HOMESCIENCE

443 / 3

Your cousin is recuperating at home from anaemia. Prepare, cook and serve a lunch for two of you on a tray.

(i) a two-course lunch
(ii) a nutritious drink

INSTRUCTION TO CANDIDATES

Read the test carefully and proceed in the following order:-

a) Write down a draft recipe to guide you as you work and organize your work. Recipe books are allowed at this stage. You are advised not to take more than 30 minutes to organize your work.

b) Proceed and prepare, cook and present the meal on a tray

At the end of the examination, the question paper and the draft recipe should be handed over to the examiner.
SECTION A (50 MARKS)
Answer all the questions in this section in the spaces provided

1. State two functions of a stilleto. 2mks*
2. State two points to consider when choosing cleaning agents. 2mks*
3. Give two reasons for allowing batter to rest. 2mks*
4. Mention two limitations of nylon for a layette. 2mks*
5. Give two reasons for decorating a cake. 2mks*
6. What is a fibre? 1mk*
7. Differentiate between lining and interlining. 2mks*
8. State two effects of dry heat on bread. 2mks*
9. Mention two factors that determine the choice of colour in sitting room. 2mks*
10. Give two reasons why sleeves are used in garment construction. 2mks*
11. State three functions of roughage in the body. 3mks*
12. List two factors that determine the choice of method used to neaten a seam. 2mks*
13. Mention three effects of bicarbonate of soda on scones when used alone. 3mks*
14. Identify three conditions that would require the mother to deliver in hospital as opposed to home delivery. 3mks*
15. Give three reasons why buffet type of meal service is suitable for a number of guests. 3mks*
16. State two importance of gluten in flour mixtures. 2mks*
17. State two principle of food preservation. 2mks*
18. Suggest two ways of handling heavy bleeding. 2mks*
19. State two points to bear in mind when darning garments. 2mks*
20. Give two precautions to take when dry cleaning articles at home. 2mks*
21. Give three desirable qualities of baking flour. 2mks*
22. State two points to bear in mind when cutting out buttonholes. 2mks*
23. Define immunization. 1mk*

SECTION B (COMPULSORY)
Your mother is expecting your grandmother who is coming to visit for a day.
(i) Describe how you would carry out a daily cleaning of the glass window of the sitting room in preparation of her arrival. 10mks*
(ii) Explain how you would clean the calabash she would use in taking porridge. 4mks*
(iii) Giving reasons, describe how you would launder her silk scarf. 6mks*

SECTION C (50 MARKS)
Answer any two questions from this section

26. (i) Discuss five advantages of drafting your own patterns. 10mks*
(ii) Describe five preparations to be done on a fabric before cutting out. 5mks*
(iii) With the aid of a well labeled diagram, explain how to work out a machine fell seam. 10mks*

27. (i) Explain five ways in which prolonged drought may affect nutritional status of a community. 10mks*
(ii) Explain five reasons for coating foods before deep frying. 5mks*
(iii) Explain five points to consider when preparing and cooking green vegetables. 10mks*

28. (i) Explain five reasons why the consumer should be protected. 10mks*
(ii) Discuss four ways in which Kenya Consumer Association (KCA) ensures the consumers are protected. 8mks*
(iii) Discuss three sources of information for the consumer. 6mks*
(iv) What is consumer education. 1mk*
Paper 2

A pattern of a child’s dress bodice is provided. You are advised to study the sketches, instructions and the layout before you begin the test.

1. **MATERIALS PROVIDED**
   - A  Front bodice
   - B  Back bodice
   - C  Sleeve
   - D  Collar
   - E  Cuff
   - F  Neck binding
   - G  Sleeve opening strip

**N.B.** Use pattern piece D to cut interfacing for collar.

2. Light weight plain cotton fabric 65cm long by 90cm wide
3. Sewing cotton thread to match the fabric
4. One button 1cm in diameter

**THE TEST**

Using the materials provided, cut out and make the left half of a child’s dress bodice to show the following.

1. The working of the waist dirt.
2. The working of a machine fell seam at shoulder and French seams at the side and underarm seams.
3. The preparation of an interfaced collar and attaching it to the bodice.
4. The making of the continuous straight strip opening at the sleeve
5. The attaching of the sleeve cuff.
6. The preparation and attaching of the sleeve to the bodice and leaving the seam untrimmed and un-neatened.
7. The making of the buttonhole.
8. The attaching of the button.

At the end of the examination, remove all pins and unnecessary temporary stitches from your work. Sew on a label bearing your name and Index number on a single fabric. Fold your work neatly and place it in the envelope. Do not put scraps of fabric in the envelope.
THE LAYOUT

NOT TO SCALE
PRACTICAL
Paper 3
The Test
Your friend is coming to visit you over the weekend. Using the ingredients provided, prepare cook and serve a one course meal for the two of you to include a refreshing drink.

a) Boiled rice
   1 glass rice
   1 tablespoon margarine
   ¼ teaspoon salt
   2 glasses water

b) Fried kales
   10 leaves dark green leafy vegetables
   1 tablespoon cooking fat
   2 tomatoes
   1 onion

c) Beef Stew
   250g beef steak
   2 tomatoes
   1 onion
   2 Tablespoon fat
   1 tsp Royco powder
   2 large irish potatoes
   1 tsp salt
   1 large carrot

d) Orangeade
   4 ripe oranges
   2 cups water
   2 Tablespoon sugar
1. State three advantages of dry cleaning (3marks) *Kyo*

