**MARKING SCHEMES**

**Ways of enhancing personal appearance (2mks)**

1. -Taking proper care of the body

 -weasing clean and appropriate clothes

- keeping the hair neat and well groomed.

-using jewellery and accessories properly.

**2. 4 Parts of the dermis. (2mks)**

- Blood capillaries

- Seat glands

- Nerve ending

- Sebaceous glands

**3. Reasons for carrying out first aid (1mk)**

- To save life

- To prevent the situation from worsening

- To reduce pain

- To promote recovery.

**4. Accidents that can happen at school (2mks)**

- Nose bleeding –choking- cuts

- Poisoning - Bruises - Suffocation.

- Sprains – Scalds – Shock

**5. Advantage of living in bungalow (2mks)**

- Convenient for families with young children, elderly and physically challenged since all rooms are on the same floor.

- Cheap to build and easier to extend.

- Offer more privacy to the family than maisonettes.

- It is easier to keep the compound clean.

- Household pests are limited.

**6. Disadvantage of renting a house.**

-The house may not meet the family needs

- It is expensive at long run

- Low quality building materials may be used

7**. Factors influence the cleaning of home of a home**

- Occupants age of people staying in a house.

- Weather

- Time available.

- Materials and equipments available.

**8. Food lifting tools made of materials (1mk)**

- Fish slice

- Drainage spoon

- Serving fork

- Food tongs

**9. Reasons why woolens must be dried flat (2mks)**

- To prevent them pulling out of shape

 - Its weak when wet than when dry.

- To prevent felting caused by the leaf of the sun

- They tend to speed up the drying process.

**10. Functions of the following parts of the sewing machine**

i) Spool holder/pin –To hold thread while stitching

 - To hold the reel of thread during stitching

ii) Feed dog – To control movement of the fabric during sewing

iii) Balance wheel – To balance the movement of the machines during stitching process

* Start and stopping of machine during sewing.

**11. Permanent stitches with appropriate examples (3mks)**

Joining Stitches – Running, Back, over sewing, machine sago ting

Neatening stitches – Loop, buttonhole, over casting, zigzag over lock.

Decorate/ Embroidery- Chain, stem, frenchnote, shell, pin stitch

**12. Define environmental hygiene (1mk)**

- Keeping and maintaining high standard of cleanliness around our environment through proper sanitation refuse disposal, avoidance of pollutants and proper drainage.

**13. Drainage of poor sanitation (3mks)**

- Encourages breeding of disease causing organisms

- Contamination of water and food

- It results in an unsightly environment

**14. Ways for caring for washing machine (3mks)**

- Follow manufactures instructions for use and maintenance

- Never overload the machine

- Wipe the machine every time after use

- Remove clothes from the machine as soon as the washing time is over.

- After washing and drying is over leave the door open to air the interior and remove odours

1**5. Factors which affect the efficiency of the laundry soap ( 2mks)**

- Temperature of water

- Amount of soap

- Builders used

- Hardness or softness of water

- Washing time

- Degree of soilage

**16. Ways of providing variety in a meal (3mks)**

- Color

- Texture

- Flavor

- Shape

- Presentation

**17. Two benefits of breastfeeding to the mother (2mks)**

- Enables the child and mother to bond

- Assist the mother’s uterus to return to its normal size and position.

- Reduces breast engorgement

- It’s a natural method of family planning

**18. Arranging flowers (2mks)**

- Line arrangement

- Mass arrangement

- Line and mass arrangement

- Miniature arrangement

**19. Qualities of good lighting**

- Should give sufficient light for the task being done

- Should net cast shadows on working areas.

- Should not cause a glare

- Should be appropriate and of good quality

- Should not have a big contrast with the background.

- Should not cause eye strain

**20. Washing/cleaning of plastic table (6mks)**

- Wash in hot ½ soapy ½ water to remove fixed dirt ½

- Using a soft ½ cloth or sponge to prevent scratching ½

- Rinse ½ thoroughly in hot ½ water to remove traces of soap ½

- Dry ½ completely and sub or buff with a soft cloth ½ to shine ½

- Store appropriately ½

**b) Laundering acrylic socks (9mks)**

- Soak ½ in cold ½ water for a short time

- Wash ½ in warm soapy ½ water

- Using kneeding and squeezing method ½

- Rinse ½ thoroughly ½ in warm water ½

- Give final rinse ½ in cold water ½ to refresh

- Add fabric conditioner ½ in the final rinsing water

- Drip dry ½ under a shade and secure with pegs ½ by the toes ½

- Press ½ using a warm ½ iron

- Air ½ to dry completely

- Store ½ appropriately

**c) Cleaning a plain wooden chopping board. (5mks)**

- Clean with warm soapy ½ water and a scoring ½ pad to

- Scrap ½ the surface

- Rinse ½ thoroughly in warm water ½

- Give a final rinse ½ in cold water ½

- Wipe ½ with a dry cloth

- Leave in warm airy place ½ to dry completely

- Store appropriately ½

**SECTION C**

**21. Factors to consider when choosing a method of controlling fullness (6mks)**

- Effect desired

- Type of fabric

- Type of garment

- Part of garment

- Style of garment

**b) Uses of fruits in cookery (6mks)**

- Making of juices

- As a dessert i.e fruit salad

- As a filling for a dessert with a cake or pastry base

- For making jams, jellies/ marmalade

- Enriching cake mixture and porridge

- For flavoring

- For making sauces

- As an accompaniment to dishes e.g chicken Maryland

**c) Ways of advertisement on potatoes**

- Person to person

- Use of posters that can be put up at places.

- Point of sale e.g boot sale

- Use of radio in the local stations

**d) Ways of minimizing Covid-19 in schools**

- Wash hands regularly with soap and water

- Wear a mask correctly

- Keep rooms well ventilated

- Do not hug or shake hands

- Avoid overcrowded places

22. a)Filling the table (10ks)

A- Natural fibres

B- Regenerated

C- Animal

D- Cotton

E- Asbestos

F- Linen

G- Jute

H- Polyamides (nylon)

I- Polyester (terylene)

**b) Reasons why teenage girls can become anorexic peer pressure to be slim. (6mks)**

- Parents neglecting to advice youth on proper nutrition

- Poor role model especially from the fashion industry

- Desire to join modeling

- Low self esteem

- Depression which reduces a person’s appetite

**c) Points to consider when introducing new foods to an infant (5mks)**

- New foods should be introduced gradually

- Start by giving small amounts at first with a spoon.

- Do not force the baby to eat food that he/she dislike

- Feed from a cup using a spoon

- The first food should be soft

- Ensure all feeding utensils are thoroughly sterilized by boiling

- Give Food after breastfeeding

- Prepare the food in a hygienic environment so that the food is not contaminated

**23. Uses of facing in garment construction (4mks)**

- To neaten raw edges

- To decorate the garment

- To provide enough thickness for attaching fasteners

- To shape and give body where applied

**b) Similarities between French seam and double stitches seam (4mks)**

- In both are strong seams thus can withstand frequent washing

- In both they raw edges of the seams are enclosed

- In both they are supposed to be flat and free from bubble

- In both there are two rows of stitching

**c) Ways of conserving charcoal when cooking (4mks)**

- Light when you are about to cook

- Use a sufuria that fits well

- Cover the food with a well fitting lid while cooking

- Close the door of the jiko when cook

- Put off when not in use

**d) Ways of incorporating air into floor mixture**

- Sieving

- Creaming

- Beating

- Whisking Any 4 explained

- Rubbing in

- Folding