ASUMBI GIRLS HIGH SCHOOL

 PRE-MOCK

MAY-JUNE

 2022

HOME SCIENCE FORM 4 MARKING SCHEME

Section A

1. State 2 disadvantages of maisonettes (2mks)
* They are more expensive to construct
* They are not easy to extend and demolish
* Fires can easily spread
* Pest can crawl from one house to another
* Climbing of stairs is tiring to the old and physically challenged
1. Give 2 reasons why butter/margarine are unsuitable for deep fat frying (2mks)
* Have a low smoking point
* They have a distinct flavor that alter the flavor of food
* They have a lot of water content
* They are expensive
* They solidifies on cooking
1. State 2 self-neatening seams (1mk)
* French seam
* Double stitched seam/machine fell seam
* Run and fell seam
1. List 2 conditions that encourage the growth of micro-organisms (2mks)
* Warmth
* Moisture
* Food
* Oxygen
1. Name 2 types of Beriberi (2mks)
* Wet beriberi
* Dry beriberi
* Infantile beriberi
1. Give 2 advantages of advertising on a billboard (2mks)
* Easily visible
* It is attractive
* It is entertaining
* Reaches many people
* It is relatively permanent
1. Give 2 ways of preventing the spread of dandruff (2mks)
* Using disinfected shampoos and hair oils
* Avoid sharing combs and head gears
* Cleaning and disinfecting combs and hair brushes
1. State 3 points to bear in mind when choosing a good candle (3mks)
* Should be non-drip to last long
* Should be thick
* Should stand firm to avoid accidents
* Not emit harmful/poisonous gas when burning
1. Outline 4 edge neatening stitches (2mks)
* Loop stitches/blanket stitch
* Overcasting stitches
* Button hole stitches
* Machine overlook
* Zigzag stitches
1. Give 2 reasons for blanching vegetables (2mks)
* Stop action of enzymes
* Kills bacteria and pests
* Retention of vitamins, minerals and color of vegetables
1. Suggest 4 reasons which may cause menstruation to cease (2mks)
* Change of diet
* Change of climate
* Pregnancy
* Having cysts,
* Vigorous exercises
* Menopause
1. Distinguish between sponging and spotting (2mks)
* Sponging is a method of cleaning dark coloured and woolen articles that has been soiled on its surface only without immersing in water while spotting is a method of cleaning dark coloured garments that has been soiled accidently and require immediate attention.
1. State 4 uses of milk in cookery (2mks)
* For enriching food e. porridge, mashed potatoes
* For beverage preparation
* For making butter
* In flour mixture as a liquid/binding dry ingredients
1. Give 2 advantages of home confinement (2mks)
* Saves on hospital expenses
* It prevent home sick when in hospital
* Patient gets diet they want
* Enjoyment of relatives company
* No fear of baby exchange
* The mother takes care of her family
1. State two factors that determine the cleansing action of a detergent (2mks)
* Type of builders added
* Type of water used e.g. soft
* Temperature of water
* Mechanical action used
* Washing time
1. Suggest two reasons that may lead to a mother giving birth to a deformed baby (2mks)
* Intake of alcohol
* Smoking while pregnant
* Lack of a balanced diet
* Drug use
* Sexually transmitted infections
* High levels of stress
1. List six soft furnishings used in the bedroom (3mks)
* Carpets
* pillows
* Bedcovers
* lampshade
* Curtains
* Wall hanging
* Draperies
1. State 2 functions of pockets in a garment (2mks)
* Introducing a fashion features
* For decorations
* Keeping small items like money, handkerchief,sanitizer
* Complete a garment e.g. a shirt
1. List 2 grooming habits that prevents skin diseases (2mks)
* Having regular baths with clean water and soap
* Avoid sharing personal items
* Wear clean ironed clothes
* Eat well balanced meals
* Disinfect items to be shared e.g. basin/bucket

SECTION B COMPULSORY

1. Your brother is celebrating his birthday and has requested you assist in cleaning
2. Outline the procedure of thoroughly laundering his loose coloured T-shirt (8mks)
* Collect all equipment and materials (1/2)
* shake to remove loose dirt (1/2)
* Wash in warm (1/2) soapy (1/2) water using kneading (1/2) and squeezing
* Wash quickly (1/2) to minimize colour loss
* Rinse in warm water (1/2) to remove soap and water
* Final rinse in cold (1/2) water with salt(1/2) to fix in colour and vinegar to brighten the colour (1/2)
* Squeeze excess(1/2) water and dry flat inside out(1/2) under shade (1/2) to prevent fading
* Iron with a warm(1/2) iron on the wrong side(1/2)
* Air (1/2), fold and store (1/2) appropriately
* Clean, dry and store the equipment used(1/2)

 (1/2x16)

1. Clean an oil painted wall (8mks)
* Collect equipment and equipment(1/2)
* Dust (1/2) using a dry cloth(1/2) to remove loose dirt
* Wipe(1/2) using a clean cloth (1/2)wrung from warm (1/2)soapy water(1/2)
* Work from low levels (1/2) going upwards to avoid tear (1/2) marks/trickling stains
* Clean a portion(1/2) at a time slightly overlapping(1/2) in parts
* Rinse immediately(1/2) by wiping (1/2)with a cloth(1/2) wrung out of clean water(1/2) starting top coming (1/2) downwards
* Dry(1/2) with a dry soft(1/2) non fluffy cloth
* Buff to shine with a clean dry lintless cloth(1)
* Clean dry and store(1/2) the equipment and materials used