2. Give two advantages of using an ironing board instead of a table when ironing personal clothes (2marks) *Kyo*

3. What is asphyxia? (1mark) *Kyo*

4. Give two points to consider when buying toys for children (1mk) *Kyo*

5. Suggest three points on the care of a kitchen sink (3mks) *Kyo*

6. Giving an example in each case differentiate between organic and inorganic refuse (2mks) *Kyo*

7. Give two methods of edge finishing the armhole of a sleeveless dress/blouse (2mks) *Kyo*

8. Suggest two disadvantages of traditional houses (2mks) *Kyo*

9. What are convenience foods? (1mk) *Kyo*

10. State any four points to consider when selecting fastenings to be worked on a garment (2mks) *Kyo*

11. State four symptoms of vitamin C deficiency (2mks) *Kyo*

12. State any three important rights of a consumer (3mks) *Kyo*

13. List down three qualities of a good advertisement (3mks) *Kyo*

14. Give three ways of ensuring that tucks are well made (3mks) *Kyo*

15. State three scientific principles underlying canning as a method of food preservation (3mks) *Kyo*

16. You have prepared a food budget. State three ways of reducing food expenditure in your home (3mks) *Kyo*

17. Define the following terms as used in cookery (3mks) *Kyo*

   i. Rechauffe
   ii. Roux
   iii. Macédonia
Use the diagram below to answer question 18

18. Label the areas indicated by the arrows (4mks) *Kyo*

19. Give any four advantages of artificial feeding (2mks) *Kyo*

20. What is the importance of immunization in child care? (2mks) *Kyo*

21. Give reasons for each of the following faults in rubbed-in cake (2mks) *Kyo*
   (a) Heavy texture
   (b) Cake sunk in the middle

22. What is pectin? (1mk) *Kyo*

SECTION B (COMPLUSORY 20 MKS)
Answer all questions in this section

23. You have been left at home to carry out some odd jobs over the weekend
   i) Giving reasons describe how to launder a white cotton table cloth with an egg stain (10mks) *Kyo*
   ii) Explain how you would thoroughly clean a polished wooden floor (6mks) *Kyo*
   iii) Describe briefly how to daily clean a wooden scrubbing brush (4mks) *Kyo*

SECTION C (50 marks)
Answer any two questions from this section

24. (i) State and explain four reasons why family meals should be planned (8mks) *Kyo*
   (ii) Explain the meaning of the following terms used in time-planning (3mks) *Kyo*
       • Dove tailing
       • Sequencing
       • Pre-preparation
   (iii) State and explain any four precautions to take when using wood as a fuel (4mks) *Kyo*
   (iv) Explain any five points to consider when choosing a colour scheme for a house (10mks) *Kyo*
25 (i) Explain three factors that have led to growing use of convenience foods in Kenya (6mks) *Kyo*
(ii) State and explain any four aspects of development brought by child play (8mks) *Kyo*
(iii) With the aid of diagrams, describe the working of a calico patch on a torn bed sheet (11mks) *Kyo*

26 i) Discuss reasons for using soft furnishing in a room (10mks) *Kyo*
(ii) Describe the working of a set in sleeve, use two diagrams to illustrate your answer (10mks) *Kyo*
(iii) Define the following terms (5mks) *Kyo*
   (a) Complementary colours
   (b) Intensity
   (c) Counterfeit
   (d) Layering

End
A pattern of a child dress is provided. You are advised to study the sketches, instructions and the layout before you begin the test.

1. Material Provided
   A-Front bodice
   B-Back bodice
   C-Sleeve
   D-Collar
   E-Back neck facing

NB: Use pattern piece D to cut interfacing for collar.

2. Light weight plain cotton fabric 60 cm long by 90 cm wide.
3. Sewing cotton thread to match the fabric
4. One hook

The Test

Using the materials provided, cut out and make the left half of a child dress bodice to show the following.

1. The working of the waist tucks.
2. The working of a double stitched seam at the shoulder and French seams at the side and underarm.
3. The joining of the front and the back neck facing and neatening the free edge of the facing.
4. The preparations of an interfaced collar and attaching it to the bodice.
5. Cut across-way strip and use it to neaten the lower edge of the sleeve (23 cm long and 2.5 cm wide)
6. The preparation and attaching of the sleeve to the bodice and leaving the seam untrimmed and un-neatened
7. The attaching of the hook on the back bodice.

At the end of the examination, remove all pins and unnecessary temporary stitches from your work; sew a label bearing your name and index number on a single fabric. Fold your work neatly.
THE TEST

Your brother is having a pre-wedding party and you have been requested to help in the preparation for the occasion.

Using the ingredients listed below, prepare, cook and present a cake using rub-in method and two other suitable items for the party for two people. Include a refreshing drink.

- Wheat flour
- Margarine
- Eggs
- Milk
- Essence / Flavourings
- Fruit in season
- Baking powder
- Minced meat
- Sugar
- Salt

PLANNING SESSION: 30 MINUTES
Use separate sheet of paper for each task listed below and use carbon paper to make duplicate copies. Then proceed as follows;
1. Identify the dishes and write down their recipes.
2. Write down your order of work.
3. Make a list of the foodstuff and equipment you will require.
HOMESCIENCE
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SECTION A (50 MARKS)
Answer all questions in this section
1. Identify two reasons why a saucepan should have a thick base (2mks) *NDI*
2. Give two advantages of using firewood as fuel (2mks) *NDI*
3. Give three reasons for cleaning a house (3mks) *NDI*
4. State two measures you would take to prevent athlete’s foot infection. (2mks) *NDI*
5. Give two disadvantages of buying a house (2mks) *NDI*
6. Apart from microorganisms, suggest two ways which food may be contaminated. (2mks)
7. Name two nutritional disorders associated with lifestyles. (2mks) *NDI*
8. State the functions of riboflavin. (3mks) *NDI*
9. Give two reasons for basting meat. (2mks) *NDI*
10. Give the effect of the following laundry processes on woolens. (3mks) *NDI*
   i) Soaking
   ii) Starching
   iii) Ironing
11. State two uses of fabric conditioner (2mks) *NDI*
12. Outline two qualities to look at when buying a seam ripper. (2mks) *NDI*
13. Give two causes of skipped stitches when machinering. (2mks) *NDI*
14. Give two differences between over sewing and overcasting. (2mks) *NDI*
15. Suggest two reasons for using smocking in garment construction. (2mks) *NDI*
16. i) Who is a consumer? (1mk) *NDI*
    ii) List two roles of consumer organizations in Kenya. (2mks) *NDI*
17. Mention two aspects of development brought about by child play. (2mks) *NDI*
18. Give three ways in which HIV/AIDS is transmitted. (3mks) *NDI*
19. State two points to remember about clothing for the sick when caring for the sick at home. (2mks) *NDI*
20. State three dangers of poor ventilation. (3mks) *NDI*
21. Give two reasons for using a carpet in the house. (2mks) *NDI*
22. Explain the following dimensions of colour; (2mks) *NDI*
   i) hue
   ii) Value

