

HOME SCIENCE

FORM ONE WORK

CHAPTER ONE

INTRODUCTION TO HOME SCIENCE

1. How is home science related to geography? (2mks)
2. What is home science? (1mk)
3. State two ways in which home science is beneficial to the family. (2mks)
4. State three courses in which one can be admitted to the university to study home Science. (3mks)
5. State three ways in which one can self employ herself or himself using knowledge and skills learnt in home science. (3 mks)
6. What is dietetics? (1 mark)
7. State three ways in which a country with home scientists benefits. (3 mks)
8. State two advantages in which a student who takes home science in secondary school has over a student who takes computer studies. (2 mks)
9. Define home science.
10. What is the importance of home to the following;
 - a) Individual
 - b) Family
 - c) community/nation

11. State any three major areas covered in home science
12. List three career opportunities available for the student of home science.
13. Mention any five subjects and state how they are related to home science.

CHAPTER TWO

PERSONAL HYGIENE

1. Mention three dangers that may arise due to misuse of cosmetics. (3mks)
2. Give two measures which may prevent the occurrence of athlete's foot.
(2 mks)
3. Give two points to consider when buying a pair of shoes. (2 mks)
4. List four points to consider when selecting clothes for a short pump figure.
(8 mks)
5. Explain four points that lead to proper maintenance of clothes. (6mks)
6. Mention two dangers that may result from using antiperspirants. (2 mks)
7. State three ways of caring for the skin (3 mks)
8. State two functions of sebaceous gland in the skin. (2 mks)
9. State three functions of teeth to an individual. (3 mks)
10. Why is it wrong to share toothbrushes? Give two points (2 mks)
11. State five ways of caring for the teeth (5 mks)
12. Describe the procedure of cleaning white canvas shoes. (7 mks)
13. State two factors to consider when choosing clothes (2 mks)
14. Give three physical changes that take place in adolescent girls only (3 mks)
15. Identify three of misusing cosmetics (3 mks)

16. State three ways of maintaining clothes. (3 marks) **CHAPTER THREE**

SAFETY IN THE HOME AND FIRST AID

1. Suggest two measures to take immediately when nose bleeding occurs. (2mks)
2. Name four items in a first Aid kit that can be used to manage burns. (2mks)
3. Define first Aid. (2mks)
4. What causes fainting? (1mk)
5. Define first aid. (2mks)
6. State three aims of first aid. (2mks)
7. Differentiate drug abuse from drug misuse. (2mks)
8. Give three points to consider when administering first aid to a victim of poisoning. (3mks)
9. State two precautions to take when handling choking in children. (2 mks)
10. Identify three major causes of suffocation. (3 mks)
11. What is RICE treatment in first Aid? (2 mks)
12. State three preventive measures to take to avoid cuts at home. (3 mks)
13. Write down the procedure to follow when handling someone who has been bitten by a venomous snake (8 mks)
14. Write down the procedure to follow when handling someone who has been bitten by a venomous snake. (8 mks)
15. State three precautions to take when handling a foreign body in the eye. (3 mks)

CHAPTER FOUR

HOUSING THE FAMILY

1. Explain four factors to consider when choosing a plan for a family house. (4 mks)
2. Mention the three areas/centers of work that make up the work triangle in the kitchen. (3 mks)
3. State two ideal positions for a pit latrine in a homestead (2 mks)
4. State two disadvantages of masonettes (2 mks)
5. Define a house. (2 mks)
6. State two disadvantages of bungalow housing design. (2 mks)
7. State two factors to consider when buying a house. (2 mks)
8. State two advantages of traditional houses. (2 mks)
9. Give two reasons why U- plan kitchen type is said to be the most convenient. (2 mks)
10. State three disadvantages of renting a house. (3 mks)
11. Give two reasons why flat designs are not suitable for the young and the elderly (2 mks)

CHAPTER FIVE

CARE OF THE HOME

1. Suggest two ways in which old newspapers may be used when cleaning a house. (2 mks)
2. List three ways of improvising cleaning agents in the home. (3 mks)
3. Suggest two qualities of a good bathroom floor. (2 mks)
4. List three ways of caring for galvanized iron buckets in the home (3 mks)

5. Mention three desirable characteristics of a duster. (3 mks)
6. Give two reasons why buffing the floor after polishing is necessary (2 mks)
7. What safety measures should be considered when arranging furniture in the sitting room? (3 mks)
8. State six factors to consider when choosing long handled brooms and in each case explain why? (6 mks)
- 9 List two improvised abrasives in the house. (2 mks)
10. Identify three tasks that are carried out only during special cleaning of a bedroom. (3 mks)
11. Give three reasons for removing dirt from surfaces (3 mks)
12. Identify two areas in a house where high polishing should not be done (2 mks)
13. Describe the procedure of thorough cleaning a wall with oil paint. (6 mks)
14. Describe the procedure of thorough cleaning a cemented floor. (7 mks)
15. List down 8 tasks carried out when caring for a home compound. (4 mks)
16. State the classification of dirt. (2 mks)
17. State two reasons for cleaning a house (2 mks)
18. What are grease solvents? (1 mk)
19. Differentiate fixed dirt from loose dirt (2 mks)
20. Give two points on daily care of brooms (2 mks)
21. Give two reasons why galvanized iron basins are unpopular today (2 mks)
22. What is a mackintosh? (1 mk)
23. Explain suction (3 mks)

24. Describe the procedure for cleaning a highly polished floor. (8 mks)
25. With reasons describe the procedure for weekly cleaning a pit latrine. (10 mks)

CHAPTER SIX

KITCHEN EQUIPMENT

1. State two qualities to look for when buying kitchen knife. (2 mks)
2. Suggest three precautions to take when cleaning china tea cups. (3 mks)
3. Explain three precautions to take when using an oven to bake cakes. (6 mks)
4. Explain six factors to look for when selecting a frying pan (6mks)
5. State two advantages of using wooden spoon when cooking foods. (2 mks)
6. Outline six rules to observe when using a refrigerator (6 mks)
- 7 Outline the steps to follow when cooking water glasses. (5 mks) 8 Describe the procedure of cleaning a neglected plastic dustbin (7 mks)
9. Identify two precautions to take when cleaning glass utensils. (2 mks)
10. Give two good characteristics of enamel utensils (2 mks)
11. Give a reason why it is not advisable to use steel wool when cleaning a calabash.
(2 mks)
12. State two points on care of glass utensils. (2 mks)
13. State two points on care of glass utensils. (2 mks)
14. Give two reasons why most people do not use the labour saving equipment in the kitchen. (2 mks)
15. Why Aluminium is mostly used to make kettles and pans. Give three reasons.
(3 mks)
16. State six rules to observe when using a refrigerator (6 mks)
17. Describe with reasons the cleaning of gourds. (10 mks)
19. State and explain how you would improvise any three kitchen equipment. (6 mks)

20. State four precautions to observe when using electric appliances (4 mks)

CHAPTER SEVEN

FOOD HYGIENE

1. Apart from micro-organisms, suggest two ways in which food may be contaminated.
2. Give a reason for boiling or chlorinating water after decantation or filtration. (1 mk)
3. State the difference between decanted water and filtered water. (1 mk)
4. State three causes of food spoilage (3 mks)
5. State three personal practices that safeguard food against contamination. (3 mks)
6. List four water borne diseases. (2 mks)
7. Explain four ways you will advise your mother to store harvested maize to last for a long time being safe for consumption (8 mks)
8. Explain where and how you would store the following food in the refrigerator: Milk, raw fish, cooked githeri, eggs and green peas. (5 mks)
9. Differentiate food poisoning from food spoilage (2 mks)
10. State two ways in which a neglected kitchen bin could lead to food contamination. (2 mks)
11. Describe how you store meat and milk in absence of refrigerator (4 mks)

CHAPTER EIGHT

METHODS OF COOKING

1. Mention two points on the importance of “basting’ in cooking. (2mks)
2. Explain four reasons for cooking food. (4mks)

3. Giving a reason in each case, mention three points of ensuring successful results when using steaming as a cooking method. (6mks)
4. Give two reasons why butter is unsuitable for deep frying. (2mks)
5. Define cooking (2mks)
6. Write down three characteristics of overcooked food by boiling method. (3mks)
7. Give a reason for plunging meat in boiling water instead of plunging in cold water in the beginning if cooking using boiling method. (1mk)
8. Identify three suitable cooking methods for convalescents and give the reason. (3mks)
9. Give three reasons for poor quality fried food. (3 mks)
10. Explain three disadvantages of deep fat frying (6mks)
11. Explain three rules to observe when stewing food . (3mks)
12. List down four types of food suitable for both grilling and baking (2mks)
13. Give two reasons why boiling was the most common method of cooking in 18th century.
14. What is a mirepoix? (1mk) **CHAPTER NINE**

TEXTILE FIBRES

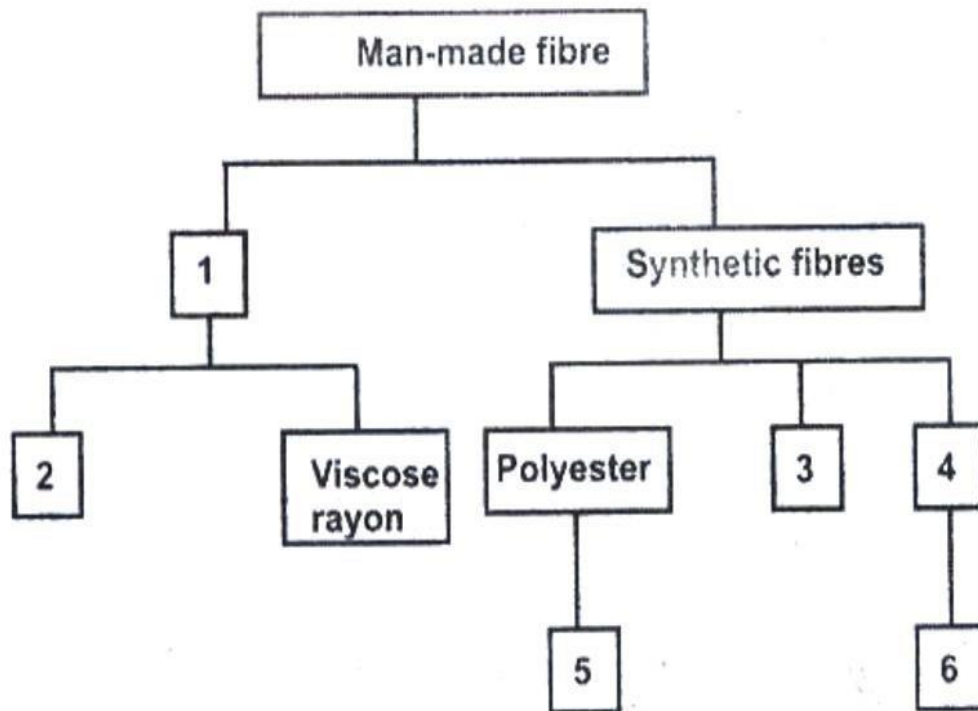
1. Give two disadvantages of clothes which produce static electricity. (2mks)
2. State two uses of mineral fibres in clothing (2mks)
3. Giving a reason in each case, suggest four properties which make acetate fabrics suitable for making garments (8mks)
4. State two observations to make when carrying out the burning test on fibre

identification . (2 mks)

5. Explain three advantages and three disadvantages of using cotton fabric for a night wear. (6mks)

6. Suggest two advantages of blending fibres (2mks)

7. Complete the following diagram on the classification of man-made textile fibre.



8. State two reasons why cotton fabrics are popular for table linen. (2mks)

9. Identify two fibres in each case with the properties listed below. (5mks)

- i) Stronger when wet
- ii) Weaker when wet
- iii) Elastic
- iv) Lustrous

v) Flare up with a yellow flame

10. Give two reasons why silk is expensive. (2mks)

11. Other than the burning test, state two ways of identifying textile fibres

12. Give two reasons why wool is not suitable for underwears. (2mks)
13. Explain four desirable qualities of a fabric for making a school blouse/shirt.
(8mks)
14. Explain factors to consider when selecting fabric for the school blouse
15. Explain four properties of cotton that make it suitable for pyjamas. (8mks)
16. What is a fibre? (1mk)
17. Differentiate regenerated fibres from synthetic fibres (2mks)
18. Give two reasons why cotton is not suitable for curtains (2 mks)
19. State two qualities that make linen suitable for a blouse. (2mks)
20. Give three reasons why wool is not suitable for sports wear (3mks)
21. State three desirable properties that make silk suitable for an evening wear an
other parties. (3 mks)
22. Mention three uses of asbestos as a fibre (3mks)
23. Explain five properties that make polyester fibres have a very high demand today
(10mks)
24. What is “blending” in textile fibres? Why is it useful in clothing manufacture?
(2mks)
25. Mention two chemicals that can dissolve in acetate rayon (1mk)
26. State two reasons why acrylic is suitable for school sweaters. (2mks)

