



6. Explain three points to consider when preparing meal for elderly. (6mks

7. What is a recipe (2mks

8. State four factors to consider when planning packed meals. (4mks

9. Give five signs of pregnancy. (5mks

10. Explain why the following nutrients are increased in the body of an expectant mother.

i) Extra iron (8mks

ii) Calcium

iii) Proteins

iv) Protective foods

11(i) Define antenatal care (prenatal care)

ii) Explain five activities carried out in antenatal clinic. (10mks)

12. Give two uses of a shame (stem) for a button. (2mks)

13. State three points to consider when choosing a button.

(3mks)

14. Explain three qualities of a well made button-holes.

(6mks)

XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX.

4