SECTION B (20 MKS)
The following question is compulsory
23. You have just been left at home and required to do some laundering and cleaning.
   a) Describe the procedure of laundering a loose coloured cotton skirt / blouse. (8mks) *NDI*
   b) Describe how you can thoroughly clean the following items
      i) Stained melamine plate (4mks) *NDI*
      ii) a long handled sweeping broom made of plain wood (8mks) *NDI*

SECTION C (50 MARKS)
Answer any two questions from this section
24. a) State six points to consider when planning meals for a bed ridden invalid. (6mks) *NDI*
    b) Explain five factors to consider when using left-over foods. (10mks) *NDI*
    c) Give five points to be observed when deep-freezing food. (5mks) *NDI*
    d) Describe the traditional method for preserving root vegetables. (4mks) *NDI*
25. a) State six points to bear in mind when choosing fabrics for making curtain. (6mks) *NDI*
    b) Explain four considerations to make when furnishing a sitting room. (8mks) *NDI*
    c) Give a list of six factors that determine the choice of a colour scheme for a room (6mks) *NDI*
    d) State five guidelines in choosing flowers for a flower arrangement. (5mks) *NDI*
26. a) Give five points to note when making openings. (5mks) *NDI*
    b) List four types of openings. (4mks) *NDI*
    c) State four reasons for using facings on garments. (4mks) *NDI*

TURN OVER
d) Suggest four sewing notions for a shirt or blouse. (4mks) *NDI*

c) Describe how to prepare an interfaced collar ready for attachment. (8mks) *NDI*
A pattern of a child's dress is provided you are advised to study the question paper, the sketches and the layout before you begin the test.

**MATERIAL PROVIDED**

Pattern pieces
1. A - Back yoke  
   B - Front yoke  
   C - Skirt front  
   D - Back skirt  
   E – Sleeve  
   F - Collar  
   G - Neck Band

2. Plain light weight cotton fabric 70cm by 90 cm
3. Sewing thread to match the fabric

**THE TEST**

Using the materials provided, cut out and make up the right half of the child's dress, to show the following

   a) The working of the gathers on the back skirt  
   b) The working of the pleats on the front skirt.  
   c) Attaching of the front yoke to the front skirt and Back yoke to the back skirt using an overlaid; seam.  
   d) Joining of the shoulder seam using an open neatened seam.  
   e) Preparation of the collar  
   f) Attachment of the collar use the neck band to neaten the raw edge.  
   g) Making of French seam at the side and underarm seam,  
   h) Preparation and attaching of the sleeve to the bodice,  
   i) Slip hem half of the front skirt.
FRONT VIEW

BACK VIEW
HOMESCIENCE

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THE TEST *NDI*

Your mother is going to visit a friend for one week and she has asked you to stay at home with your two year old brother. *NDI*

Using the ingredients provided, prepare, cook and present a one – course meal and a fruit drink for both of you. *NDI*

PLANNING SESSION *NDI*

Make a rough order of work which will guide you during the practical. *NDI*

PRACTICAL SESSION *NDI*

Using your graph order of work, proceed with the practical. *NDI*

At the end of the examination, hand in your rough order of work to the supervisor. *NDI*
1. Mention all the disciplines of home science
2. State three dangers of poor sanitation
3. Identify two importance of meal planning
4. Mention four measures one should take to prevent spread of infections when taking care for the sick
5. Give four reasons for cleaning a house
6. State three causes of food poisoning
7. Mention two uses of mineral fibres
8. State four points to consider when choosing a dressmakers pin
9. Differentiate between burns and scalds
10. Give four functions of carbohydrates in the body
11. Describe how a rust stain can be removed from white cotton fabric
12. State two rules of patching
13. Define a seam
14. State four methods of transferring pattern marking
15. Give three reasons why food is decorated or garnished
16. Mention two danger signs in pregnancy that signal threatened miscarriage
17. What is the importance of gluten in wheat flour
18. State two factors that determine the choice of a pocket
19. Identify two ways of securing stitches at the end of a dart
20. State three reasons of preserving food
21. Mention three dimensions and characteristics of colour
22. State four reasons for good ventilation
23. State four methods of lighting a home
24. Identify two rights of a consumer
25. (a) Describe fully how to attach a calico patch on a torn garment
26. (b) Give a complete procedure of sweeping a room
27. (a) Outline five points to consider when planning and packing meals
28. (b) Explain four disadvantages of using left over foods
29. (c) List seven rules for baking food
30. (d) State five functions of vitamin B2
31. (a) Give the difference between synthetic and regenerated fibres giving an example in each case
(b) Describe the complete procedure of making a French seam
(c) State four qualities of a well made cuff
(d) Illustrate four embroidery stitches
(e) Identify five points to consider when choosing sewing machine
32. (a) Describe the immunisation schedule for children below 5 years indicating the age at which each is administered

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<thead>
<tr>
<th>Vaccine</th>
<th>Age administered</th>
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(b) Discuss five factors that influence consumer buying
(c) Outline two positive and two negative effects of advertisement
HOMESCIENCE (CLOTHING AND TEXTILE)

PRACTICAL

A pattern of a child’s dress is provided. You are advised to study the sketches, the question paper and the layout before the test.