CHAPTER TEN

SEWING TOOLS AND EQUIPMENT

1. State three qualities of a good tape measure. (3mks)
2. Explain five causes of needle breaking when machine stitching (5mks)
3. List two points to consider when selecting a thimble. (2mks)
4. State three qualities of a good tape measure (3mks)
5. Give three reasons for a needle breaking during machining. (3mks)
6. Explain three preparations to make on a sewing machine in readiness for stitching. (6mks)
7. Suggest three factors to consider when buying sewing thread (3mks)
8. Give two functions of the presser foot when used together with the feed –dog (2mks)
9. Explain four points to consider when choosing a pair of cutting out shears. (8mks)
10. Mention two ways of storing dress makers pins. (2mks)
11. Mention two uses of a thimble (2mks)
12. Give two methods for transferring pattern markings on to a fabric. (2mks)
13. Explain five desirable qualities of an ironing board. (5mks)
14. State the use of a bodkin during clothing construction processes. (1mk)
15. State two qualities of a good tracing wheel (2mks)
16. What is the use of slide plate in a sewing machine? (1mk)

17. Mention four types of scissors (2mks)
18. State three qualities of a good ironing surface (3mks)
19. Explain four ways of carry for a machine to ensure that it gives you a long satisfying service (8mks)
20. What are sewing notions? Give four examples. (3mks)
21. Discuss three qualities of a good sewing thread (6mks)
22. State two uses of dressmaker's pins (2mks)

CHAPTER ELEVEN

STITCHES

1. Explain four points to emphasize when working out permanent handmade stitches (8mks)
2. Suggest four hand-made stitches used for neatening raw edges (4mks)
3. Identify two permanent machine stitches (1mk)
4. Why are permanent stitches not fastened off using a knot? (1mk)
5. Name any three decorative stitches. (1 ½mks)
6. State three qualities of a good stitch (3 ½mks)
7. Identify two classes of stitches (2mks)
8. Why is slop hemming preferred for outer clothing to hemming preferred for outer clothing to hemming stitches? (2mks)
9. Why is slip hemming preferred for outer clothing to hemming stitches? (2mks)
10. Where would you use (i) loop stitches and (ii) chain stitches in clothing construction?

FORM TWO WORK

CHAPTER ONE

ENVIRONMENTAL HYGIENE

1. Explain 6 ways through which the environment is polluted? (6 mks)
2. Discuss four points on dangers of careless disposal of polythene bags. (8 mks)

3. Explain five ways of disposing refuse in the home (5 mks)
4. Identify three air, water and land pollutants respectively. (4 ¼ mks)
5. State three disadvantages of free drainage. (3 mks)
6. State three ways of caring for a kitchen sink. (3 mks)
7. Identify three signs and symptoms of roundworms (1 ½ mks)
8. What is drainage? (1 mk)
9. State two advantages of concealed drainage system (2 mks)
10. Suggest three ways of controlling typhoid in our schools. (3 mks)
11. Identify two contagious diseases that affect our skin as a result of poor sanitation (2 mks)
12. Explain two effects of polluted water on human beings (2 mks)
13. State three ways in which household refuse can be disposed of in the home. (3 mks)

CHAPTER TWO

LAUNDRY EQUIPMENT

1. Discuss four desirable qualities of good clothes line. (4 mks)
2. Explain five factors to consider when selecting an electric iron. (5 mks)
3. State two factors to consider when choosing basins and buckets. (2 mks)
4. State three ways of caring for a washing machine (3 mks)
5. State two uses of boilers in laundry work (2 mks)

6. Give two reasons for hanging clothes on clothes line (2mks)
7. State two qualities to consider when choosing pegs
8. List down three materials used for making drying racks. (1 ½ mks)
9. What is mangle in laundry work? (2 mks)
10. List down four different types of irons (2 mks)
11. State three qualities of a good iron (3 mks)
12. Explain three qualities of a good storage facility (6 mks)

CHAPTER THREE

DETERGENTS AND LAUNDRY AGENTS

1. Give two ways of making water safe for drinking (2mks)
2. Two forms in which soap is found in the market. (2 mks)
3. Two reasons why synthetic detergents are popular for laundry work. (2 mks)
4. Why is laundry blue in minimal use in household laundry today? (1 mk)
5. Give three reasons for use of bleaches in laundry (3mks)
6. List down two methods of softening hard water for laundry (1 mk)
7. Give four reasons for softening water for laundry work (4mks)
8. State four factors which affect the efficiency of laundry detergent (4 mks)
9. State two methods of bleaching clothes other than using commercial bleaches.
(2mks)
10. Give two reasons for use of laundry blue when washing clothes (2 mks)
11. Identify three substances added to detergents during manufacture. State the
Function of each. (4 mks)

12. Differentiate reducing bleaches from oxidizing bleaches. (4 mks) 13.
With reasons identify the soap that is suitable for washing silks and

Woolens .(2mks)

CHAPTER FOUR

LAUNDRY PROCESSES

1. List four fabrics which cannot be disinfected by boiling (2mks)
2. Give two reasons for rinsing clothes. (2mks)
3. a) Outline the steps to follow when laundering the woolen sweater you will wear.
- b) Giving reasons outline the procedure you would use to thoroughly clean a synthetic bag without a base board
4. Give three reasons for ironing pyjamas (3mks)
5. State two advantages of sorting out articles before washing (2mks)
6. State three results of insufficient rinsing of clothes (3 mks)
7. List down three treatments which may be done during the rinsing stage. (2mks)
8. Give two reasons for removing stains before washing (2mks)
9. State two disadvantages of flat drying clothes on the ground (2mks)
10. Giving reasons identify three fabrics which must be flat dried under the shade (3mks)
11. Define steeping (2mks)
12. Identify the suitable method for washing woolen fabrics, white cottons and linens
Loose-coloured cottons and linens, kitted fabrics, fast coloured cottons and lines.

(2½mks)

13. Give two reasons for airing clothes before storage. (2mks)
14. Identify the methods used to remove excess water from: white coloured cottons and linens, loose-coloured cottons and linens and elasto-fibres and woolens before drying. (3mks)
15. Give three reasons for drying only white cottons and linens in the sun (3mks)

CHAPTER FIVE

REPAIR OF CLOTHES AND HOUSEHOLD ARTICLES

1. Five two reasons for mending clothes. (2 marks)
2. Giving reasons in each case, mention three essential rules when patching. (6 marks)
3. Explain two causes of tear in garments and household articles. (4 marks)
4. Identify the patch that is most suitable for repairing plain bed sheets and table linen. Give the reason for your answer. (2 marks)
5. List down three factors to consider when buying new buttons for replacing the missing ones on a school shirt. (1½ marks)
6. State three general rules to be followed when repairing clothes. (3 marks)
7. Name 3 different types of tears and cuts. (1½ marks)
8. State two rules for patching. (2 marks)
9. Explain the difference between darning and patching. (2 marks)
10. State two factors to consider when choosing fabric for patching. (2 marks)
11. Identify three rules for darning. (3 marks)
12. State two factors to consider when replacing fasteners like zips, hooks and buttons, eyes, loops, tie belts and Velcro. (2marks)

CHAPTER SIX

LAUNDERING DIFFERENT FABRICS

1. Describe the procedure of washing a fast coloured cotton table cloth (8mks)

2. State two reasons for airing clothes before storing (2mks)
3. State three precautions to observe when using dry cleaning agents (3mks)
4. State four preparations to be done before carrying out a family wash (2mks)
5. State three differences in the way woolens are laundered compared to synthetics
6. Define washing
7. Give two reasons for soaking handkerchiefs in salted water (2mks)
8. State two points to observe when storing woolen articles (2mks)
9. Give a reason for mending clothes for a sick person suffering from a contagious disease after washing (2mks)
10. State two ways of finishing clothes (1mk)
11. Define care labels on garments (2mks)

CHAPTER SEVEN

SPECIAL TREATMENT IN LAUNDRY WORK

1. State three uses of starch in laundry work (3mks)
2. (a) Suggest two reasons why a dry cleaning clothes is done at home
(b) State three precautions to take when dry cleaning clothes at home (3mks)
3. Give the steps of removing chewing gum stain from a garment (2mks)
4. Give two reasons for using starch in laundry (2mks)
5. List down the five components used in the making of laundry blue
6. State five principles of stain removal
7. Describe how you would remove ball point ink stain on your acrylic school sweater.
8. State two advantages of sponging

9. Name three methods of disinfecting clothes
10. Define a stain
11. Identify the main agent used to soften water for silk woolens
12. Define the “Spotting” as a special treatment method
13. State two methods of preparing starch during laundry work
14. Identify four soiling matters that is removed from fabrics during laundry process

CHAPTER EIGHT

STORAGE OF CLOTHES AND HOUSEHOLDS ARTICLES

1. State four points to look for when choosing a wardrobe (4mks)
2. State two reasons for storing clothes when they are completely dry (2mks)
3. List down three tasks to carry out when cleaning shelves and drawers on a weekly basis (3mks)
4. State three qualities of a hanger to use in a storage facility (3mks)
5. List down four storage facilities where folded clothes are stored (2mks)
6. State three ways of caring for a trunk (3 mks)
7. Give a reason for storing kitchen clothes in a kitchen cupboard (1mk) 8. State two disadvantages of using carton as an improvised storage facility (2mks)
9. Identify the suitable method for storing bed sheets, handkerchiefs and table linen. How are they prepared? (2 mks)
10. Give a reason for placing cartons and baskets on a raised platform (1mk) **CHAPTER NINE**

FOOD NUTRIENTS AND NUTRITIONAL DISORDERS

1. Your five year old cousin was having the following signs
 - Oedema
 - Protruding stomach
 - Scattered thin hair
 - Nutritional disorder exhibited is
2. State five qualities to look for when buying tomatoes (5 mks)
3. Explain 6 points on ways of conserving nutrients when preparing and cooking green leafy vegetables (12 mks)
4. Give two reasons for food fortification (2 mks)
5. State three functions of phosphorus in the body
6. Define the term “ night blindness” (2 mks)
7. State two main nutrients found in each of the following foods (6 mks)
 - (i) Bean
 - (ii) Kales
 - (iii) Wheat
8. List four fat soluble vitamins (2 mks)
9. State two possible causes of anaemia (2 mks)
10. Give two points to look when buying spinach (2 mks)
11. Give two causes of obesity (2 mks)
12. What role does Vitamin D play in the body (2 mks)

13. State two functions of fluorine in the diet (2 mks)
14. Mention two uses of carbohydrates in the body (2 mks)
15. What is anorexia nervosa? (2 mks)
16. State three ways of conserving water- soluble vitamins preparation and cooking (3 mks)
17. Identify three signs and symptoms of pellagra (3 mks)
18. Explain three factors which may lead to malnutrition (6 mks)
19. List down four nutritional disorders associated with life- style (2 mks)
20. State three desirable measures a country could take to control deficiency disease (3 mks)
21. Give two advantages and two disadvantages of using Sodium bicarbonate when cooking green leafy vegetables (4 mks)
22. State three ways in which in ignorance may lead to malnutrition (3 mks)
23. State three functions of water in the body (3 mks)
24. State three other causes of anaemia other than nutritional deficiency (3 mks)

CHAPTER TEN

SEAMS

1. The size of a French seam is determined by (2 mks)
2. Give two examples of each of the following (1 mk)
 - Conspicuous seams (1 mk)
 - Inconspicuous seams (1 mk)
3. State three factors influencing choice of an edge finish (3 mks)

4. Give two examples of self neatening seams (2 mks)
5. Using clearly labeled diagrams, explain the working of an open (plain) seam that is neatened by the edge stitching (9 mks)
6. List down four seams that can be used when making a blouse (2 mks)
7. Why are French seam and machine fell considered to be the strongest seams (2 mks)
8. Identify the most suitable seam for a night dress. Give reasons (3 mks)
9. List down six methods of neatening an open seam (3 mks)
10. state two qualities of a well made seam (2 mks)
11. Differentiate between conspicuous and inconspicuous seams (2 mks)
12. Give two reasons for neatening raw edges of a seam (2 mks)

