

SECTION A (40 MARKS)

1. Give four functions of vitamin C. (2mks)
  - Helps body to resist infection.
  - prevents scurvy.
  - Maintains a clear and healthy skin.
  - maintains normal growth rate in children.
2. Mention two ways the social need of a patient recuperating at home can be abused. (2mks)
  - Not allowing them to participate in conversations.
  - Isolating them.
  - Allowing people the sick would not want to visit them.
  - Worrying conversations being discussed in their presence.
3. State two ways of preparing a tin for baking. (2mks)
  - Greasing with fat and sprinkling flour.
  - lining with greaseproof paper cut to fit the tin.
4. Mention two importance of pressing during garment construction. (2mks)
  - To ensure all seams are flat and edges crisp.
  - Give a professional finish to a garment.
  - make crease free all features of a garment e.g. sleeves, cuffs, collars, etc.
5. State two precautions to take when using wood as fuel. (1mk)
  - Use when dry to avoid too much smoke and soot.
  - Avoid using wood from trees, shrubs.
  - Do not use firewood that flickers.
  - store in a dry place.
6. Mention any two practices in the management of sprains. (1mk)
  - Apply the R.I.C.E treatment.
  - keep limb raised as much as possible.
  - Never Massage a sprain.
7. Note down two causes of missing stitches during machining. (2mks)
  - Needle too fine for thread.
  - Needle bent.
  - Needle blunt.
  - machine not oiled.
  - Needle set the wrong way.
  - work pulled when machining.

8. Name two desirable properties of storage facilities.

(1mk)

- Shd be durable.
- have smooth surfaces and easy to clean.
- drawers shd be lockable.
- Rod handles strong to bear weight of clothes.

9. List down two laundry treatments which may be done during the rinsing stage other than starching.

(2mks)

- fabric conditioning - fixing colour.
- Disinfecting - Brightening with vinegar.
- Bleaching - adding methylated spirit to give a crisp look to silk.

10. State two reasons why sufficient ventilation is needed. (2mks)

- Remove any odours.
- TO prevent humidity.
- Get rid of surplus heat.
- TO get rid of air pollutants.

11. Highlight two factors that determine the specific nutritional needs of a sick person. (1mk)

- Type of sickness. - state of the person.
- Age of the sick. - Doctor's prescription.

12. Identify the correct direction to press the following darts during garment construction.

(2mks)

- (i) Front shoulder dart C.F. - centre front.
- (ii) Bust dart - press downwards.
- (iii) Elbow dart - press downwards.
- (iv) Back waist dart CB. - centre back.

13. Describe how to identify silk using the burning test.

(2mks)

Burns with a sputtering noise  
self extinguishing emits smell of  
burnt feathers or hair.

14. Identify two ways in which consumers can protect themselves from exploitation.

(2mks)

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15. State two reasons why saucepans should have a thick base. (1mk)

- for even distribution of heat.
- prevent food from burning.
- It is more stable on the burner.
- to retain its shape for long.

16. Give two scenarios where mechanical ventilation would be necessary. (1mk)

- Where there is overcrowding.
- To remove odours.
- Where there is heat processes e.g. kitchen
- Bakery.
- lack of natural ventilation

17. Suggest two factors that can lead to a faulty pastry. (1mk)

- not allowing pastry to relax.
- Measuring ingredients inaccurately.
- not keeping ingredients cool.
- Not baking in a fairly hot oven.

18. List two points on the importance of basting in cooking. (1mk)

- prevent food from drying/moisten food
- to ensure even cooking of food.
- improve appearance.

19. List two advantages of dry cleaning. (1mk)

- a fast method of cleaning.
- Retains shape, size, colour and lustre.
- Does not require a lot of energy.

20. Name two vaccines administered orally. (1mk)

- oral polio vaccine.
- Vitamin A capsule.

21. Name two types of electric lamps. (1mk)

- filament or incandescent lamp.
- fluorescent lamp.

22. State two reasons for blending fibres. (1mk)

- stop static charges.
- improve drape.
- improve lustre.
- make them absorbent.
- make them shrink resistant.

23. Give two disadvantages on the use of credit cards. (2mks)

- May lead to impulse buying.
- May lead to overspending.
- Card cannot be used in the market, e.g. vegetables.

