even tacking
- Long and short tacking
- Diagonal tacking
- Tailors tacking
- Thread marking
- Running stitches

SECTION B (20 Marks) COMPULSORY

19. You have visited your cousin and she requires you to help her with house chores.

a) Describe the procedure you would follow to thoroughly clean a hurricane Lamp. (7 marks)

- Protect the work surface (1)
- Remove all movable parts (1/2)
- Empty the oil (1/2)
- Clean the glass in warm (1/2) soapy water, handling it very carefully.
- Rinse in cold (1/2) water and leave to dry.
- Clean the burner, rinse and dry (1/2)
- Clean the metal chimney inside and outside (1/2) to remove all the soot.
- Clean the vent holes with a special brush to open them up (1/2)
- Clean the rest of the lamp appropriately.
- Dry the whole lamp (1/2) and polish up.
- Refill with oil (1/2)
- Trim the wick evenly (1)
- Reassemble all the parts. (1/2)

b) Explain how to launder her fast coloured nylon petticoat. (8 marks)

- Shake to remove loose dirt (½)
- Soak (½) in cold water (½) for a short time.
- Wring out of soaking water (½)
- Wash in warm soapy (½) water using kneading and squeezing method (½)
- Rinse in warm water (½)
- Final rinse in cold water (½) added disinfectant (½)
- Add fabric conditioner in final rinse (½)
- Drip dry (½) under the shade (½)
- Iron (½) using warm iron (½)
- Air (½) to dry completely
- Fold (½) and store in a clean dry place.

c) Thorough cleaning an enamel plate. (5 marks)

- Removal of loose dirt/dispose scrapes of food (½)
- Use a sponge (½) and warm soapy (½) water to remove dirt and prevent scratches (1)
- Rinse thoroughly in warm water (½) to remove dirt and soap (½)
- Final rinse in cold water to freshen (½)
- Drip dry/upside down on a rack/dry using a dish cloth (½)
- Store in a clean cool dry place (½)

SECTION C

Answer any two questions from this section in the spaces provided.

20. a) Explain four reasons for using a time plan while performing household tasks. (8 marks)

- To ensure that all the tasks intended to be covered are catered for.
- Allows prior grouping of such task that can be dovetailed.
- Ensure time is used economically.
- Allows for rest periods which helps in avoiding fatigue
- Ensure maximum use of available time and resources.
- Ensure energy is used economically

b) Identify six disadvantages of using convenience foods. (6 marks)

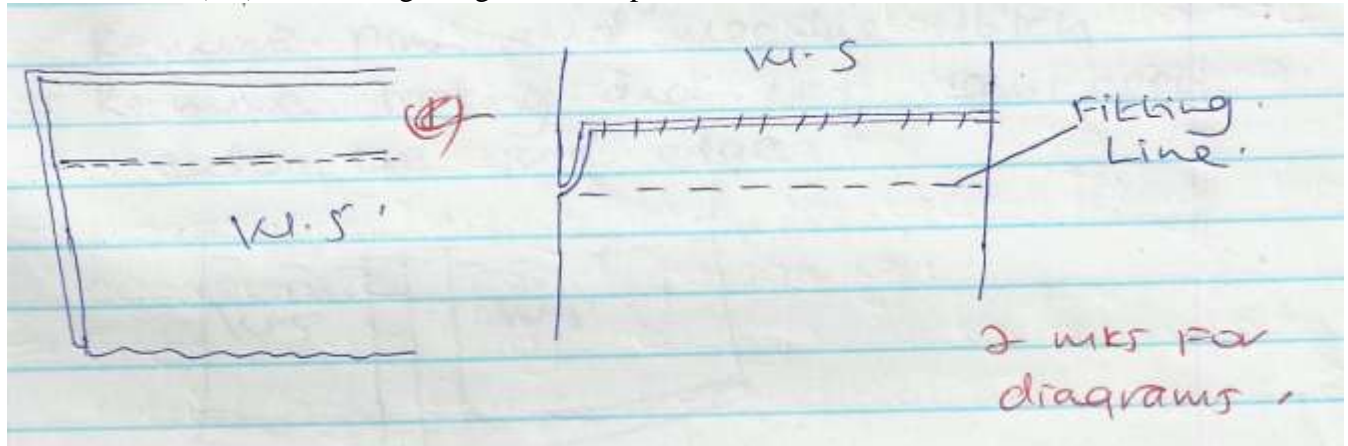
- They have a lot of additives like colouring, flavouring and preservatives whose constant use can be hazardous.
- They may be more expensive than food made at home.
- During processing they lose some of their nutrients value.
- They can get spoilt due to poor storage.
- Their flavour is altered during processing.
- Can easily be contaminated during preservation process, packaging and storage making them even cause food poisoning.
- The foods may be high in some ingredients that may cause health problems e.g. fat, salt or sugar.