CHAPTER ELEVEN

PATTERNS AND GARMENT CONSTRUCTION

1. Describe the procedure of taking the following body measurements (7 mks)
2. State three points to consider when choosing a fabric to make an apron
3. Give two reasons for pressing during garment construction
4. State two disadvantages of using commercial paper patterns
5. Identify three methods of transferring pattern markings when making an apron

CHAPTER TWELVE

CONSUMER AWARENESS

1. Why is impulse buying not encouraged? (1 mk)
2. Identify two methods of buying goods and services (2 mks)
3. List down four sources of consumer information (2 mks)
4. Define the term seller (2 mks)
5. Differentiate between needs and wants (2 mks)
6. What is service in consumer Education (2 mks)
7. List down four consumer goods and four consumer services (4 mks)
8. Give three reasons for educating a consumer (2 mks) **CHAPTER THIRTEEN**

ADVERTISEMENT

1. Give three reasons for advertising (3 mks)
 2. State three disadvantages of advertising (3 mks)
 3. State three qualities of a good advertisement (3 mks)
4. State two positive effects of advertisement to a consumer. (2 mks)

FORM THREE WORK

CHAPTER ONE

MEAL PLANNING AND MANAGEMENT

1. Give an example of a balanced one- dish meal (1 mk)
2. Explain how a one dish meal can be balanced (1 mk)
3. State four factors to consider when planning packed meals (4 mks)
4. Explain four nutritional needs of adolescents (8 mks)
5. Discuss three important factors to consider when planning family meals (8 mks)
6. Discuss four reasons for including vegetables in the diet of the elderly (8mks)
7. Suggest two reasons why chicken curry with fried potatoes is not a suitable meal for a person convalescing from typhoid (2 mks)
8. Define the following terms
 - A cover
 - A dish
 - A meal
 - A course (4 mks)
9. List down three individual requirements to be considered when planning meals (3 mks)
10. Explain two reasons why it is important to consider using foods in season when planning meal (2 mks)

11. Why is it important to use fresh and raw garnishes when garnishing savory dishes? (3 mks)
12. Mention four common points which should be considered when planning meals for special groups (4 mks)
13. Explain four reasons why family meals should be planned (4 mks)
14. Suggest suitable flavoring for the following dishes
- Fruit salad
 - Calces
 - Soups
 - Stew
 - Curry (6 mks)
15. Explain the points to be observed when setting a cover for a three course meal (3 mks)
16. Suggest a suitable three- course meal suitable for packing for an adolescent going for a picnic (6 mks)

CHAPTER TWO

MATERNAL CHILD HEALTH CARE

1. Give two reasons why a child's growth monitoring card is important (2 mks)
2. Giving a reason in each case suggest 3 nutrients whose intake should be increased during pregnancy (6 mks)
3. Giving a reason in each case, state six precautions to take when bathing a baby

(6 mks)

4. What qualities should one look for when selecting fabrics for a child's dress
5. Mention two dangers of heavy smocking during pregnancy (4 mks) 6. Apart from pregnancy, identify four reasons for missing menstruation (4 mks)
7. What are Hemorrhoids?
8. Outline four preparations to make for the baby arrival (4 mks)
9. Explain two benefits of attending post – natal clinic (4 mks)
10. (i) Give the systematic order of placing beddings items when preparing a baby's cot
(ii) State one function in each case of any three of the bedding items mentioned in (i) above
11. Identify four signs of pregnancy that are experienced within the first three months (4 mks)
12. State two physical needs of an expectant mother related to dressing (2 mks)
13. List down 4 social needs of an expectant mother (4 mks)
14. Explain how safe parenthood may depend on:
 - (a) Age of the parent (2 mks)
 - (b) Voluntary counseling and testing (VCT) in HIV (2 mks)
15. Explain the role of a traditional birth attendant (TBA) (3 mks)
16. List down three activities that are carried out for the baby at the postnatal clinic (3 mks)
17. Describe two possible causes of Oedema of an expectant mother (2 mks)

18. State the possible cause of dizziness/ blackout during pregnancy (2 mks)

CHAPTER THREE

CHILD IMMUNIZATION

1. List four disease in the immunization schedule for babies (2 mks)
2. Explain how vitamin A capsule is administered indicating the age at which each capsule is given (10 mks)
3. State 4 symptom of hepatitis. (4 mks)
4. Identify 3 main way of getting the Hepatitis B virus (3 mks)
5. Give 3 symptoms of influenza “flu” (3 mks)
6. Mention 3 ways tetanus can be transmitted (3 mks)
7. Describe Diphtheria as a disease (3 mks)

CHAPTER FOUR

BREAST FEEDING

1. State two causes of cracked and sore nipples during breast feeding (2 mks)
2. State two problems experienced by mothers while breastfeeding (2 mks)
3. Describe two ways of sterilizing a baby's feeding equipment (2 mks)
4. Define the following terms
 - (i) Feeding equipment
 - (ii) Prolactin
 - (iii) Oxytocin
5. Differentiate the milk secretion reflex from let-down reflex (4 mks)
6. Explain why it is important for a breastfeeding mother to be in a good state of mind (2 mks)
7. Explain 2 points on why a lactating mother needs adequate time to rest and relax (2 points)
8. Identify 3 reasons why feeding equipment should be handled with care (3 mks)
9. Mention three reasons that may cause the mother not to breastfeed her baby (3mks)
10. State 2 reasons that may cause the baby to refuse to breastfeed (2 mks)
11. State 4 points on caring for a lactating mother (4 mks)

CHAPTER FIVE

WEANING THE BABY

1. Giving reasons in each state three factors to consider when weaning a baby

(6 mks)

2. Suggest six points to consider while introducing new foods to an infant

(6 mks)

3. List three pieces of feeding equipment

(3 mks)

4. State three points to consider when preparing weaning foods

(3 mks)

5. Discuss the importance of growth monitoring when weaning a baby (3 mks)

6. Mention four possible problems that may be experienced during weaning and for each suggest the possible cause (8 mks)

7. Explain three points to ensure when choosing and preparing weaning food

(6 mks)

8. Suggest two examples of weaning dishes for a ten- month – old baby

(8 mks)

9. Explain why a baby should not be forced to eat food he or she dislikes

(3 mks)

CHAPTER SIX

HABIT TRAINING

1. Describe the following terms as used in child development (1 mk)

(a) Physical play

(b) Imaginative play

(1 mk)

2. Mention three ways of achieving habit training in a child (3 mks)

3. Explain four importance of habit training

(4 mks)

4. Discuss 4 roles of play in child development (4 mks)
 5. Mention the four types of play and for each explain how it helps the child (4 mks)
 6. State 4 points to consider when choosing or making play items (4 mks)
 7. Explain four ways of taking care of play items (4 mks)
- CHAPTER SEVEN**

FLOUR MIXTURE AND RAISING AGENTS

1. Give the reasons for sieving flour before use (3 mks)
2. Name two methods of incorporating fat into flour (2 mks)
3. Giving examples in each case, explain three changes that take place in dough during the frying of mandazi (6 mks)
4. Mention four ways in which air can be introduced mechanically into flour mixture (2 mks)
5. Name the biological agent used in bread making (1 mk)
6. A cake was cooked on the outside but uncooked in the inside. Suggest possible causes (2 mks)
7. Mention the three conditions for the growth of yeast in yeast mixtures (3 mks)
8. Explain why it's important to leave a batter mixture to stand for at least half an hour before cooking (2 mks)
9. Discuss why it's important to use bicarbonate of soda with an acid during preparation (2 mks)

10. Explain the use of salt in yeast mixtures (2 mks)
11. Explain two points to observe when making fritter (coating) batter (2 mks)
12. Discuss four points to observe when making yeast doughnuts (4 mks)
13. Mention two chemicals raising agent substances (2 mks)
14. State three possible factors that may cause hardness in chapati i.e. pastry making (3 mks)
15. Explain the changes that take place during the baking of a cake (4 mks)
16. State 2 uses of fruits in cakes (2 mks)
17. Explain why pastry is baked in a hot oven (2 mks)
18. Explain the meaning of the following terms used in flour mixture cookery
- (a) Batter
- (b) Bake blind (4 mks)
19. Give the reason for folding in flour in creamed cake mixtures (2 mks)

CHAPTER EIGHT

CLOTHING CONSTRUCTION PROCESS

1. State four factors to consider when choosing fabric for making school skirts/
shorts (4 mks)
2. Describe the procedure for preparing gathers ready for attachment (5 mks)
3. Apart from gathers. List six methods of disposing excess fullness (3 mks)
4. Describe the preparation of an interfaced waistband in readiness for attachment
(4 mks)
5. Explain five factors that contribute to a well made hem (5 mks)
6. Giving a reason in each case, state five qualities of well made hook and eye
(5 mks)
7. Suggest three reasons why button shanks are important in a garment (3 mks)
8. Describe the characteristics of a well made patch pocket (5 mks)
9. Give two reasons why press studs are not suitable for use in children's garment
(2 mks)
10. Describe the procedure of making a single pointed dart (6 mks)
11. What is the meaning of the term “management of fullness” as used in garment
construction? (8 mks)
12. Describe the procedure of making a hem on skirt/ pair of trousers (3 mks)
13. Mention three factors that influence the choice of an edge finish (3 mks)

14. Identify three functions of openings on a garment (3 mks)
15. Mention three qualities of a well made hem (3 mks)
16. Discuss three desirable qualities of tucks (3 mks)
17. Explain three factors to consider when selecting fabric for a school blouse (6 mks)
18. List two fastenings suitable for a toddler's garment (2 mks)
19. State three methods of securing thread at the end of a machine dart(3 mks)
20. Mention the three types of tucks in garment construction (3 mks)
21. State the three layers of fabric which make up a pleat (3 mks)
22. Explain four factors that determine choice of a fastening to be used on a garment (4 mks)
23. Give four that determine the method of disposing fullness in a garment
24. Define the term Disposal of fullness
25. Identify 3 qualities of a well made fastening on a garment (3 mks)
26. Mention 4 qualities of a well made dart
27. Explain how to attach a zip fastener using edge method
28. Give 3 uses of control of fullness in a garment (3 mks) **CHAPTER NINE**

PRINCIPLES OF WISE BUYING

1. Give two disadvantages of impulse buying. (2mks)
2. State two factors that may make consumers to buy second hand clothes (2mks)
3. Why is impulse buying not encouraged?
4. Define the following terms:

- a. Buying
 - b. Inflation
 - c. Substitute products
 - d. Credit cards.
5. Explain two advantages of buying wisely.
 6. Mention three ways of obtaining information to use to enable one to buy wisely.
 7. State the three forms of credit buying
 8. Explain 2 advantages and disadvantages of high purchase
 9. Discuss two disadvantages of cash buying.

CHAPTER TEN

MAKING BUDGET

1. Suggest two factors which may interfere with a family budget
2. State four advantages of budgeting (4 mks)
3. Define the following
 - (a) Income
 - (b) Expenditure (4 mks)
4. Discuss what a good budget is (2 mks)
5. Explain three disadvantages of a budget (2 mks)

FORM FOUR

CHAPTER ONE

CARE OF THE SICK AT HOME

1. Give two reasons why a bed ridden invalid should be given plenty of fluids
(2 mks)
2. State points to remember while cleaning a sickroom (2 mks)
3. Explain three ways of ensuring that the nutritional needs of a patient with poor appetite are met.
4. Explain two reasons for avoiding isolation of the sick, unless it is impossible to avoid
(4 mks)
5. Discuss why protective clothing for a person attending a patient should be washed separately from the family members clothing (2 mks)
6. List down the items required in making a bed for a sick person (7 mks)
7. Discuss ways of ensuring good oral health of a patient being nursed at home
(2 mks)
8. Explain three factors to bear in mind when planning for and giving patient diet
(3 mks)

CHAPTER TWO

VENTILATION

1. Explain two advantages of proper ventilation in a house (4 mks)
2. Define ventilation (2 mks)

3. Explain one advantage and one disadvantage of the following
 - (a) Fans
 - (b) Extractor fans
 - (c) Air conditioner (6 mks)
4. Give four common air pollutants (6 mks)
5. Mention three ways of mounting fans in a room (3 mks)
6. Identify four basic reasons for mechanical ventilation (4 mks)
7. Mention the area where air bricks are mainly constructed in a building (2 mks)
8. Define air pollutants (2 mks) **CHAPTER THREE**

