**HOME SCIENCE**

**FORM 3**

**TERM 1 2021**

**CAT 1**

**NAME…………………………………………..CLASS…………..ADM……………**

1. State two grooming habits that can prevent skin diseases. (2mks)
2. Distinguish between plaque and tartar (6mks)
3. Give three symptoms of shock. (3mks)
4. List four materials suitable for furnishing a living room floor. (2mks)
5. Explain three methods commonly used for draining waste water from the house. (6mks).
6. Outline 3 reasons for soaking clothes before washing. (3mks)
7. Mention 3 ways of enriching porridge. (3mks)
8. Explain four needs of an expectant mother. (8 mks).
9. **Nutritional needs**
   * + 1. **Physical needs**
       2. **Emotional needs**
       3. **Social needs**
   1. Give 5 reasons why breastfeeding is important. (6mks).
10. Mention the classification of flour mixture (2mks)
11. Give the importance of each, state different ingredients used in cake making. (4mks).

* **Flour –**
* **Sugar –**
* **Eggs –**.
* **Fruits –**.
* **Nuts –**.
* **Fat –**
* **Margarine and butter –**
* **Flavorings –**.

1. Differentiate between creaming and rubbing. (2 mks)
2. State 3 practices children should be trained on. (3 mks).
3. Explain 3 points to consider when choosing play items (3mks)
4. Mention 2 methods of sterilizing baby’s feeding equipment. (2mks)