c) Give six precautions to observe when using candles for lighting. (6 marks)

- Do not place near flammable materials.
- Place on a candle stand to prevent dropping
- Put away from draught for the naked flame to avoid being blown out by wind.
- Never place near curtains
- Put off when not needed.
- Place it on a stand to hold the drips.
- Do not leave unattended as this can cause accidents

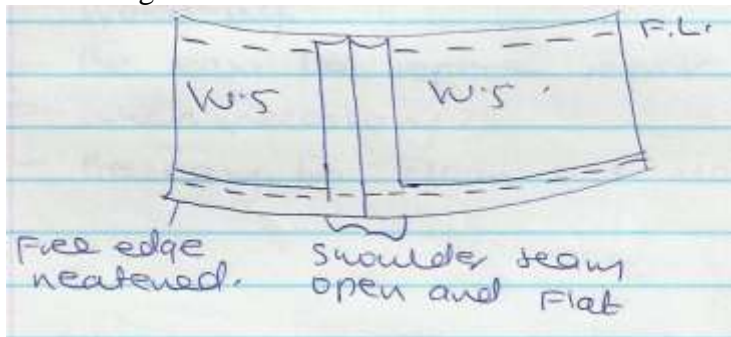
21. a) Describe using well labeled diagrams how to work out a plain seam on the side of a blouse. (8 marks)

- Place together the two pieces of fabric with R.S (1) facing matching the fitting lines and raw edges. (1)
- Pin (½) through at intervals across the seam.
- Tack on the fitting line (½)
- Remove pins (½)
- Machine on the fitting line (1)
- Remove tacking and finishing off the threads (½)
- Trim the seam allowance to about 1cm (½)
- Neaten (½) the two edges together for a plain seam.



b) Describe how to prepare a front and back facing using one well labeled diagram. (6 marks)

- Place the shoulder seams R.S facing matching the fitting line.
- Pin and tack along the fitting line
- Remove pins and machine stitch
- Remove tacking and press seam open
- Neaten the free edge.



c) Suggest four problems experiment during pregnancy and give a possible cause and remedy. (6 marks)

Problem	Cause	Remedy
Heatburn	Pressure from the womb	Eat light regular meals
Oedema on the feet	poor blood circulation or toxemia (poisoning)	Put the feet on a raised surface while seated.
Tiredness and breathlessness	Anaemia/inadequate iron in the blood/baby may be big/overweight	Eat food rich in iron/see a doctor

Piles/hemorrhoids	Constipation	Eat a balanced diet rich in fruits, vegetables and roughage
Leg cramps	Inadequate calcium in the diet	Eat foods rich in calcium
Dizziness/fainting	Lack of iron in the blood	Eat food rich in iron/see a doctor

22. a) Explain four reasons why polythene bags are popular for storage of food in the refrigerator. (8 marks)

- They are moisture proofs the food does not get soggy.
- They protect foods from cross contamination of flavour.
- They prevent dehydration in foods.
- They are non-toxic hence safe.
- They do not take too much space in the refrigerator.

b) List four functions of beverages in a meal. (4 marks)

- It aids in digestion
- It is stimulating
- It is appetizing
- It is nourishing
- Prevents dehydration
- It quenches thirst.

c) Explain four qualities of a well constructed furniture. (8 marks)

- Be strongly constructed so as to last long.
- Be firmly and neatly joined
- Be well finished.
- Have drawers and doors that open and close easily
- Be well balance to avoid tipping over/wobbling
- Be easy to repair or replace parts when necessary
- Be easy to clean and maintain.