FUELS IN THE HOME

1. Suggest three ways of conserving energy when using a gas cooker (3 mks)
2. State two advantages of using firewood as a fuel for cooking (2 mks)
3. Suggest two way of conserving charcoal when cooking on a charcoal jiko (2 mks)
4. Discuss the effects of charcoal burning when cooking on a charcoal jiko (2 mks)
5. Explain 3 precautions to take when using gas fuel (3 mks)
6. Identify 5 measures to take in order to conserve fuel in the house (5 mks)
7. List seven commonly used fuels in Kenya (7 mks)
8. Identify 3 types of fuel that are commonly used in rural areas due to unavailability (3 mks)
9. Mention one type of fuel that is rarely used in urban areas (2 mks)

10. State the two cheapest type of fuel in Kenya (4 mks)

11. Identify the four cleanest to use types of fuel (4 mks)

CHAPTER FOUR

LIGHTING IN THE HOME

1. State three characteristics of a well lit room (3 mks)

2. Why is the paraffin tank of a hurricane lamp cleaned occasionally? (2mks)

3. Mention three ways of saving energy when lighting a home. (3mks)

4. State five points to consider when selecting light fixtures (4mks)

5. State four advantage of using artificial lighting in the home. (3mks)

6. Explain three advantages of natural lighting (3mks)

7. List four means of natural lighting (4mks)

8. Identify the five methods of lighting the home. (5mks)

9. State the two types of filament lamps.

10. Suggest the two types of electric lamps.

11. Give the three considerations to make when planning for the lighting of various rooms in the home.

CHAPTER FIVE

SOFT FURNISHING IN THE HOME

1. Suggest 3 reasons fro using a carpet in a house (3mks)

2. Explain six points to consider when choosing fabric for making curtains (5mks)

3. State two points to consider when arranging home accessories in a room. (2mks) 4.

What safety measures should be considered when arranging furniture in the sitting

room? (2mks)

5. Identify 3 factors to consider when choosing colour scheme for a room (3mks)
6. Identify 2 factors that influence the choice of colour scheme of a room. (2mks)
7. Explain 6 points to consider when selecting furniture for a family. (6mks)
8. State two reasons for using floor coverings in a house. (2mks)
9. State 3 factors that determine the choice of colour in a room (3mks)
10. State five considerations to make when furnishing a sitting room. (5mks)
11. Discuss two reasons why wooden surfaces are finished. (2mks)
12. List five examples of hard furnishing. (5mks)
13. Identify the 3 primary colours. (3mks)
14. Explain how secondary colours are obtained. (2mks)
15. Mention the 4 common colour schemes that are used for interior decoration (4mks)
16. Give 4 examples of wall coverings (4mks)
17. Suggest the five principals of flower arrangement. (5mks)
18. State the 4 types of flower arrangement. (4mks) **CHAPTER SIX**

FOOD PRESERVATION

1. Apart from micro-organisms, suggest two ways which food may be contaminated. (2mks)
2. Give four ways of preserving meat. (2mks)
3. Describe how to store meat for one day without using a refrigerator. (4mks) 4. Explain two qualities of fruit for jam making. (4mks)
5. Give two reasons for keeping potatoes in cold water as soon as they are peeled. (4mks)

6. State two ways of ensuring that fresh milk at home is safe for consumption (2mks)
7. Give five rules to observe in jam making (5mks)
8. List four methods of preserving fruits other than jam making (4mks)
9. Name the five agents of food spoilage and deterioration (5mks)
10. Give three micro-organisms that cause food spoilage. (3mks)
11. Explain the importance of enzymes in food (2mks)
12. Name three modern methods of preserving food for commercial use. (3mks)
13. Mention the seven stages involved in bottling as a method of food preservation
(7mks)
14. Stat the five factors that may be needed for the growth of micro-organism. (5mks)

CHAPTER SEVEN

CONVENIENCE FOODS

1. State two advantages of convenience foods.
2. Mention four ready to eat foods. (4mks)
3. List four dehydrated foods in the locality which need reconstitution. (4mks)
4. Explain two disadvantages of Ready-to-eat frozen foods. (2mks)
5. Describe four points why convenience foods are not accessible to majority of households. (4mks)
6. State the four classifications of convenience foods. (4mks)
7. Write a three course meal making of convenience foods. (5mks) **CHAPTER EIGHT**

RECHAUFF'E COOKERY

1. State two disadvantages of using leftover foods (2mks)
2. Explain four factors to consider when re-heating left over foods (4mks)
3. In the absence of a refrigerator/freezer state five practices which would ensure that left over foods don't go bad. (5 mks)
4. List five reasons for coating food before deep frying (5 mks)
5. Mention 4 food items that can be re-heated by deep fat frying (4 mks)
6. Suggest a dish which can be made using the leftover food of minced meat, bread, chicken and boiled eggs. (8 mks)
7. Explain four disadvantages of using leftover foods. (4 mks)
6. List four ways of caring for leftover foods so that it remain safe for consumption. (4 mks).
7. Mention 4 items which can be used to coat food before deep fat frying (4mks)

CHAPTER NINE

CLOTHING CONSTRUCTION PROCESSES

1. State 3 uses of cross-way strips (3mks)
2. State two functions of facings in garment construction (2 mks)
3. Describe six ways of ensuring a sleeve is well set into the armhole. (6mks)
4. Identify three reasons for pressing during garment construction (3mks)
5. Using diagrams, describe the procedure of preparing a straight collar without interfacing ready for attachment. (8 mks)
6. Using four clearly labeled diagrams describe how you would join a crossway strip for finishing the sleeve edge of the blouse. (10 mks)

7. Give three reasons for using interfacing in garment construction (3 mks)
8. State four areas on a garment where interfacings are used (4mks)
9. State three qualities of a well made collar (3mks)
10. Give a reason why each of the following is done in clothing construction
 - a) Stay-stitching (2 mks)
 - b) Top stitching (2mks)
11. Suggest six ways of finishing low edge of a short sleeve. (6 mks)
12. Give five reasons which make light weight cotton fabric suitable for use by a beginner in sewing. (5 mks)
13. Explain the qualities which make crossway strips useful in dress making (3 mks)
14. Mention two factors which determine the choice o edge finish (2 mks)
15. Describe how to neaten an armhole using a binding (9mks)
16. Give two reasons why a casing should have two rows of stitching. (2 mks)
17. Suggest three ways of lengthening a skirt (3mks)
18. Give three ways of identifying warp threads in a wave fabric in the absence of the selvedge. (3 mks)
20. Describe how to prepare a peter pan collar ready for attaching to the neckline (9 mks)

CHAPTER TEN

PROBLEMS OF THE CONSUMER

1. State two problems that a consumer may face while planning to purchase an item (2 mks)
2. List the basic steps in decision making (6 mks)
3. Explain the effect of the following on the consumer
 - a) Inflation (2 mks)
 - b) Advertising (2 mks)
4. Explain four ways of dealing with pressure of advertising (4 mks)

CHAPTER ELEVEN

CONSUMER PROTECTION

1. Suggest four complaints that would be reported to the Kenya Bureau of Standards on tinned foods
2. State two roles of consumer organizations in Kenya (2 mks)
3. Identify four Non-Governmental initiatives organizations (4 mks)
4. Describe three points on how the government of Kenya is involved in consumer protection. (6mks)
5. Discuss five points on why the consumer should be protected. (5 mks)
6. State six information that should be indicated on a certified product label (6 mks)
7. Explain function of Public Law Institute (2 mks)

ANSWERS

FORM ONE

CHAPTER ONE

INTRODUCTION TO HOME SCIENCE

1. When one wants to build a family house. The geographical area has to be considered in terms of the climate and nature of site whether sloppy/flat.

Knowledge of geography has to be applied.

2. It is an integrated subject which imparts knowledge, skills and attitudes from different disciplines in order to enable an individual lead a quality healthy life.

3. An individual with home science knowledge and skills in a family helps in (i) Planning, preparing and serving nutritious meals to meet individual needs of the family.

(ii) He/she practices safety precautions in home in case of an accident.

4. Bachelor of science in dietetics

Bachelor of education in home economics

Bachelor of Arts in fashion and design

Bachelor of Science in Hotel Management

5. Mending people is clothes for a fee

Baking cakes for birthdays etc for sale

Constructing soft furnishes like mats for sale.

6. A course which deals with study of food nutrients and their use in diets for different individual body requirements.

7.
 - Home scientists provide knowledge on issues such as good nutrition to the
 - community to keep its members healthy
 - They educate the community on issues such as consumer education to be able to
 - handle resources adequately

- Fashion designers help create employment and sense of awareness on current
- fashion trends
- They render services like teaching or nursing to the community

8.

- A home science student is able to enroll in careers designed for students with home science knowledge only such , BED, Home economics, Dietetics, Hotel management etc which a computer student many not qualify to do.
- A home science student is able to carry out hygiene practices as required unlike a computer student who is ignorant.
- A home science student is able to carry out safety measures in case of an accident or an illness since she has knowledge in first Aid unlike a computer student.

CHAPTER TWO

PERSONAL HYGIENE

1. Can cause irritation to the skin
 - Long – term use can quickly age the skin or damage it.
 - Cosmetics that contain mercury and hydroquinone can causes damage to the user’s internal organs.
 - Can weaken the skin
2.
 - Keep feet clean and dry especially between the toes

- Avoid wearing wet shoes and socks
- Avoid sharing shoes and socks

3.

- Select clothes with long vertical lines
- Avoid large patterned fabrics-go for smaller point
- Avoid tight fitting clothes
- Select light-weight fabrics
- Select dull colour

4.

- Follow proper laundry processes as these help to maintain clothes in their original state.
- Store clothes properly when not in use

-

-

This will protect them from creases, dust, dirt or insects such as moths that can destroy the fiber.

Reinforce weak areas such as bases of openings, fastening and hems to enable the clothes to last longer.

-

Repair clothes as soon as a tear occurs to avoid further damage

-

They do not become resistant to wash off • Use clothes for the right purpose to avoid them.

5.

-

Irritation, allergic reactions/rashes/pimples

-

Clogging of pores resulting to infections/white/ black heads

-

Cancer of the skin

6.

-

Bathing daily using water and good quality soap.

-

Applying cosmetics and beauty products which do not contain harmful chemicals like mercury.

-

Eating a well balanced diet. Rich in vitamins A, C and E

-

Avoid sharing personal effects such as towels sharing blades, combs and hair brushes.

7

- Production of sebum which keeps the skin supple
- Produces sebum which makes the skin waterproof
- Produces sebum which contains substances which destroy disease-causing
- Microorganisms

8

- Teeth aid in digestion by breaking down the food
- One who has teeth appears beautiful
- They aid in speech helps • Helps in facial expressions

9.

- One may get communicable diseases like flu and AIDS.
- It is unhygienic and unacceptable.

10.

- Visit the dentist regularly for check up
- Chew hard foods to strengthen them
- Brush after meals
- Eat food rich in vitamins A, D and minerals like phosphorus and calcium
- Avoid sweet foods

11.

-
-
- Brush off the dust, scrape off the mud if any and rinse the sole with cold water
- Unfasten the shoelaces and wash them separately in hot soapy water. Rinse and dry on clothes line in the sun
- Use hot soapy water and a scrubbing brush to wash the fabric. Rinse in warm and final rinse in cold and freshen the fabric flick off the shoes to remove excess water. Use a sponge to apply whitener. Dry them in the sun, slightly inclined so that toe ends are higher than heels. Turn after sometime to ensure all parts are dry.
Fasten the shoe laces when dry and store appropriately

12

Figure type: -The cloth chosen should fit the figure type well hiding faults but emphasizing good features

- Cloth should be in current fashion
- Odour of cloth chosen should match complexion
- Cloth chosen should serve the purpose
- The material used should be of good quality
- Cost of cloth should be affordable

13. Breast develop

- Grow hair on the armpits and groin
- Hips enlarge

- Their monthly periods start

14.

- If over use cosmetics make the one look artificial
- The skin may be harmed when cosmetics with harsh chemicals are used
- One spends a lot of money on cosmetics with harsh chemicals are used
- One spends a lot of money on cosmetics when they not sparingly.

15. Carry out washing process correctly

- Avoid subjecting worn clothes against rough surfaces
- Mend immediately a tear occurs
- Store when completely dry in clean, dry cool place

CHAPTER THREE

SAFETY IN THE HOME AND FIRST AID

1.

- Hold/press/apply pressure/pinch the nose tightly
- Bend forward/downwards/bent a little.
- Breathe through the mouth.

2.

- Bandage

-

-

- Water

- Safety pins to hold the bandage

- Disposable gloves

- Scissors • Gauge pads

3.

- The immediate/first/initial help given to a person who has had an accident or a sudden illness before seeking medical attention

4

- Loss of blood due to injury illness such as anaemia

- Fear owing to unpleasant or frightening sight

- Reaction to shock/pain/emotional/upset/response to tragic news

- Weakness after standing still, especially in a warm environment

- Hunger

- Running/exhaustion after undertaking strenuous inactivity
Limited supply of fresh air especially in overcrowded environments.