1. MATERIALS PROVIDED
   A- Sleeve 
   B- Back bodice 
   C- Front bodice 
   D- Cuff 
   E- Binding 

2. Plain lightweight cotton fabric 70cm long by 91cm wide. 
3. Sewing thread to match the fabric 
4. Use ½ of pattern D to cut interfacing for the cuff. 

THE TEST 

Using the materials provided, cut out and make the right half of the child’s dress to show the following: 

a) The making of the shoulder dart and neck line dart  

b) The making of a machine fell seam at the shoulder on R.S  

c) Making of un-neatened open seam at the side  

d) The making of a bound opening at the sleeve  

e) The preparation of an interfaced cuff  

f) Attaching of the interfaced cuff to the sleeve hem  

g) The preparation of the sleeve using a French seam at underarm  

h) Preparation and setting in of the sleeve to armhole leaving of the seam untrimmed and unneatened.  

i) Attaching of press studs on the cuff opening  

j) Attaching patch pocket on front bodice
FOODS AND NUTRITION
PRACTICAL

Your younger sister is recuperating in hospital. Prepare and pack one course lunch to be taken by your sister and you while you visit her in hospital.

Use the list of ingredients below to prepare the meal

- Rice/ wheat flour/ maize meal
- Beef/ pulses
- Vegetable available in the market
- Onion
- Tomatoes
- Dhania
- Hoho
- Carrots
- Cooking fat
- Salt
- Pepper
- Spices

PLANNING SESSION
30 MINUTES

Read the following carefully and proceed in the following order

i Write a plan of work using carbon paper to make duplicate copies

ii Make a market order (list of food stuffs) required to carry out the task and write them on a separate sheet of paper. Textbooks and recipes may be used during planning.

iii Write your name and index number on your plan and on your list. You should not take away a copy of the test or of the plan or any notes other than the textbooks and the recipes. You must not bring additional notes to the practical test session. At the end of the planning session the question paper, the copies of the list of foodstuffs are to be handed over to the teacher.

The question paper, plan and list will be returned to you at the beginning of the practical test session. At the end of the examination the question paper, the plan and the list are to be handed to the examiner.
1. List four generating activities a home science student can engage in. 2mks

2. Name four parts of the dermis layer of the skin. 2mks

3. Give two reasons explaining why it's not advisable to apply too much make up on the skin. 2mks

4. Name two vitamins that are important for good eyesight. 2mks

5. What is refuse disposal? 1mk

6. Give four reasons for keeping the drainage clean. 4mks

7. Give three equipments used for drying garments. 3mks

8. How is tartar formed on a tooth? 1mk

9. Name any four underwear items. 2mks

10. State three reasons for using bleaches in laundry. 3mks

11. Give three reasons for sorting articles before washing. 3mks

12. State three rules to observe when removing stains. 3mks

13. Define the following terms
   a) Food fortification 1mk
   b) Balanced diet 1mk

14. State the difference between electronic media and print media in advertising. 2mks

15. State two reasons why knitted fabrics are suitable for sports wear. 2mks

16. There are two types of vegetarians. Name them. 2mks

17. Name five diseases immunized using the Pentavalent vaccine. 2 ½ mks

18. Name three tea items that can be made using creaming method. 1 ½ mks

19. Name the three layers of a fabric which make up a pleat. 3mks

20. Name three methods of managing hems. 3mks

21. State four common measures to take in order to conserve fuel in the house. 4mks

(SECTION B (CIMPULSORY QUESTION) 20 MKS)

22. You live in a house without electricity.
   a) Daily clean a hurricane lamp. 8mks
   b) Explain the daily cleaning of a pit latrine. 7mks
   c) Using cold water starch explain how to starch a muslin cloth. 5mks

SECTION C

Answer any two questions from this section

23. a) Discuss five preventive measures to take against spread of infections when caring for the sick at home. 10mks
   b) State five ways of meeting the physical needs of a patient recuperating at home. 5mks
   c) Explain five physical needs that an expectant mother has to fulfill. 5mks
   d) State five activities which are involved in Post Natal Care. 5mks

24. a) Explain how any five colour schemes can be used to produce a pleasant effect. 10mks
   b) Discuss any five points to consider when choosing furniture. 10mks
   c) Give five reasons for using soft furnishings at home. 5mks

25. a) Explain four factors that determine the choice of a cooking method. 4mks
   b) Discuss four points on the care of a refrigerator. 4mks
   c) State six physiological changes occurring in elderly persons that affect their diet. 6mks
   d) Explain four points why dietary needs of individual family members must be considered when planning meals. 4mks
   e) Name two courses that can be contained in any informal meal. 2mks
CLOTHING AND TEXTILES

A pattern of a child’s dress is provided. You are advised to study the sketches, instructions and the layout carefully before you begin the test.

I MATERIALS PROVIDED

A Dress front
B Dress back
C Sleeve
D Front facing
E Back neck facing

2. Plain light weight cotton fabric 60cm long by 90cm wide.
3. Sewing thread to match the fabric
4. A zip 5 inches long
5. One large envelope

THE TEST

1. Cut a crossway strip 3cm by 24cm for binding the sleeve.
2. Using the materials provided cut out and make the left half of a child’s dress to show the following:
   a) The working of a double pointed waist dart.
   b) The working of the pin tucks
   c) The joining of the shoulder seam using a plain seam.
   d) The joining of the side seam using a neatened open seam.
   e) The preparation and attachment of the concealed side zip.
   f) The joining of the front and back neck facings at the shoulder.
   g) The attaching of the facing on the neckline of the dress.
   h) The preparation of the sleeve and binding the lower edge.
   i) Making of the underarm seam using a French seam.
   j) The attaching of the sleeve.