 (1/2x16)

1. Clean a plain wooden chopping board (4mks)
* Collect all equipment and materials(1/2)
* Clean with a soft brush(1/2) and warm soapy(1/2) water scrubbing along the grain(1/2)
* Rinse in warm water(1/2)
* Final rinse in(1/2) cold water to freshen the wood
* Dry with a cloth(1/2) and store in a rack
* Clean, dry (1/2)and store equipment and materials used

 (1/2x8)

SECTION C

Answer any two questions from this section in the spaces provided

1. Explain 4 precautions to take to prevent occurrence of food poisoning when handling left over foods (8mks)
* Leftover foods should never be reheated more than once to this prevent growth of microorganisms
* The food that are perishable e.g. meat should be checked to ensure they are not stale before reheating
* The food should be properly stored before reheating to avoid contamination leading to food poisoning
* Large pieces should be broken sliced in small pieces to ensure proper reheating to avoid development of microorganism causing food poisoning.

b. advantages of convenience foods (4mks)

 -saves time and energy

-they are appealing in colour

-Provide a quick snack

- Help try out new recipes eg prepared samosas

c. write down the qualities of a well-made pastry (8mks)

* It should be crisp
* Soft and crumbly
* Golden brown colour
* Should be flaky
* Have an acceptable flavor

d. Explain the preparation of a sewing machine in readiness for stitching (5mks)

* Dust and wipe the machine to avoid dirtifying the work
* Station the machine in a well lit room to avoid accidents
* Thread the machine correctly before using it
* Test for stitch length and tension before using
* Test on a double fabric o the correct stitches
1. State 5 ways of saving energy when lighting a home (5mks)
* Always switch off the lights when not in use
* Use natural lightning as much as possible
* Use light coloured surfaces i.e. ceiling and walls for easier distribution of light
* Use bulbs of necessary voltage depending on the amount of light required for a specific task
* Choose the right light for each room and the function of the room

b. Highlight 4 ways of enhancing personal health (4mks)

* Taking a balanced diet in the required proportions
* Doing exercises regularly
* Drinking water
* Bathing and wearing clean clothes daily
* Having enough rest and sleep

c. Giving a reason suggest 3 nutrients that should be increased during pregnancy (3mks)

* Calcium – for development of bones and teeth
* Iron – proper formation of hemoglobin
* Roughage – for easy digestion
* Vitamin D – for body building by aiding absorption of calcium
* Protein – for foetal growth
* Vitamin C – help mother body fight infections

 Help in Absorption of iron in the body

d. With the aid of a diagram outline in procedure of making an overlaid seam (8mks)

* Take the overlay/top (1/2) part and fold along the fitting line to the wrong side (1/2) and press(1/2)
* Place the overlay over the underlay(lower garment (1/2) section) matching fitting lines, notches and raw edges (1/2)
* Pin a tack (1/2) along the fold, remove pins (1/2)
* Machine close (1/2) to the Fold through 3 layers of fabric
* Remove tacking and press (1/2)
* Trim raw edges to 1 cm (1/2)
* Neaten the (1/2) raw edge
* Press the (1/2) seam on the Right side and wrong side
1. State 4 reasons for softening hard water for laundry work (4mks)
* To improve lathering of soap
* To save on amount of soap/detergent used
* To save time and energy
* To avoid discoloration of clothes by scum formed in hard water
* To prevent roughness on users skin
* To prevent formation of fur which blocks pipes and boilers

 (4x1)

b. Explain 4 main causes of malnutrition in the country (8mks)

* Poverty – Lowers the purchasing power for buying various food required by the body resulting to malnutrition
* Parasites – Infestation by worms reduce the amount of nutrients available for the body e.g. iron resulting to malnutrition
* Natural calamities – e.g. war, floods, drought reduces food production, distribution and availability resulting to malnutrition
* Lifestyle – modern lifestyle lead to increased intake of some nutrients e.g. fats, carbohydrates leading to obesity,
* Food taboos – some beliefs prohibit eating of certain foods thus denying essential nutrients to the people leading to malnutrition
* Diseases
* Corruption

 (4x 2)

c. Explain the preparation of attachment of a squared patch pocket (8mks)

* Press the seam allowance of the pocket sides on the wrong side (1/2) , trim and mitre the two corners
* Prepare the pocket hem by edge (1/2) stitching the raw edge and tack in position (1/2)
* Fix the hem with appropriate stitches (1/2) and press the finished pocket
* Place the pocket on the garment pin (1/2) in the correct positions leaving the pocket mouth open (1/2)
* Remove the pins (1/2) machine stitch (1/2) close to the fold(1/2)
* Reinforce (1/2) the top of the pocket by stitching back along the row of machine stiches 1.25-2cm or by triangle of machine(1/2)
* Remove the tacking’s (1/2) and press the pocket flat(1/2)