5.

It is the immediate help given to a person who has had an accident or a sudden illness before seeking medical or a sudden illness before seeking medical assistance from the doctor.

6.

- To save life
- To prevent further injury
- Prevent pain
- To promote recovery
- To prevent too much loss of blood

7.

- Drug abuse involves using drugs for the reasons other than curing while drug misuse is deviating from the doctor's prescription.
- When one takes somebody's prescribed drug he abuses while the one who gives out prescribed ones misuses

8.

- Should the source of poison be a petroleum product, give ice cream or one tablespoon of vegetable oil. Don't force the victim to vomit
- Send the victim to hospital immediately if unconscious
- Identify the type of poisoning by questioning victim if conscious.
- Carry objects or substances suspected to have caused poisoning to the hospital

9.

-

-

Avoid hitting the children at the back as this may harm them; instead pat them lightly.

Avoid pressing the abdomen with strong jerks instead take as the child to the hospital; quickly if the object does not come out.

10.

-

Inhalation of fumes or poisonous gases

-

Placing polythene bags over the head cutting supply of air.

-

Physical barrier to the airway which causes obstruction

-

Smoothing objects such as pillows and cushions which cut off supply of fresh air.

11.

“RICE” is a procedure which is used for the treatment of sprains and other soft tissue injuries such as strains and deep bruise

The RICE procedure

R-rest the injured part

I- apply Ice or a cold compress

-

-

-

C- Compress the injury E-
Elevate the injured part

12.

-

Handle sharp knives with care. Hold them by their handles

-

Keep sharp and pointed utensils in a safe place with their handles facing you

-

Do not soak knives together with dirty utensils in the sink
Keep handles of sharp utensils free from grease to avoid slippage

13.

Tie above the wound tightly on the side near the heart if it is a limb to slow down absorption of poison

-

Wash wound with antiseptic

-

Make the casualty lie down with the bitten part lower most

-

Reassure the casualty that most bites are not poisonous. Fear makes the heart beat faster with blood circulating more quickly.

-

Apply the ant-poison stone commonly known as “Blackstone” and tie it firmly in place if available

-

Ask if anyone identified the snake immediately.

-

Immediately take the casualty to a clinic. Do not make him walk as this increases blood circulation

-

-

- Keep on loosening tie and ratifying the blood flow to lower parts of the limb.

10.

- Avoid rubbing the affected eye

- If the foreign body is stuck in the pupil do not try to remove it

- If the foreign body is stuck in the pupil do not try to remove it

- If the foreign body is struck in the pupil do not try to remove it

- If blinking and flushing does not remove the foreign body, put pad over the injured eye to immobilise it and take casualty to hospital

11.

Because in U-plan steps are not retraced as compared to other plans

The distance between the work centres is short saving on time and energy

12

The nature of work

- The money available to buy

- Taste and preference

- Type of house to be built

-

-

-

- The availability of material

- The climatic conditions

13.

- It is expensive to rent a house of choice as the cost of renting is high.

- The landlord may increase the rent and if the tenant cannot afford, they forced to vacate

- Repairs may take time before they are done by the landlord.

CHAPTER FOUR HOUSING THE FAMILY

1.

- The economical use of space- it should not have unnecessary corridors
- The security: The house should not have many doors leading to the outside in order to discourage burglary
- The cost: The cost of construction and plan should be affordable
- The plan should be suitable for the site
- The plan should cater for the size of the family adequately

2.

- Washing up area/sink
- Food storage area/ refrigerator/larder
- Cooking area/cooker

3.

- Away from the main house
- Away from the main entrance to the homestead
- Away from a water source
- At the home's lowest level
-

- Where wind blows from house to the latrine

4.

- Expensive to construct than bungalows since it requires more raw materials especially for the slab

Strenuous to climb up and down the stairs especially the sick and elderly

- Houses may be too close to provide adequate privacy
- Not easy to extend or demolish without affecting adjoining house if attached
- Fires can easily spread from one house to another if attached
- Pests can crawl from one house to the next if attached.

5.

- It is a physical structure that provides shelter for the family members and their possessions

6.

- It occupies a lot of space since all rooms are on the same floor
- They do not offer adequate security since they are normally on a lone place without close neighbours.

7.

- Cost should be within financial means
- The location of the house should be close to social amenities, place of work, means of transport and school
- House should be well built with durable and attractive surfaces and fixtures.

- The price should be commensurate to the value of the house.

8.

- They provide limited space that is, one room shared by many
- They are not long lasting
- They lack privacy since there no divisions
- They do not offer adequate ventilation

9.

- Because in u-plan steps are not retraced as compared to other plans • The distance between the work centres is short saving on time and energy

10.

- The nature of the site
- The money available to buy
- Taste and preference
- Type of house to be built
- The availability of material
- The availability of material
- The climatic conditions
-

11.

- It is expensive to rent a house of choice as the cost of renting is high
- The landlord may increase the rent and if the tenant cannot afford, they are forced to vacate.
- Repairs may take time before they are done by the landlord

12.

- It is tiring to climb up the stairs as they lack energy
- They may fall down the stairs since they are weak

13.

- Protects the occupants from harsh climatic conditions
- Gives members a place to call home

Protects members from dangers such as wild animals and thieves.

14.

- To avoid disturbances / noise that arise from kitchen and living room as one sleeps
- To avoid the smell of food from the kitchen which may be unpleasant.

CHAPTER FIVE CARE OF THE HOME

1.

- Lining the shelves in the kitchen store.
- Cleaning windows when using paraffin
- Protecting working surfaces when cleaning some parts of the house e.g. when you have to step on a surface to reach higher parts.

2.

- Crushing egg shells to make abrasive
- Sieving sand to use fine one as an abrasive
- Crushing charcoal to fine powder for an abrasive
- Using rough leaves as an abrasive • Cutting a piece of cloth/sack/ sisal fibres.

3.

- The season of the year: during the dry season a lot of dust gets into the house while during wet season there is a lot of mud.
- The location of the house: the house could be in a dusty or muddy area
- The nature of the occupants: a person with more time at her disposal will clean the house more frequently than one with busy schedule
- The use of the rooms in house: e.g. kitchen requires more cleaning than other rooms.
-

4.

Not slippery

-
- Hard wearing to withstand daily cleaning and scrubbing methods of cleaning.
- One that is non absorbent e.g. wooden floor is not suitable for bathroom floor as it may rot.

5.

- Avoid storing water in them to avoid rusting
- Avoid banging/dropping as they may dent
- Clean well after use
- Dry thoroughly before storage
- Store in a dry place
- Avoid harsh abrasives when cleaning

6.

- Able to hold dust
- Soft
- Smooth
-
-

- Fluffy • Colour fast

7.

- To give it a glossy appearance
- To smoothen

8.

- Leave space for traffic
Arrange them in an organized way
Avoid overcrowding them

9.

- Head should be smooth and curved at corners to avoid spoiling furniture
Handle should be smooth to avoid any discomfort or injury to user's hands
- Handle should be smooth to avoid any discomfort or injury to user's hands
- Handle should be appropriate length for comfortable use
- Have a hole on the broom or a hook for easier storage
- The bristles should be of right texture to serve the intended use.
- The materials used should be strong to last long
- Bristles and head should be firmly fixed to avoid coming off during use.
-
-

•
10.

- Crushed eggs shells
- Rough leaves
- Crushed fine charcoal • Sieved sand (fine sand)

11.

- Was be cover/blankets/ duvets
- Cleaning the carpet
- Re-arranging furniture
- Washing curtains • Cleaning the wardrobes

12.

To preserve original appearance

To prolong use

- For health purposes
- For psychological comfort

13

-
-

- Bathroom/sanitation area
- Kitchen

14.

- Collect all cleaning equipment and materials
- Low dust and high dust to remove loose dirt
- Clean using warm soapy water and a soft cloth starting from low levels upwards
- Rinse using a cloth wrung out of warm water
- Wipe from up downwards
- Dry using clean absorbent dry cloth
- Buff after wile to shine
- Clean all the equipment and materials used, dry and store.

15.

- Prepare the room for cleaning e.g. moving furniture to one side and removing the mats.
- Sweep the room starting from the furthest corner towards the door.
- Scrub a small portion at a time using warm soapy water
-
-

-
- Rinse thoroughly using clean water
- Dry using an absorbent cloth/mop

Repeat the process to the end overlapping the portions

Rearrange the room

-
-

16.

-
- Trimming the flowers
Clearing the bushes
- Weeding the flower garden
- Cutting the grass
- Pruning flowers
- Cleaning/sweeping/picking litter
- Disposal of litter /burning/burning/burying etc
- Watering the flowers
- Planting/replacing flower/grass
- Scrubbing open drains
- Arranging stones.

17

- Fixed dirt • Loose dirt

18.

-

-
- Promoted the physical health and psychological well being of the family.
- Contributes to a fresh and safe environment
- Helps maintain and improve on the original appearance of the house
- Minimizes spread of contagious diseases
- Provides comfort encouraging members to spend more time in it

19.

Substances that emulsify grease making it easy to remove from the surface

20.

- Loose dirt is dirt which consists of loose particles of dust that are organic or inorganic while fixed dirt is loose dirt which is mixed with liquid making it stick on surfaces.

21.

- Remove fluff from bristles after sweeping
- Shake off the dust
- Store when bristles are suspended to avoid flattening

22.

- They are more expensive than plastics

- They rust if water is stored in them or if clothes are soaked in them unlike plastics and enamel basins
- They are very noisy if banged

23.

- Water proof mat placed over the mattress on a baby's cot when making it to prevent baby's urine from reaching the mattress. Also on beds of anyone who wets the bed.

24.

- Is the use of a vacuum cleaner to remove loose dirt from surfaces. A vacuum cleaner sucks dirt particles into a special bag that is later emptied and cleaned for subsequent use.

25.

Collect all cleaning equipment and materials and move furniture if any to clear the floor.

- Close the door and windows then sweep using soft bristled broom. Starting from furthest corner towards the door. Collect dirt using a dust pan and dust pan brush and dispose appropriately
- Open windows and clean the floor using a soft cloth wrung out of warm soapy water by wiping starting from the furthest corner. Use a sure all parts are cleaned.

Rinse with a cloth wrung out of warm water. Dry with an absorbent clean cloth.

Leave to dry completely.

- Clean all the used cleaning equipment and materials, dry and store
- Buff the floor to shine and rearrange the room.

•

CHAPTER SIX KITCHEN EQUIPMENT

1.

- Versatile
- Stainless
- Handle firmly fixed
- Smooth handle
- Sharp

2.

- Avoid harsh abrasives
- Avoid banging/dropping
- Avoid extreme changes in temperature

3

- Avoid opening the oven door while baking as this reduces the temperature and the cake sinks
- Set the right temperature for the item to be baked to avoid under or overcooking
- Use the oven to its capacity to save energy
- Preheat the oven to reach optimum temperature before baking for better results
-

-
-
- Avoid banging the oven door as this may affect the setting of the cake/cake may sink.

4.

- Wood is a poor conductor heat so it does not burn the hand when cooking

It does not scratch saucepans

It does not make noise when stirring food

It does not bend

5.

- Ensure adequate circulation of air around the condenser by not pushing it against the wall
- Place the refrigerator in a cool place to avoid damage if placed next to heat
- Defrost regularly
- Avoid overcrowding foods
- Store the foods in their correct compartments
- Cover the foods before storing them
- Always keep it clean
- Open the door only when necessary
- Regulate the refrigerator to the correct temperature.

•
6.

- Wash in hot soapy water using a soft piece of cloth/sponge/sisal fibers
- Rinse thoroughly in clean hot water
- Dry on a rack upside down/with a non fluffy cloth
- Buff to shine • Store appropriately

7.

- Avoid banging
- Avoid extreme changes in temperature
- Rinse in hot water to avoid tear marks
Avoid harsh abrasives

8.

- They are smooth therefore easily cleaned
- They are not affected by moderate temperature
- They are strong so they last for a long time when taken care of

9.

- The particles of steel wool may be trapped in spaces between the grains which may harm people if swallowed if the calabash is used for serving food • The steel wool is a bit mild to scrub along the grains
-

-
-
- 10.
- Avoid dropping as they may break
- Avoid subjecting them to extreme changes of temperature as they may break •
Avoid use of coarse abrasives as they leave scratch marks on glass when cleaning.