At the end of the examination, firmly sew onto your work on a single fabric a label bearing your name and index number. Remove the needle and pins from your work, then fold your work neatly and place it in the envelope provided. Do not put scraps of fabric in the envelope.
Inverted pleat
Zip

THE LAYOUT (Not drawn to scale)
90cm

Dress
Front

sleeve

Dress
Back

Front facing

Back facing

Binding

Tips on passing KCSE subscribe freely @ http://www.joshuaarimi.com
Connect with Joshua Arimi on facebook.
Your cousin is recuperating at home from anaemia. Using the list of ingredients attached, prepare, cook and serve a lunch for two of you on a tray.

(i) a two course lunch
(ii) a nutritious drink

INSTRUCTIONS TO CANDIDATES

Read the test carefully and proceed in the following order:-

a) Write down a draft recipe to guide you as you work and organise your work. Recipe books are allowed at this stage. You are advised not to take more than 30 minutes to organise your work.

b) Proceed and prepare, cook and present the meal on a tray

At the end of the examination, the question paper and the draft recipe should be handed over to the examiner.
SECTION A (50 MARKS)
Answer all questions in this paper

1. Give two ways in which Home Science benefits an individual. 2mks
2. Give one reason why you should avoid extreme heat while drying hair 1mk
3. Give two reasons why you should not use sharp objects to remove food particles from between the teeth. 2mks
4. State two qualities to look for when buying pegs. 2mks
5. What precautionary measures would you take if clotting does not occur on a deeply cut limb. 2mks
6. State three factors when selecting a zip fastener 3mks
7. State how to start and finish the following stitches. (i) Back stitches 1mk (ii) Slip hemming 1mk
8. Give three undesirable properties of nylon as a fabric 3mks
9. Explain two demerits of advertising 2mks
10. Define the following terms (i) Consumme (ii) Caramelise (iii) Perboil 3mks
11. Give four advantages of using a pressure cooker. 4mks
12. Give three values of bran in whole meal flour. 3mks
13. Give two reasons why outdoor exercise is good for an expectant mother. 2mks
14. What causes breast engorgement? 1mk
15. State two qualities of a good bathroom floor. 2mks
16. What factors may cause food scarcity at home other than poverty give 4 4mks
17. Give reasons for coating food before deep frying (give four answers) 2mks
18. State two advantages of buying goods in a supermarket. 2mks
19. List down two causes of excessive weight 2mks
20. State three qualities to look for when buying a kitchen knife. 2mks
21. Mention two reasons why button shanks are important in a garment. 2mks
22. Give two causes of nappy rash. 2mks

SECTION B COMPULSORY (20 MARKS)

23. a) Explain how to clean a greasy glass plate. 5mks
b) Describe how to launder an acrylic sweater 7mks
c) Write the procedure of thorough cleaning a hurricane lamp without a glass 8mks

SECTION C (50 MARKS)
Answer any TWO questions from this section

24. a) “A balanced diet is very important throughout pregnancy” Give four reasons. 4mks
b) With the aid of suitable diagrams, explain the working of a faced slit opening. 8mks
b) State three factors to consider when choosing wooden utensils. 3mks
c) State and explain five factors that influence individual or family budget plans. 5mks
d) Explain five rules to observe when making yeast products. 5mks
25. a) State six ways of ensuring that a sleeve is well set into the armhole. 6mks
b) State three points to emphasize when working out permanent hand made stitches. 3mks
c) Explain six reasons why fruits are highly recommended in a diet. 6mks
d) Explain four guidelines you would consider when selecting cookware. 8mks
e) State two ways of lengthening a skirt. 2mks
26. a) Give five reasons for wearing socks / stockings with shoes. 5mks
b) Explain five points to consider when choosing fabric for making curtains. 5mks

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d) Discuss five points to consider when preparing meals for children. 5mks

*Tso*
CLOTHING AND TEXTILES
PAPER 2

A pattern of a girl’s skirt is provided. You are advised to study the sketches, instructions and the layout carefully before you begin the test.

MATERIALS PROVIDED
1. Pattern pieces.
   - A- Skirt Front
   - B- Skirt Back
   - C- Pocket
   - D- Back waist band
   - E- Front waist band
2. Lightweight plain cotton fabric 65cm long by 90cm wide.
3. Sewing thread to match the fabric.
4. Shirt button.

THE TEST
Using the materials provided, cut out and make up the right side of the skirt to show the following processes.
a) Making of the front dirt.
b) Preparation and attaching of the patch pocket.
c) Making of an open seam at the side.
d) Preparing pleats appropriately.
e) Preparing and attaching waist band
f) Making of the button

At the end of the examination, firmly sew on to your work, on a single fabric, a label bearing your name and index number. Remove the needles and pins from your work, then fold neatly and place in the envelop provided. Do not put scrapes of fabric inside.

Pattern layout, not drawn to scale.
441/3
FOODS AND NUTRITION
THE TEST
You have invited a friend to visit you during half term holiday. Make four o’clock tea with two snacks from flour mixtures for both of you.

PLANNING SESSION
Make a rough order of work which will guide you during the practical.

PRACTICAL SESSION
Using your rough order of work, proceed with the practical.

