

NAME:.....CLASS:.....ADM NO:.....  
HOME SCIENCE  
FORM 1

70MKS

INSTRUCTIONS

Answer all the questions in the spaces provided.

1. Define the following terms: (2mks)
  - i. Personal hygiene
  - ii. Good grooming
2. State three functions of the skin. (3mks)
3. Explain how the skin types can be identified. (3mks)
4. Mention three reasons why canvas shoes are suitable for sports. (3mks)
5. State five factors to consider when buying clothes for a slim figure. (5mks)

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6. List three nutrients which are necessary for healthy teeth. (3mks)

7. Give three ways of caring for the nails. (3mks)

8. Suggest four methods of disinfecting sterilizing both towel. (4mks)

9. Give three precautions to take when administering medicine to a patient. (3mks)

10. State the functions of the following: (3mks)

a. Sebaceous glands

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b. Blood capillaries

c. Nerve ending

11. Mention problems that may occur on feet as a result of wearing tight fitting shoes. (3mks)

b. What are bunions? (1mk)

12. Give two reasons for bathing. (2mks)

13. Give three preventive measures to take to avoid cuts at home. (3mks)

14. Give the use of the following items in a first aid kit. (5mks)

- i. Cotton wool /swab
- ii. Adhesive dressing
- iii. Bandages
- iv. Disposable gloves
- v. Scissors.

15. Give four changes that may occur during adolescence. (4mks)

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16. Describe the procedure for laundering a handkerchief.

(10mks)

b. Outline the procedure for cleaning a pair of white canvas shoes. (10mks)

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