- 11.
- Labour saving equipment are a bit expensive so most ordinary people cannot afford to buy them
- Most of them use electricity to be operated and most people especially in rural areas do not have access to electricity meaning that they cannot utilize most of the labour saving equipment which require electricity.
- They are costly to operate as the cost of electricity is so high for most people of afford.

- 12.
- It withstands heat so can be subjected to extreme temperature when cooking.

- Aluminium is rustproof
- It is easy to clean
- Safe with food since it's not poisonous

13.

- Place the refrigerator in a cool area to avoid damage
- Defrost the refrigerator regularly to improve efficiency.
- Avoid storing hot foods as they interfere with efficiency
- Store foods in their correct compartments
- Cover foods before storing them
- Open the door only when necessary regulate the refrigerator to the correct temperature
- Always keep the refrigerator clean

14.

- Put some water in the gourd and leave it overnight to soften unwanted material for easy cleaning
- Pour out some of the water and leave enough for the cleaning
- Put some small stones inside the gourd and shake hard to dislodge dirt, the pour out the dirty water plus the dirty material.
-

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-
-
- Put more warm water and stones and continue the exercise until gourd is clean.
- Remove any bit of dirt remaining by putting warm soapy water shaking hard
- Rinse the warm water to remove soap and dirt
- Final rinse in cold water to freshen
Dry the gourd upside down, so that the water may drip off, to ensure effective drying

15.

- Space available in the kitchen: should be able to accommodate the size of the cooker.
- The cost of buying: should be affordable
- The dealer: Should be reliable who is able to give a guarantee and after sale service
- The model selected. Should have spare parts readily available
- The fuel that is electricity: should be readily available.
- Should be of good quality material: to last long

16.

- When there is no oven, a debe with sand and placed on a source of heat can be a good improvised substitute.

-
- A perforated tin can be used in absence of a grater
- A steamer can be improvised by the use of a sufuria with a tight fitting lid
- In absence of a refrigerator a charcoal cooler can be used which is made by packing charcoal on the double walls of a cupboard. Water is then poured on top and it absorbs heat, leaving the cupboards cool.

17

- All electric wires should be well insulated.
- Avoid using defective appliances

Ensure that there is no gas leakage before lighting the gas
Keep saucepans handles out of traffic lanes

Cover electric outlets with caps or tape

Always unplug small appliances when not in use

-

CHAPTER SEVEN

FOOD HYGIENE

1.

- Oxidation
- Agro-chemicals
- Germ carrying insects like houseflies
- Enzyme action
- Chemicals on food wrappers
- Natural food poisons

2.

- To kill harmful- organisms which may be present in water and are harmful to health if consumed

3.

- Decanted water may have the brown colour while filtered water looks sparkling
- Clean.

4

- Contamination of harmful micro-organisms like yeast
-

- Oxidation of food e.g. peeled green bananas which are exposed to air turns black
- Exposure of food to agro-chemicals
- Enzyme action which causes decay in meat and fruits
- Natural food poisons present plants

5.

Washing hands with soap and hot water before handling food
Avoiding licking fingers when preparing food

Covering sores and wounds when handling food

Person handling food should be clean, wear protective clothing, cover hair and remove any rings and bangles before preparing food.

6.

- Cholera
- Typhoid
- Dysentery
- Bilharzias

7.

- She should dry the maize completely after threshing to get rid of moisture which leads to contamination by aflatoxins if stored while damp
- Maize should be dried on clean mat to avoid contamination from germs present on the soil.

-
-
-
-
- After drying, maize should be put in dry clean sacks but before this, she should preserve the maize by putting pesticide to avoid attack by weevils.
- The sacks should be kept in a store or a granary that is dry, airy, clean and well protected from pests and rats. This way the maize will last for a very long time being safe for consumption.

8.

- Milk- Put in bottles or packets milk is stored in the top part of the refrigerator door
- Fish- Cut into cooking sizes, wrapped in polythene and stored in the freezer compartment.
- Githeri- wrapped or put in a well covered container and then stored on the shelves closest to the freezer.
- Green peas- balanced cooked and wrapped in polythene or put in covered food container. Can be put in deep freezer if being stored for a long period or can be stored on the shelves closer to deep freezer if they are to be stored for a short while/days

9.

- Food poisoning is an illness caused by consumption of spoiled food while food spoilage is a condition in which food becomes unfit for human consumption.

10.

- If the bin is not often emptied, the refuse decays producing nauseating smell which attracts pests such as flies which invade the kitchen and may contaminate the food or food utensils.
- A neglected kitchen bin will become a breeding place for some pests such as cockroaches which in turn contaminate the food in the kitchen if left uncovered.

11.

- Milk: can be boiled, put in clean container dipped in cold water and covered with muslin cloth or stored in an improvised charcoal cooler

-

-

Meat

Can be smoked, salted dried or cooked to last for a few days.

CHAPTER EIGHT METHODS OF COOKING

1.

- Moisturizes food preventing dryness
- Improves the appearance of food

2.

- To soften it and make it digestible
- To kill harmful micro-organisms that may cause food poisoning
- To improve the food and make it last longer by destroying enzymes that cause food spoilage
- To give a variety to the diet to satisfy various preferences
- To preserve the food and make it last longer by destroying enzymes that causes food spoilage

3.

- The steamer must have a well fitting lid to avoid loss of steam.
- The steam must be produced throughout the cooking and therefore, the water must boil constantly to avoid reduction of heat/inadequate heat during the cooking process
- The container for food must be well covered to prevent the food from soaking up in condensing steam, as it dries up to make sure that steam is produced constantly.

-

4.

Has a low smoking point

- Has characteristic/distinct flavour which may affect the flavour of food being cooked
- Has a lot of water content
- Solidifies on cooking

5.

- Cooking is application of heat to food in order to soften it, kill harmful microorganisms and improve appearance and its flavour.

6.

- Loose shape due to breaking up
- Bland in taste
- Loose vitamins which are susceptible to destruction by heat

7.

- Meat is plunged into boiling water to seal off meat juices

8.

- Steaming: steamed food is easy to digest
- Boiling: Boiled food is tender therefore required less energy to chew

- Baking: Baked food is light therefore easily digested

9.

- If the fat used is too hot when the food is put in oil to cook
- Use of impure fat that is tainted with seasonings from previous use or darkened.
- If food is not drained in absorbent paper.

CHAPTER NINE TEXTILE FIBERS

1.

- They cling to the body causing discomfort and Attracts dirt

2.

- Used to make protective clothing for fire fighters
- Used to make theatre curtains for safety reasons
- Used to make gloves which are heat resistant.

3.

- Absorbent there able to absorb sweat
- Strong therefore lasts long
- Has luster therefore attractive in appearance
- Good conductor of heat therefore keeps the body cool during hot weather conditions.
- Light in weight therefore, comfortable to wear.
- Warm therefore, suitable for cold weather.

4.

-

- How it burns i.e. Does it burn with a flame, melting down forming beads etc.
- Sound produced as the fiber burns • Color of flame

Residue after burning, i.e. ash, bead etc

5. Advantages

- Strong therefore withstand frequent washes
- Absorbent therefore comfortable as it absorbs sweat during hot nights
- Warm therefore suitable for cold night
- Good conduct of heat therefore suitable for hot nights as it cools the body

Disadvantages

- Creases badly hence not appealing to the eye.
- Inflammable so incase of fire outbreak one can be burnt badly.
- Yellow with age so the original appearance deteriorates to the frequent washes

6.

- To improve on the quality of fibers like making them stronger.
-
-

- To stop static electricity e.g. when cotton is blended with man made fabric like rayon the static electricity is never generated.

7. - Regretted fibers -
Acetate rayon

- Polyamides

- Acrylonitrite

-Terylene

- Acrylic

8.

- They are strong so they last long
- They withstand high temperatures so they can be sterilized by boiling
- They are absorbent so they absorb any food spills therefore protecting the table
- They are heat resistant so they cannot be harmed by hot dishes/plates placed on it containing hot foods

9

- Stronger when wet-cotton, Linen
- Weaker when wet- silk, viscose, rayon acetate rayon, wool
- Elastic- wool, acrylic, nylon, silk
- Lustrous- Nylon, polyesters, linen, silk
- Flares up with a yellow flame- cotton p viscose rayon or viscose, linen

10.

- Rearing silk worms requires great care
- Preparation of threads for weaving is delicate requiring high skilled labour
- Mulberry trees required for rearing are limited to certain climatically condition so silk worms are not available everywhere.

11.

- Microscopic test
- Physical identification e.g. texture, appearance etc.

12.

- Can be very uncomfortable in hot weather since it is a bad conductor of heat
 - It is very bulky hence uncomfortable
 - Does not dry quickly due to its great absorbency
- Cannot withstand frequent washes since it is weaker when wet/Not easy to wash
- Stretches out of shape.

13.

-
-

-
-
- Strong to withstand frequent washing/last long
- Good conductor of heat to keep the body cool during hot weather conditions
Absorbent to absorb any sweat for comfort
- Warm to keep body warm during cold weather conditions
- Colour fast to avoid losing colour
- Dirt resistant in order to keep clean all day
- Washable since it can be difficult to dry clean after every use if it was not washable

14.

- Answers as question 3 in 2005 above

15.

- Warm for cold nights
- Easy to launder due to frequent washes
- Absorbent for comfort
- Strong to last long
- Good conductors of heat to keep the body cool during hot nights

16.

- A fiber is the smallest hair – like unit of raw material that is used to make material or fabric.
- Regenerated fibres are made by blending natural fibres with artificial fibres while synthetic fibres are made from artificial fibres only

17.

- Absorbent therefore, absorbs sweat during hot seasons.
- Good conductor of heat therefore, keeps the body cool in hot seasons
- Washable therefore, suitable for a blouse which requires frequent washing.
- Strong fibre therefore, withstands frequent washes

18.

- Poor conductor of heat which makes one uncomfortable in hot seasons due to accumulation of heat
- Not easy to wash since it stretches badly and its weakened by frequent washes.
- Shrinks which makes the garments to be smaller

19.

-
-
-

-
-
- It is highly lustrous
- It is warm keeping the body warm during cold evenings
- Silk drapes well
- Used in making protective clothing especially fire proof suits and gloves.
- Used in making safety curtains for theaters used as an insulator in electric appliances

20.

- They are very strong therefore lasts longer
- They dry easily as they absorb very little moisture.

They are not damaged by moths, mildew, perspiration, acids or bleaches.

They drape well

Fairly resistant to damage by sunlight

Not affected by abrasion, therefore, wears well.

21.

Blending in textile fibres means mixing different fibres to form one fibre.

Importance of blending

- Helps in strengthening weaker fibres by blending them with stronger ones

CHAPTER TEN

SEWING TOOLS AND EQUIPMENT

1.

- Plastic coated to avoid fraying and stretching
- With metal caps at the ends to avoid fraying
- Clearly marked on both sides

2.

- Fabric being too heavy for the needle
- Pins left in work which breaks the needle when hit during sewing
- Bent needle
- Loose presser-foot which hits the needle breaking it
- Needle not screwed tightly in position hitting the presser-foot
- Top tension too tight

3

- Plastic coated to avoid fraying and stretching
- With metal caps at the ends to avoid fraying
-
-
-

-

-

- Clearly marked on both sides

4.

-

- Fabric being too heavy for the needle

-

- Pins left in work which breaks the needle when hit during sewing

Bent needle

Loose presser-foot which hits the needle breaking it

Needle not screwed tightly in position hitting the presser-foot

-

-

- Top tension too tight

5.

Wiping/dusting to avoid dirtying work

-

- Threading both the bobbin and machine to be able to make stitches

-

- Regulating the stitches according to the fabric to avoid breaking needle or missing stitches

-

- Fixing the needle firmly to avoid breakage during machining

-

- Testing the stitches on a double fabric from the one to be sewn to be sure of the right stitches for the fabric

6.

-

- Strong to avoid cutting

-

- Matching colour/texture of fabric unless decorative effect is desired

-

- Suitable type i.e. decorative/plain thread according to effect desired or stitches to be made

-

- Buy suitable size for the stitches to be done.

-

-

-
-
- 7.
 - Moves the fabric being sewn during machining
 - Holds the fabric firmly during machining
- 8.
 - Rust free to avoid staining work Sharp for efficiency
 - Firmly hinged for efficiency
 - Handles should have a smaller round hole for the thumb and a large one for efficiency.
 - One blade should be narrower to slip under the fabric and the other heavier, to weigh down the fabric
- 9.
 - Sticking them in a pin cushion
 - Placing them in a pin holder
 - Placing them in a well lined metal container/bottle/plastic container
 - Using a magnet
- 10.
 - Protects the finger from being pricked

- Pushes the needle through the fabric

11.