At the end of the examination hand in your rough order of work to the supervisor.
SECTION A- (50 MKS)

Answer all questions in this section

1. Suggest **TWO** benefits of home science skills and knowledge to the health of a family. (2mks) *TRZ*
2. Explain the role of sweat glands in soiling of the body. (2mks) *TRZ*
3. Give **TWO** basic instructions on the use of medicine. (2mks) *TRZ*
4. Give **TWO** ways of disposing organic household refuse. (2mks) *TRZ*
5. State **three** factors that determine the repair method to be used. (3mks) *TRZ*
6. Suggest **three** ways by which you can help the community to prevent communicable diseases. (3mks) *TRZ*
7. State **two** ways of protecting the body from nappy rash. (2mks) *TRZ*
8. Give **three** precautionary measures an expectant woman should observe to avoid low birth weight of a baby. (3mks) *TRZ*
9. State **three** consequences of living in a poorly ventilated house. (3mks) *TRZ*
10. Give **two** reasons for having a plan of spending the money available to a family. (2mks) *TRZ*
11. Giving a reason; state the best method of cooking a tough cut of meat. (2mks) *TRZ*
12. Which points would guide you in choosing a cooker. (2mks) *TRZ*
13. Give **two** roles of vitamins D in the body. (2mks) *TRZ*
14. Name and state the causes of **TWO** disorders associated with change in lifestyle. (2mks) *TRZ*
15. Give **THREE** reasons as to why fat is used in flour mixtures. (3 mks) *TRZ*
16. State **TWO** reasons as to why meal planning is important in a family. (2 mks) *TRZ*
17. Define the word “cook freeze” catering. (2mks) *TRZ*
18. State the reason why food needs to be flaked or divided finely before being reheated. (2mks) *TRZ*
19. Give **THREE** major differences between cellulosic fibres and protein fibres. (3mks) *TRZ*
20. Suggest **TWO** reasons for using a French seam on most children’s garments. (2mks) *TRZ*
21. Given the following pattern piece;

   ![Pattern Piece](image)

   Fill in the following pattern symbols:
   - Seam line (½ mk) *TRZ*
   - Place on fold. (½ mk) *TRZ*
   - Notches. (½ mk) *TRZ*
   - Dart (½ mk) *TRZ*

22. Suggest **three** points to consider when selecting trimmings. (3mks) *TRZ*
23. State **one** role of button shanks in a garment. (1mK) *TRZ*

SECTION B- COMPULSORY (20 MKS)

24. You are taking care of your sick sister at home
   (a) Discuss **FIVE** advantages of home based care of the sick. (5mks) *TRZ*
   (b) Describe briefly how you would launder her bath towel. (10mks) *TRZ*
   (c) Briefly describe how you would clean the room for the sick. (5mks) *TRZ*

SECTION C (50MKS)

Answer any **TWO** questions from this section.
25. (a) Why are waistbands interfaced. (3mks) *TRZ*
   (b) With aid of clearly labeled diagram, explain the making of an interfaced waistband. (12mks) *TRZ*
   (c) Explain four points to consider when selecting fastenings. (4mks) *TRZ*
   (d) Discuss points to bear in mind when making openings. (6mks) *TRZ*
26. (a) Define the term “convenience foods”. (2mks) *TRZ*
   (b) Discuss FIVE advantages and three disadvantages of using convenience foods. (13mks) *TRZ*
   (c) Explain FIVE factors, which have led to a growing use of convenience foods. (10mks) *TRZ*
27. (a) Explain how to use a charcoal iron box. (5mks) *TRZ*
   (b) Explain the role played by roughage in controlling diseases in our body. (8mks) *TRZ*
   (c) Discuss the factors that interfere with the normal foetal development. (12mks) *TRZ*
CLOTHING CONSTRUCTION

A pattern of a child’s dress is provided. You are advised to study the sketches, instruction and the lay out before you begin the test.

1. MATERIALS PROVIDED
   A- Front bodice
   B- Back bodice
   C- Skirt front
   D- Skirt back
   E- Pocket
   F- Front facing
   G- Collar
   H- Back facing
   I- Cross way strip
   J- Sleeve

   NB Use the pattern piece G to cut interfacing for collar.

   2. A lightweight plain cotton fabric of 85 cm long by 115 cm wide.


THE TEST

Using the materials provided, cut out and make left half of a child’s dress showing the following.
1. The working tucks and waist dart on the front bodice
2. The making of a Rouleau loop using the crossway strip provided. Tacking it on, 1 ½ cm from the base of the neckline along the stitching line of the front bodice.
3. Attaching of the front facing on the front bodice using an open seam.
4. Joining the back and the front bodice using an open seam at the shoulder and French seam at the side seam.
5. Joining of the front and the back facing at the shoulder and neatening of the free edge of the facing.
6. The preparation of an interfaced collar and attaching it on the neckline using the back and front facing.
7. The preparation of the sleeve using machine fell (double stitched) at the under armhole.
8. Attaching the sleeve into the armhole leaving the seam allowance untrimmed and unneatened.
9. Making of the waistline dart on the front skirt.
10. The preparation and attaching a round patch pocket on the front skirt.
11. Making the inverted pleat on the back bodice.
12. Joining of the front and the back skirt using the French seam.
13. Attaching of the bodice pieces to the skirt pieces and neatening the back 5 cm only.

Omit
(i) The management of the lower hem and sleeve.

At the end of the examination firmly sew on to your work on a single fabric a label bearing your name, index and school. Remove all the needles, pins and unnecessary threads from your work, press and carefully fold, place in the envelope provided. Do not put scrapes or material in the envelope.
CLOTHING CONSTRUCTION

INSTRUCTIONS

1. **MATERIALS PROVIDED**
   
   (a) Half ball of 50gm double knitting yarn
   
   (b) One pair of knitting needles 3.5mm
   
   (c) Small envelope.

2. You are expected to make a sleeve using the knitting instructions given below:

3. At the end of the test, neatly, conceal all the yarn ends and fix on the wrong side of your work, a label bearing your name and index number. Put your work in the envelope provided. Do not seal.