24. Highlight two reasons why weaning is done. <sup>\* exposes baby to diff. textures</sup> (1mk)

- Meet nutritional needs which cannot be met by breast milk alone.
- Gradually prepares the baby to stop breastfeeding.
- Help develop digestive system.

25. Mention two ways of ensuring tucks are well made (2mks)

- Should be made flat at the seam line.
- All tucks face the same direction.
- Tucks should be equal distance apart.
- They should be made on a straight grain.

26. List two advantages of natural lighting. (1mk)

- free to run; cheap no costs incurred.
- clean unlike paraffin lamps & candles.
- readily available during day time.
- no pollutant unlike paraffin lamps.

27. State two different ways of attaching a collar to the neckline. (2mks)

- use of facings
- self neatening
- Bias binding.

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SECTION B (20 MARKS)

(COMPULSORY)

28. You are preparing to go back to school. Describe how you would:

- (a) Clean a greasy glass mug. (5mks)
- (b) Dry clean and finish your school polyester tie. (7mks)
- (c) Launder a loose coloured nylon garment (8mks).

28 a' CLEAN A GREASY GLASS MUG.

- Wash in hot (1/2) soapy (1/2) water using a soft cloth / sponge / sisal fibres (1/2)
- Rinse (1/2) thoroughly in clean hot water (1/2)
- Dry on a rack upside down (1/2)
- Buff using a clean, dry, non fluffy cloth. (1/2)
- Stone appropriately.

- B. WORK in a well ventilated place (1/2)
- protect hands with gloves (1/2)
  - shake (1/2) the tie thoroughly to remove loose dirt (1/2)
  - pour an adequate amt of the dry cleaning liquid (1/2) in a basin
  - immerse the tie in the liquid (1/2)
  - knead and squeeze (1/2) until clean (1/2)
  - squeeze (1/2) out as much liquid as possible
  - cover the container to prevent evaporation of solution (1/2)
  - Dry by hanging (1/2) straight under shade (1/2) in an airy place (1/2)
  - After the sediments have settled at the bottom of the basin holding the solution, pour back into the storage container.

- Cover it tightly  $\frac{1}{2}$  and store appropriately  $\frac{1}{2}$

(c) Launder a loose coloured nylon garment (8mks)

- Wash in warm  $\frac{1}{2}$  soapy  $\frac{1}{2}$  water using kneading and squeezing  $\frac{1}{2}$

- Wash quickly  $\frac{1}{2}$  to prevent further loss.

- Rinse in warm water  $\frac{1}{2}$

- final rinse  $\frac{1}{2}$  in cold water  $\frac{1}{2}$  into which salt  $\frac{1}{2}$  has been added.

vinegar/

- lemon  $\frac{1}{2}$  maybe added in the final rinse  $\frac{1}{2}$  to brighten the colour.

- Drip drip  $\frac{1}{2}$  under shade  $\frac{1}{2}$

- use a warm  $\frac{1}{2}$  iron to press on the WS  $\frac{1}{2}$  to avoid shiny marks.

- Air to dry completely  $\frac{1}{2}$

- store appropriately  $\frac{1}{2}$  in a clean dry clean.

SECTION C (40 MARKS)

29. (a) Outline four precautions to take when laundering baby's napkin .. (4mks)  
 (b) Identify **four** problems related to breast feeding and their remedies. (4mks)  
 (c) State four points to bear in mind when taking body measurements . (4mks)  
 (d) State **four** disadvantages of hoarding. (4mks)  
 (e) List **four** general rules to observe when making flour mixtures. (4mks)
30. (a) Mention four qualities of a well made hem. (4mks)  
 (b) Give **four** reasons for heavy and close texture in creamed cake mixtures. (4mks)  
 (c) Mention **four** ways of making a faced slit opening decorative. (4mks)  
 (d) Highlight **four** advantages of complementary feeding. (4mks)  
 (e) Explain four qualities suitable for a night wear . (4mks)
31. (a) Explain **four** ways pastry can be kept cool during preparation. (4mks)  
 (b) Note down **four** qualities of a well-made collar. (4mks)  
 (c) State **four** advantages of hire purchase. (4mks)  
 (d) State **four** ways of caring for a lactating mother. (4mks)  
 (e) Write down four points to bear in mind when choosing a method of "fullness disposal". (4mks)