- Using carbon paper and tracing wheel
- Use of tailors' tacks
- Use of tailors chalk • Using basting stitches

12.

- Well padded for smooth ironing
- With heat proof pad for placing the iron box

Adjustable to required height for comfort during use Stable on the ground during use

Hinges should be firmly fixed to avoid loosening Materials used should be strong to last long

13

- Used to make eyelet on garments
- Used to make holes on fabrics and belts

14.

- Should have a smooth handle for users comfort
-
-
-

-
-
- Teeth should be well serrated and sharp for efficiency
- All parts should be firmly fixed for efficiency.
- All parts should be firmly fixed for efficiency

15.

- It covers the space where the bobbin and its case are inserted.

16.

- Cost should be affordable
- Choose one that gives a variety of stitches/many functions
- Buy from a reputable dealer able to give a guarantee
- A manual instruction should be supplied with the machines cannot be used where there is no electricity

17.

- Button hole scissors
- Paper scissors
- Embroidery scissors
- Pinking scissors

- Cutting out shears

-
-
-

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18.

- Well padded for smooth ironing
- Clean to avoid dirtying fabrics
- Should have convenient height for efficiency • The cloth covering the surface should be scotch free.

19.

- Keep the machine covered when not in use to keep off dust which may make it unattractive/untidy
- Have the dealer service the machine regularly for efficiency
- Never run the threaded machine without lowering the presser foot and fabric to avoid jamming the inside parts with thread
- Clean and oil the machine regularly for efficiency
- Place a piece of cloth between the lowered presser-foot and feed dog when not in use for it to absorb any oil and protect presser foot from being destroyed by feed dog teeth.

20.

- Sewing notions are haberdashery or small articles for sewing required to complete a garment beside the fabric. They include;

-Bindings -interfacings

-Elastics -threads -

Zips -buttons

21.

- Should be strong to avoid cutting when sewing and for stitches to last long
Colour of thread should match the fabric unless decorative for neatness
- The texture of thread must match that of the fabric for uniformity
- Thread should be colour fast to avoid fading

22.

- Hold paper patterns onto fabric before cutting out the fabric.

•
CHAPTER ELEVEN

STITCHES

1.

- Tension should be good to appear neat and last long
- Stitches should be even in length for neatness
- Stitches should be neatly joined for attractiveness
- Stitches should have a neat beginning for strength/avoid undoing
- Stitches should have neat ending to avoid undoing.

2.

- Overcasting
- Looping/blanket stitches
- Edge stitching using back stitches
- Button hole stitches

3.

- Straight stitches
- Machine overlook
- Embroidery stitches

- Zig zag stitches

4.

- The knot easily undoes itself with washes.
- The knot may leave a hole where it lies with time.

5.

- Chain stitches
Satin stitches
- Stem stitches
- French knot • Shell edging

6.

- Good tension
- Even in length
- Have neat beginning and ending
- Are joined neatly
- Joining neatly

7.

- Joining stitches
- Neatening raw edges stitches • Decorative/embroidery stitches

-
- 8.
 - Because slip hemming is invisible on the wrong side and are easily pulled out unlike slip hemming stitches
- 9.
 - When finishing off raw edges use loop stitches
 - When decorating garments use chain stitches
- 10.
 - stitches used to hold the work temporary together during sewing after
 - which they are removed.
 - Tailors tacks
 - thread marking
 - Basting
- 11.
 - Loop stitches
 - Button hole stitches
 - Edge stitching
 - Over casting
- 12.

- Choose correct stitch for the intended purpose
- Fasten off stitches neatly and firmly
- Use clean hands to produce unsoiled work
- Press work after stitching is complete • Use thimble when pushing the needle into a fabric.

13.

- Temporary
- Permanent

FORM TWO ANSWERS

CHAPTER ONE ENVIRONMENTAL HYGIENE

1.

- Through emission of toxic gases/fumes from industries and vehicles
- Careless or poor disposal of litter or poor drainage system
- Exposed drainage systems
- Use of pesticides/insecticides/herbicides/aerosols
- Excessive noise from industries, air crafts and mines
- Disposing refuse in sources of water
- Careless disposal of industrial waste

2.

- Can suffocate children if they cover their faces while playing
- May encourage breeding of mosquitoes since they trap water
- If swallowed they may block intestines of animals therefore killing them
- They pollute the environment because they are not bio-degradable
- When burnt they produce toxic smell and smoke which is a health hazard.
- Can cause blockage of sewage as they are not absorbent causing bad smell/overflows

- When left lying all over, they make the environment unsightly since they are not biodegradable.

3.

- Buying the refuse like tins, broken bottles etc which are inorganic
- Feeding the animals e.g. with vegetable peelings
- Recycling e.g. plastic containers
- Producing manure e.g. decomposing organic refuse in a compost pit
- Producing manure e.g. decomposing organic refuse in a compost pit
- Producing fuel e.g. biogas or burning cow dung when it dries • For building e.g. cow dung for smearing floors and walls. Etc.

4.

- Air, water and land pollutants

Air

- Aerosols
- Gases • Noise

Water

- Detergents
-

- Industrial wastes
- Sewage leaks

Land

- Garbage
- Debris
- Fertilizers

Pesticides

5.

- Causes swampy and damp surrounding which encourage the breeding of mosquitoes flies etc.
- Erodes the soil
- Emits bad smells which attract flies and pests
- Makes the surroundings unsightly
- Makes the area slippery

6.

- Clean the sink properly after use

- Do not allow food particles and oil into the sink; they can cause blockage.
- Run clean water through the sink after cleaning it to ensure the u-bend is cleaning it to ensure the u-bend is clean
- Pour a little disinfectant down the sink regularly to kill lay bacteria present
- In case of any blockage remove any pieces of food which may be causing it or fill the bottom of the sink with water, then use a rubber plunger to dislodge the blockage.

7.

- Abdominal/discomfort
- General/ weakness and fever
- Dry cough
- Malnutrition due to undernourishment
- Anemia
- Large round stomach in children when the infection is serious

8.

- It is a system of directing waste water away from a house or a building.

9.

-

- The waste is never exposed therefore hygienic/slightly
- There is no bad odour released to the surrounding
- Does not offer breeding places for pests since the waste is never exposed.

10.

- Proper disposal of faeces and urine
- Domestic water should be boiled or chlorinated before drinking to kill any bacteria present
- Proper hygiene practices such as washing hands before handling food and after visiting the toilet
- Food preparation and service utensils should be washed thoroughly before use
- Fruits and vegetables should be washed thoroughly in cool boiled water before being served.

11.

- Scabies

Ringworm

12.

- Water becomes contaminated with poisons when polluted with chemicals and so when drunk or used during food preparation people are adversely affected by chemical poisoning

- When water is polluted by sewage from homes it gets contaminated with disease carrying germs and organisms which can cause epidemics when people drink it or use it in food preparation.

13.

- By burying the refuse e.g. broken bottles and tins.
- By burning the refuse e.g. polythene papers
- Using dustbin supplied by local authorities whereby the refuse is collected for disposal by them
- Some refuse like vegetables peels can be used to feed the animals.

CHAPTER TWO

LAUNDRY EQUIPMENT

1.

- Strong to withstand the weight of clothes
- Stainless (non rusting) to avoid staining clothes
- Easy to clean for easy maintenance
- Well secured to withstand the weight of wet clothes
-

- Colour fast to avoid staining clothes
- Strong to last long reducing costs of buying new ones

2.

- Cost should be within financial capability
- Relatively heavy to be able to exert pressure when smoothening clothes
- Bought from reputable dealer able to offer a guarantee and spare parts
- Smooth base for efficiency
- Non rusty material to prevent staining garments
- Have a thermostat to be able to control temperature for various fabrics.

3.

- The size should correspond with the amount of washing to be done
- strong materials to last long

Design should be simple for easy cleaning

- Should have means for lifting e.g. handles for easy portability

- Shape should provide convenience and comfort in use e.g. a basin should have a wide mouth.
- They should be of the size that can fit in the storage space available

4.

- Follow closely the manufacture's instructions for use and maintenance
- Wipe the machine every time after use and occasionally wash the interior with warm soapy water to remove stains
- Never overload from the machine
- As soon as the washing time is over remove clothes
- Leave the door open after washing and drying to freshen the interior

5.

- Used for heating water for washing clothes
- Used for boiling clothes to whiten or remove stubborn stains from white cottons and linens as well as disinfecting them

6.

- To dry them
- Protect the crawling insects and dirt
-

-
- To prevent them from being blown off by wind.

7.

- They should be firmly fixed
- They should open and close easily
- Strong enough to secure heavy clothes without breaking
- Smooth to avoid puckering clothes
Resistant to all weather conditions to avoid spoilage

8.

- Wood which should be smooth
- Plastic that strong to avoid breakage
- Metal which should be rustles

9.

- A mangle is a drying equipment which is made of two rollers which rotate in opposite directions and when wet clothes are placed between these, water is squeezed out. It is sometimes referred to as a wringer and as it wrings it presses clothes

10.

- Charcoal irons Gas irons
- Pressure irons Electric irons
- Travel iron Steam

•
11.

- Sole should be flat and smooth for easier ironing
- Have a sharp pointed toe to enable ironing of folds
- Reasonably heavy to exert pressure on the garment in order to remove creases •
Materials should be strong to last long

12.

Should be of strong material

- Strong material will last for a long time without breakage of damage since it can withstand wear and tear.
Should be lockable
- A storage facility that is lockable protects the clothes from dust, sunlight and some pests which may dirtify or damage them.
- Appropriate size- a storage facility should be able to accommodate the clothes to stored there i.e. size should correspond to amount of clothes for storage.
- Smooth-storage facility should have smooth surfaces to avoid puckering clothes hence spoiling them.

•

CHAPTER THREE

DETERGENT AND LAUNDRY AGENTS

1.

- Filtration
- Sedimentation • Permit it method

2.

- Soap powder
- Soap flakes
- Bar soap
- Liquid soap
- Gel

3.

- They do not form scum with hard water
- Have more power cleansing than soaps
- Milk ones are suitable for delicate fabrics such as silk

4.

-

- Most of the fabrics today are blended with synthetic and are treated to prevent yellowing

5.

They remove discolorations from white cottons and linens making them look whiter

- To disinfect clothes since most bleaches contain disinfectants and bleaching by boiling kills germs
- To remove stubborn stains

6.

- Boiling water with temporary hardness
- Use of chemicals e.g. calcium hydroxides, sodium carbonate

7.

- To improve lathering of water
- To economize on amount of detergent used
- To avoid discolouring to clothes which is caused by scum formed in hard water.
- To prevent roughness on washers skin
- To prevent formation of fur on boilers which scales them

8.

- Temperature of water as detergent is more effective in hot water than in cold water

- Softness or hardness of water –detergent are more effective in soft water.
- Type of builders added- heavy duty detergents are more effective than lightly built detergents
- Degree of boiling of the article-friction method removes dirt more effectively than kneading and squeezing method.

9.

- By boiling, strong heat bleaches
- By drying in the sun; sun rays bleach clothes.
- Use of very hot iron' high temperatures bleach clothes

10.

- To counteract the yellowing of whites and brighten them
- Dye- improves appearance and give detergents their characteristics colour.
- Antiseptic ingredients – Improve the germicidal properties of some detergents.
- Bleaches to make detergents remove stains and whiten some clothes
- Builders to improve the cleansing power of soap.

11.

- Reducing bleaches work by either removing oxygen or adding hydrogen to the discoloration which reacts to form new colorless substance which is washed away while oxidizing bleaches work by liberating oxygen which oxidizes the colouring matter by either adding oxygen to the colouring matter or by decomposing it into a colourless substance.

12.

- Soap flakes- because these are pure soaps which are very mild making it suitable for cleaning sensitive fibres like wool and silk which may be damaged by other soaps with high alkaline content and builders.

CHAPTER FOUR LAUNDRY PROCESSES

1.

- Loose coloured cottons and linens
- Synthetics e.g. polyester and acrylics
- Woolen fabrics
- Silk

2.

- To remove dirt and soap
- Freshen

3.