**KNITTING INSTRUCTION**

1. **Using No. 3.5mm needles, cast on 32 sts.**
   
   1\textsuperscript{st} row – S\textsubscript{1}, K\textsubscript{2} \*P\textsubscript{2}, K\textsubscript{2}, rep from \* to last st.K\textsubscript{1}
   
   2\textsuperscript{nd} row-S\textsubscript{1} \*P\textsubscript{2}, K\textsubscript{2}, rep from \* to last 3 sts, ps, K\textsubscript{1}
   
   Rep 1\textsuperscript{st} and 2\textsuperscript{nd} rows 5 times. End with wrong side.

2. **Eyelet holes**
   
   13\textsuperscript{th} row – K\textsubscript{1} \*yf, K\textsubscript{2} tog, rep from \* to the last st K\textsubscript{1} (32sts)
   
   14\textsuperscript{th} row-purl to the end.

3. **Stocking stitches**
   
   Work 4 rows in st. st inc once at each end of 5\textsuperscript{th} and every foll 6\textsuperscript{th} row to 38sts.
   
   Cont. in patt and work 2 rows without shaping ending no wrong side.

4. **Shaping**
   
   Cast off 2 sts at beg of next 2 rows.
   
   **Proceed as follows**
   
   1\textsuperscript{st} Row:s\textsubscript{1}, s\textsubscript{1}, K\textsubscript{1} Psso,k to last 3sts, K\textsubscript{2} tog, K\textsubscript{1}
   
   2\textsuperscript{nd} Row: s\textsubscript{1}, P to last st,K\textsubscript{1}
   
   Repeat these 2 rows until 10 sts. Remains
   
   Next row purl. Cast off (5) Join the underarm seam.

END
SECTION A (50 MARKS)

1. Give three effects of heat on fats. (3mks) *Trk*
2. Give two disadvantages of concealed drainage system. (2mks) *Trk*
3. Write down the reason why extreme heat should be avoided while drying hair. (2mks) *Trk*
4. List four kitchen equipment made from plant materials. (2mks) *Trk*
5. Give two meanings of the word 'trimming' as used in clothing and Textiles. (2mks) *Trk*
6. State any four points to consider when planning to entertain guests. (4mks) *Trk*
7. Mention one good quality of dusting material. (1mk) *Trk*
8. Give two reasons for putting a layer of clean pebbles on top of soil in potted plants. (2mks) *Trk*
9. State four functions of fats in flour mixtures. (4mks) *Trk*
10. State four advantages of comparative shopping. (4mks) *Trk*
11. Give two disadvantages of hand sewing machines. (2mks) *Trk*
12. Mention three qualities of a good French seam. (3mks) *Trk*
13. State three general rules on the use of prescribed medicine. (3mks) *Trk*
14. State three points to consider when buying curtain material. (3mks) *Trk*
15. Name any two finishes given to wooden surfaces. (2mks) *Trk*
16. Mention three qualities of a good pit latrine. (3mks) *Trk*
17. Give two reasons for covering a saucepan when cooking. (2mks) *Trk*
18. Synthetics are laundered the same way as woollen with a few variations. State any two variations. (2mks) *Trk*
19. Give two points on the care of a water closed. (2mks) *Trk*
20. State three ways of retaining the nutritive value when cooking foods containing the water soluble vitamins. (3mks) *Trk*
21. Give two functions of openings on a garment. (2mks) *Trk*
22. State the cause of mildew stain on cotton items. (1mk) *Trk*
23. Define the following in colour:-
   a). Hue (3mks) *Trk*
   b). Intensity
   c). Value.
24. Mention two disadvantages of solar energy as a source of fuel at home. (2mks) *Trk*
25. State two characteristics of bonded fabrics. (2mks) *Trk*
26. State three precautionary measures to take to avoid poisoning in the home. (3mks) *Trk*
27. State two eating disorders. (1mk) *Trk*
SECTION B (COMPULSORY) 20 MARKS

ANSWER THIS QUESTION IN THE ANSWER BOOKLET.

28. Your mother has gone to work and left you at home.
   a). Describe how you would daily clean the kitchen. (10mks) *Trk*
   b). Describe how you would make your bed. (7mks) *Trk*
   c). Clean a wooden chopping board. (3mks) *Trk*

SECTION C (50 MARKS)

Answer any two questions from this section

29. a). Explain five reasons for taking care of the sick at home. (10mks) *Trk*
      b). Explain five ways through which the nutritional needs of sick persons at home can be taken care of. (10mks) *Trk*
      c). Discuss five measures that should be taken to prevent the spread of infections while caring for the sick at home. (5mks) *Trk*

30. a). Breastfeeding is the best and natural way of feeding the baby. Discuss six advantages of breast milk. (12mks) *Trk*
      b). State 3 ways of improving the supply of breast milk. (3mks) *Trk*
      c). Explain five problems related to breast feeding and suggest how a breast feeding mother can overcome them. (10mks) *Trk*

31. a). Explain five rules to observe when fixing fastenings. (10mks) *Trk*
      b). With aid of diagrams, explain how to work out an edge to edge (Semi-concealed) method of zip opening. (10mks) *Trk*
      c). A part from zip fasteners, name four other fastenings that can be used on a garment. (2mks) *Trk*
      d). Darts are commonly used on a garment to control fullness. Give three methods of securing a dart after working out. (3mks) *Trk*
A pattern of a child's dress is provided. You are advised to study the sketches, instructions and the layout before you begin the test.

**Material Provided.**

1. Pattern pieces for the dress, *Trk*
   - A  Dress front
   - B  Dress back
   - C  Sleeve
   - D  Cuff
   - E  Pocket
   - F  Cuff interfacing
   - G  Sleeve opening binding

2. Plain light weight cotton fabric 50cm by 91 cm wide.


**THE TEST*Trk*”

Using the materials provided, cut out and make the left half of a child's to show the following:

a). The working of the shoulder dart.

b) The preparation and attachment of the pocket

c) The joining of the shoulder seam using a machine fell seam.

d). The joining of the side seam using a neatened open seam.

e). The making of a bound opening of the sleeve.

f). The joining of the underarm seam using a French seam.

g). The preparation and attachment of an interfaced cuff.

h) The preparation of the sleeve crown

i). The attachment of the sleeve.