- 29(a) precautions to take when laundering baby's napkin. (4mks)
- Dry in the sun as it acts as a sterilizer
  - Soak to loosen dirt/stool.
  - Launder in hot soapy water to kill/sterilize the napkin.
  - Rinse several times til water is clear to avoid traces of soap which can irritate the baby's skin.
  - Wash clothes separately to avoid badening from family wash.
  - b. - Infections -
  - Inverted nipples -
  - Cracked / sore nipples -
  - Breast engorgement -
  - Thrush -
  - Inadequate milk supply -
  - Babies cleft lip and palate -

C. Wear a simple outfit for the person whose measurements are being taken for accurate measurements.

- To obtain the natural waistline, tie a tape measure around the waist.

- The person whose measurements are being taken should stand upright but relaxed.

- When taking round body measurements, always put two fingers between the tape measure and the body, the tape measure should move freely.

d) prices are fixed or go up/down.  
→ creates scarcity of goods for the consumer.  
→ retards the economic growth of a country.

e. Use good quality ingredients.

- Weigh ingredients accurately.

- Use correct equipment and utensils during preparation and cooking.

- Follow method of preparation accurately.

- Observe cooking temperatures and duration of cooking as specified.

- Baked items should be tested for readiness before taking out of oven.

- Cool and store/serve appropriately.



- 30a. Shld be even in depth,
- Should be flat and smooth.
  - Raw edges should be well concealed.
  - Should be neat and evenly distributed.
  - Should be inconspicuous on the right side unless decorative.
  - Shld be appropriate size depending on the type of fabric and style of garment.

- b. Insufficient creaming of fat and sugar
- Insufficient raising agent.
  - Too much liquid.
  - Too slow an oven.
  - Insufficient cooking.
  - Too hot an oven, resulting in the mixture forming a hard crust before the air expands.

- c. Edge stitching the opening and closing with a button and loop.
- Button loop inserted between garment and facing.
  - Stitching a zip fastener between garment and the facing.
  - Using a contrasting colour of facing on the right side.
  - Turning facing to the ~~l~~ r.s. and stitching/catering it down with a decorative stitches.

- d. Give additional nutrients as the nutritional needs of the baby increases.
- provides in response to the baby's growth rate.
  - provides an alternative feeding where breastfeeding is not available.
  - Makes weaning easy by enabling the baby to become familiar with new foods and tastes.
  - provide nutrients not available in breastmilk e.g. Vitamin B and Iron.

- e. Should be a good conductor of heat for comfort at night and warm.
- should be absorbent.
  - should be strong and durable to withstand frequent washing.
  - should be soft and smooth when worn next to the body.
  - should be light in weight for comfort.
  - should not generate static electricity.

- 31 a. - Cool fat and water in the refrigerator before mixing.
- Use a palette knife for mixing.
  - Use fingertips to rub in the fat as its the coolest part of the hands
  - Allow dough to rest in a cool place.
  - Handling it as little as possible.
- ⓐ - Using cold water freshly drawn as it contains more air.
- Lifting and shaping with a rolling pin and palette knife.

- b. = Retain its shape
- Should be applied accurately to lie smoothly on the neckline.
  - Should be interfaced.
  - Stitches used to hold collar in place should not show on R.S.
  - Should be well positioned
  - The neck curve should be smooth.

- c. Consumer is able to get immediate use of the article.
- Consumer acquires the item after paying the deposit.
  - purchase of a durable item becomes an immediate saving for the family.
  - One is able to buy goods/items they would not have managed to buy through saving which takes a long time.

- d.
- Adequate rest
  - Have adequate time to relax with 40 min baby to enhance bonding.
  - eating a balanced diet rich in proteins, iron, carbohydrates, vitamin A & C
  - Drink plenty of fluids to prevent dehydration as breastmilk is composed of water.
  - Maintain high standards of hygiene.

e. - The weight of the fabric - bulky fabrics are made bulkier when gathers are made on them.

- The purpose -

- position where the fullness is to be controlled.
- style of the garment.
- weaver of the article.