INSTRUCTIONS TO CANDIDATES:

(a) Write your name and Index number in the spaces provided.
(b) Sign and write the date of examination in the spaces provided.
(c) This paper consists of THREE sections A, B and C.
(d) Answer ALL questions in Section A and B and any TWO questions in section C.
(e) Answers to ALL questions must be written in this booklet.

FOR EXAMINER’S USE ONLY

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SECTION A (40 MARKS)

Attempt ALL Questions in the Spaces Provided

1. Define First Aid. (1mk)

2. Give one function of each of the following sewing equipment and tools.
   (a) Seam Ripper (1mk)
   (b) Bodkin needle (1mk)

3. Outline two qualities of a well made dart. (2mks)

4. State two uses of vinegar in laundry work. (2mks)

5. Name the nutrient that works together with protein to form haemoglobin. (1mk)

6. Suggest two effects of tooth decay. (2mks)

7. Give two advantages of using self-neatening seams in garment construction. (2mks)

8. Mention any two reasons why school sweaters are mostly made from acrylics. (2mks)

9. What two qualities should you look for when buying a Velcro tape? (2mks)

10. Explain the meaning of ‘simmering temperature’ as used in stewing method of cooking. (1mk)
11. Give two points on the importance of Homescience to the family. (2mks)

12. State two effects of poor environmental hygiene in a school setting. (1mk)

13. Suggest two reasons why meals should be served punctually. (2mks)

14. Give two reasons to account for the popularity of convenience foods among the middle class population of Kenya. (2mks)

15. Briefly describe how you would take the following body measurements.
   (a) Bust (1mk)
   (b) Crotch depth (1mk)

16. Suggest rechauffe dishes that can be made from each of the following left over foods. (2mks)

<table>
<thead>
<tr>
<th>Left Over Food</th>
<th>Possible Rechauffe Dish</th>
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<td>Boiled potatoes</td>
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17. Give two qualities to look for when buying a laundry brush. (2mks)

18. Distinguish between food spoilage and food poisoning. (2mks)

19. Identify any four principles of food preservation. (2mks)
20. The following are two combinations for a homemade cleaning agent.

A

Fine ashes
Soap powder
Fine Sand

B

Fine ashes
Soap jelly
A little water

(a) Between A and B, which is the most suitable agent for cleaning melamine plates? (1mk)

(b) Give a reason for your answer in (a) above. (1mk)

21. State two ways of conserving electricity when lighting a home. (2mks)

22. For what two reasons should a kitchen be well ventilated? (2mks)

SECTION B (20MKS): (COMPULSORY)

Attempt question 23 in the space provided

23. You are preparing to attend a women’s conference to be held in your church.

(a) Describe how you will launder your white cotton blouse to wear on that day. (10mks)

(b) Describe how you would daily clean a hurricane lamp that you will use. (6mks)

(c) Explain how to clean the painted wooden stool in your sitting room. (4mks)
Answer any two questions from this section in the spaces provided at the end of this section

24. (a) List down **five** methods of seam finishes and state their advantages. (5mks)
    (b) Explain **three** factors that influence the choice of a seam. (3mks)
    (c) Describe how to make a plain seam. (7mks)
    (d) Describe **five** ways of ensuring a sleeve is well set into the armhole. (5mks)

25. (a) Explain **four** nutritional needs of manual workers. (4mks)
    (b) Giving a reason in each case, mention **three** points to ensuring successful results when steaming fish. (3mks)
    (c) State **six** qualities of a well made vegetable salad. (6mks)
    (d) Give seven causes of malnutrition. (7mks)

26. (a) Explain **four** reasons why labels are important to a consumer. (8mks)
    (b) Explain **six** factors to look for when selecting a frying pan. (6mks)
    (c) State the difference between misuse and abuse of medicine. (4mks)
    (d) Differentiate between washing and dry cleaning. (2mks)