At the end of the examination, firmly sew on your work, on a single layer of fabric, a label bearing your name and index number.

Remove the needles and pins from your work, then fold your work carefully and hand it to the teacher.
THE LAYOUT (NOT DRAWN TO SCALE) *Trk*
THE TEST.
You are attending District games competition for the whole day. Prepare and pack; pancakes, sandwiches and a cold beverage.

PLANNING SESSION (30 MINUTES)

Read the test carefully and proceed in the following order.

a). Write down a draft recipe to guide you as you work and organize your work. Recipe books are allowed at this stage.

b). Make a list of ingredients, equipment and materials you will require to carry out the test and write them down of a separate sheet of paper.

c) Write your name and index number on your draft and on your list.

At the end of the session, the question paper and the draft recipe should be handed over to the examiner.
HOMESCIENCE
441 / 1

SECTION A- (50 MKS)
Attempt all questions in this section in the spaces provided.

1. State 2 factors to be considered when planning the lighting of each room 2 mks

2. Give 4 accessories that can be used at home for decoration 2 mks

3. Define the following terms related to colour.
   a) Hue- 1 mk
   b) Intensity- 1 mk

4. Give any 2 general rules for drying food. 2 mks

5. Give 2 reasons for using cuffs. 2 mks

6. State 2 reasons for interfacing collars. 2 mks

7. Briefly explain how safe parenthood may depend on:
   a) Voluntary Counseling and Testing (VCT)  1 mk
   b) Age of parents  1 mk

8. Differentiate between complimentary feeding and weaning. 1 mk

9. Differentiate between chemical and biological raising agents. 1 mk

10. Explain 2 possible causes of bread that has a sour and unpleasant smell. 2 mks

11. List 4 factors that influence consumer buying 2 mks

12. Give 3 signs and symptoms of tuberculosis (TB)  3 mks

13. State the method of softening hard water that has permanent hardness 1 mk

14. State 3 reasons for keeping scrape materials at home 3 mks

15. Give 3 causes of wear and tear in garments and household articles 3 mks

16. Identify and interpret 3 pieces of information contained in the care label below 3 mks

   ![Care Label]

17. State 3 important points to observe when laundering a silk scarf 3 mks

18. Name the 2 forms of malnutrition 1 mk

19. Give 2 properties that limit the use of nylon in making lingerie 2 mks

20. Why are fabric conditioners used in laundry 3 mks

21. What is the effect of hot water on the following stains:
   a) Blood 1 mk
   b) Grease stain 1 mk

22. Explain the importance of using acidic substances to cook meat 2 mks

23. State 2 disadvantages of using knitted articles 2 mks

SECTION B- COMPULSORY (20 MKS)

24. While visiting your uncle’s rural home, you have been asked to help with the household chores.
   a) Describe how you do the daily cleaning of the sitting room which has an earthen floor and walls. 5 mks

   b) Explain how you will clean
      i) Your uncle’s muddy leather shoes 5 mks
      ii) Your aunty’s stained melamine cup 5 mks

   c) Outline how you will sponge your polyester neck scarf. 5 mks

SECTION C (50 MARKS)

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Answer any 2 questions from this section

25. i) Giving reasons discuss 5 nutritional needs of a patient who has just had a major operation.
   10 mks *UG*

   ii) Your aunt is suffering from a contagious disease. Discuss 5 ways of preventing the rest of the family from contacting the disease.
   10 mks *UG*

   iii) Explain 5 reasons for caring for a sick patient at home.
   5 mks *UG*

26. i) Using well illustrated diagrams show the working of a French seam.
   10 mks *UG*

   ii) Using at least one diagram explain the working of overcasting stitches over a single edge.
   5 mks *UG*

   iii) Giving reasons explain 5 qualities of a well made open seam.
   5 mks *UG*

   iv) Identify and explain 5 advantages of machine fell seam.
   5 mks *UG*

28. i) Why is it important for nursing mother to attend a post-natal clinic?
   5 mks *UG*

   ii) Describe 5 problems associated with breast milk substitutes.
   5 mks *UG*

   iii) Discuss reasons for early cessation of breast feeding.
   10 mks *UG*

   iv) Identify 5 problems experienced by a nursing mother. Suggest how each of them can be overcome.
   10 mks *UG*
HOMESCIENCE
441 / 2
A pattern of a girl’s jump suit bodice is provided. You are advised to study the question paper, the sketches and the layout before you begin the test.

MATERIALS PROVIDED
1. Pattern pieces for the jump suit bodice.
   A- Front
   B- Back
   C- Sleeve
   D- Collar
   E- Yoke
2. Plain light weight cotton fabric, 69 cm long by 91 cm wide.
3. Sewing thread to match the fabric.

THE TEST
Using the materials provided, cut out and make up the RIGHT HALF of the suit bodice to show the following:
a) The working of the waist dart.
b) The attaching of the back yoke to the back bodice using an overlaid/ lapped seam WITHOUT neatening it
c) The neatening of the raw edge of the front facing.
d) The joining of the shoulder seam using a plain seam. OMIT neatening.
e) Preparation and attachment of the interfaced collar using a crossway strip.
f) The joining of the side seam using a neatened open seam.
g) The preparation of the sleeve seam using a neatened open seam for the underarm.
h) The attachment of the sleeve to the bodice.
i) The working of the top button hole ONLY (diameters 1.5 cm)

At the end of the examination, firmly sew on to your work on a single fabric a label, bearing your name and index number. Remove the needle, pins, and tacking threads from your work. Fold your work carefully.

JUMP SUIT BODICE

TURN OVER