- The measurements of length and width then record Shake to remove water added a mild detergent

- Use kneading and squeezing method when the article is completely immersed in water
- Get the sweater out of washing water held in a lump. Squeeze out excess water
- Rinse in warm water thoroughly
- Squeeze out excess water when held in a lump, wrap with a towel (clean) and squeeze out extra water completely
- Lay it flat on clean material under shade
- Take measurements again, compare with original measurements and shape the sweater
- Leave it to dry

- Press using a warm iron
- Air to freshen and dry completely
- Fold and store in a clean, dry, cool storage facility
- Clean all equipment, dry, cool storage facility.
- Clean all equipment, dry cool storage facility • Clean all equipment, dry and store

b)

- Empty the bag to avoid washing/destroying any important item in the pockets
- Shake to remove loose dirt
- Wash in warm soapy water by scrubbing using a soft laundry brush to remove dirt. Wash both in and out.
- Rinse in warm water to remove soap and dirt.
- Final rinse in cold water to freshen
- Drip dry under shade to remove moisture
- When dry store in a cool clean dry place for next use

4.

- To dry completely
- To group them according to colour to avoid staining those that are fast and light coloured by those that loose the colour when dipped in water.

-
- To group them according to degree of dirt so as to start washing the least dirty ones to economize on soap and water.

5.

Discolouration of the fabric with time as the various chemicals used in the manufacture. Of detergent or soap continue acting on it.

- Irritation of the skin that may occur by wearing the garment
- Unpleasant smell
- Damage to the fiber which are weakened

6.

- Blueing
- Starching
- Fabric conditioning
- Disinfecting

7.

- To prevent fixing some stains if subjected to hot or warm washing water e.g. protein based stains such as blood stains
- The efficiency of some stain removers may be weakened by water if they are meant to be used on dry stained garment

8.

-
- The clothes may be stepped on by animals making them dirty.
- The dust or soil may easily dirtify clothes if ground is not protected or if the wind blows off the dust.
- Clothes take longer to dry since they are never blown about by wind like the hanged ones which shed the moisture as they are swayed to and fro.

9.

- Loose multi-coloured cottons and linens to avoid the mixing of colours
Woolen fabrics to prevent loss of shape. If hanged woolen fabrics stretch badly.
It is possible to pull or push them back to shape when they are on a flat surface
- Elasto-fibres to prevent stretching. If hanged elasto-fibre tend to be stretching.

10.

- Steeping is soaking clothes in plain cold water in order to loosen dirt, dissolve stains or disinfect clothes before washing 11.
- Woolen fabrics- Kneading and squeezing
- White cottons and linens- friction method
- Loose- coloured cottons and linens-kneading and squeezing
- Knitted fabrics-Kneading and squeezing
- Fast coloured cottons and linens – Kneading and squeezing

12.

- Steeping is soaking clothes in plain cold water in order to loosen dirt, dissolve stains or disinfect clothes before washing.

-
- 13.
 - Woolen fabrics- kneading and squeezing
 - Fast coloured cottons and linens- kneading and squeezing
- 14.
 - To dry the moisture left after finishing to prevent mildew stains and development of bad odours
 - To freshen the clothes i.e. get rid of the smell that develops when finishing clothes
- 15. White cottons and linens- wringing out.
 - Knitted articles-squeezing out
 - Fast – coloured cottons and linens – wringing out
 - Loose- coloured cottons and linens- wringing out
 - Elastofibres-squeezing out
 - Woolens-squeezing out.
- 16.
 - They are strong fibres which cannot be weakened by high temperatures from the sun
 - Sun rays bleaches clothes so the white cottons and linens would be bleached and appear brighter.

-
- Some germs are killed by strong ultra-violet rays so it may be a way of disinfecting white cottons and linens
- Clothes dried in the sun dry faster due to high rate of evaporation compared to ones under the shade. It may be the reason for drying white cottons and linens if there is limited time for drying.

•
CHAPTER FIVE

REPAIR OF CLOTHES AND HOUSEHOLD ARTICLES

1.

- To avoid further tear
- To improve their appearance/make them wearable
- Make them last longer
- Maintain original qualities/keep their shape

2.

- The fabric for patching should match that of the garment in colour, weight, age and fiber content.
- When complete, the patch must be inconspicuous unless a decorative effect is desired. Must be strongly fixed
- The shape of the patch should correspond to that of the hole or worn-out area
- The patch should match in grain with the garment
- The patch should be flat.

3.

- Sudden extreme force on garment. This occurs due to pulling of the garment with a lot of force tearing it apart.
- **Sharp objects** – these ones cut the garment when they penetrate leaving holes •
Hot objects- hot objects like hot charcoal burn the garment leaving holes

4. **Calico patch** – because it is inconspicuous since the fabric chosen for the patch must match the article. It is also very strong as it is double stitched therefore able to withstand the washes without tearing.

5.

- Colour should be the same as for the remaining ones
- Design must match the rest
- Size should be the same as the remaining ones

6.

- Repair as soon as noticed
- Make repair as inconspicuous as possible unless decorative
- Mend before washing to avoid enlarging the tear. NB clothes for the sick are repaired after washing to avoid contamination if the sick is suffering from a contagious disease
- Repair should cover worn out areas and the adjacent area adequately

7.

- Straight cut
- Three cornered tear (hedge tear)
- Diagonal cut

8.

- The patch must be as inconspicuous as possible unless a decorative effect desired.

-
- the patch must be strong and flat, and of a suitable size and shape, for the hole or worn out area
- Cut a patch on the straight of the grain and match it with the grain of the fabric.

9.

- Darning is creating a new piece of cloth into the tear by interlacing thread through a tear to form a weave that covers the hole whereas patching is using an additional piece of fabric to replace or reinforce the torn or worn out area.

10.

- The fabric should, as closely as possible, match that of the garment in colour, weight, texture and weave.
- If patch is cut from a new fabric it must be washed and boiled to closely match the older garment that is being patched
- Patch can be used decoratively by using contrasting colour however, laundry qualities should be similar.

11.

- Use suitable thread and needle
- Avoid stretching and pulling of the garment while working
- Darning should be done on the wrong side
- Allow room for shrinkage
- Make the shape of the darn irregular in order to distribute the strain of the newly inserted thread evenly into the surrounding thread.

12.

- The two sides of the fastener should be aligned to avoid gaping
- They should be strongly stitched to avoid further damage.
- They should be strongly stitched to avoid further damage
They should be held on double fabric for strength.
- The thread used should match the fabric in colour and strength.

•
CHAPTER SIX

LAUNDERING DIFFERENT FABRICS

1.

- Wash in warm soapy water using friction method
- Rinse in warm water
- Final rinse in cold water added vinegar/starch
- Hang straight on a clean clothes line secured firmly with pegs.
- Dry under shade • Iron using a hot iron.

2.

- To freshen
- To complete dryness
- To avoid development of mildew stains on cottons and linens

3.

- Do not use near a naked flame
- Work in a well ventilated place to avoid poisoning
- Wear gas masks to avoid inhaling the agent
- Use out of reach of children

4.

- Empty pockets
- Mend any torn clothes
- Sort out clothes
- Collect all equipment and materials and preheat the water.

5.

- Synthetics are final rinsed in cold water with conditioner whereas woolens are rinsed in warm water without conditioner
- Synthetics are final rinsed in cold water with conditioner whereas woolens are rinsed in warm water without conditioner
- Synthetics can be soaked for a while if very dirty but woolen are never soaked
- Synthetics are drip-dried whereas woolens are squeezed and dried flat.

6.

- It is removal of dirt by the use of water and a detergent

7.

- To dissolve mucus
- To disinfect

8.

- So that the clothes may be disinfected first to kill any germs to avoid infecting the person carrying out the mending e.g. one may pierce herself/himself with the needle that may get contaminated as it penetrates the garment passing on the germs.

9.

- So that the clothes may be disinfected first to kill any germs to avoid infecting the person carrying out the mending e.g. one may pierce herself/ himself with the needle that may get contaminated as it penetrates the garment passing on the germs.

10.

- Pressing the bulky/heavy garments
- Ironing the light garments

11.

- Care labels are tags attached to ready made garments to indicate the fiber content and how the article should be treated during the laundry process.

CHAPTER SEVEN

SPECIAL TREATMENT IN LAUNDRY WORK

1.

- To stiffen fabrics/add body
- To give a smooth and glossy finish
- To make clothes look smart/presentable
- To make them crease resistant
- To retain the original texture.

2. a)

- It is more economical than taking to commercial dry cleaners in terms of finances and time
- Might be a clothe required spotting only therefore valeting becoming the only option taking a garment to commercial dry cleaners may be unreasonable.
- The dry cleaning agent can be reused after the first use. b)
- work in a well ventilated place to avoid suffocation
- work quickly since the cleaning agent is volatile
- Protect hands and mouth to avoid negative effects, that is, wear protective clothing

3.

-
- Hardening using ice
- Scrapping

-

-

Dissolving

Washing

4.

-

To stiffen the clothes giving them body

-

To make clothes glossy to enhance the appearance

-

Smoothens clothes making them dirt resistant

5.

-

Soda ash

-

Sodium sulphate

-

Charcoal

-

Sulphur

-

Clay

6.

-

If the stain is acidic, an alkali will remove it.

-

If the stain is alkaline, an acid will remove it

-

Alcohol will remove alcohol based stains

-
-
-
- Grease stains can be removed using detergents or solvents
- For stains on carpets and floor materials, follow the manufacturers instructions

7.

- Protect the surface with an old piece of cloth place the stained area over the surface
- Dip a pad/cotton wool/clean cloth into a grease solvent e.g. white or surgical methylated spirit.
- Rub the stained part gently until the stain is removed
- Wash according to the fabric.

8.

- Saves money and time used when dry- cleaning
- It reduces the loss of colour or shape especially for heavy or bulky garments
- The solutions are simple to make at home

9

- Boiling
- Use of commercial disinfectant
- Use of common salt

10.

- A stain is a discolouration on a fabric that cannot be easily removed by ordinary method of washing

11.

- Ammonia

12.

- Spotting is cleaning a garment first on the spot where it happens to be soiled without wetting the whole garment

13.

Boiling water starch

- Cold water starch

14.

Dust and other large particles

Very fine solid particles fixed into fabric by either water or grease

Perspiration and body oil stains in personal clothing

- Stains resulting from contact with certain substances such as foods, blood, beverages, dyes and ink.

-

-
-
-

CHAPTER EIGHT

STORAGE OF CLOTHES AND HOUSEHOLD ARTICLES

1.

- Should provide enough space
- Should be made of strong material to last long
- Should have smooth surfaces for easier cleaning and avoid puckering of clothes
- Should be lockable to prevent articles from dust or light
- The rod fixed for hangers should be strong to bear the weight of fabric.

2.

- To prevent clothes from mildew development if stored when damp
- To avoid bad odour which develops when clothes are stored damp
- To avoid bad discolourations e.g. rust stains that may occur if the storage facility is metallic and is prone to rusting if the articles are stored when damp.

3.

- Dust corners of wardrobes. Remove cobwebs from corners of wardrobe
- Clean the wood according to type

- Line the drawers, shelves with clean paper
- Renew old papers

4.

- Strong material to bear the weight of clothes

Should be stainless to avoid staining clothes •
Should be smooth to avoid puckering clothes

5.

Suitcases or trunks

Cupboards

Dressing tables

- Chest of drawers
- Cartons

6.

- Air regularly to avoid infestation by pests
- Dust regularly
- Avoid overloading when packing
- Cover always to avoid dust
-

- -
 -
- 7.
- To ensure that they are readily accessible when needed
 - For hygienic reasons since they are not supposed to be mixed with other clothes in other storage facilities such as dressing tables.
- 8.
- The material used for making cartons is not strong, so it does not last long
 - It is not waterproof and so care must be taken to avoid contact otherwise the carton gets destroyed and clothes wetted.
9. The suitable method is folding. Fold in screens neatly and store in proper storage facility.
10. To protect the container from dampness

CHAPTER NINE

FOODS AND NUTRIENTS AND NUTRITIONAL

1.

- Kwashiorkor

2

- Should be bright in colour/red/ripe

- Should be firm but not over-ripe
- Should not be infested by insects
- They should be appropriate size for use
- Should not be bruised/scratched
- Should have patches

3.

- Clean before cutting as cutting exposes cut surface to water leading to loss of water soluble nutrients in the cleaning water
- Use a sharp knife because a blunt knife bruises vegetables leading to increased loss of nutrients
- Avoid overshredding leading to increased loss of nutrients
- Avoid overshredding them as this increased the surface area leading to more loss of nutrients
- Cook immediately after cutting as long exposure leads to more loss of nutrients.

Cook in shortest time possible as prolonged cooking leads to destruction of nutrients

•

-

-

When necessary use as little water as possible to prevent loss of water soluble vitamins to the cooking water which may be thrown away.

Use a fitting lid when cooking as evaporation leads to loss of nutrients

-

Avoid using bicarbonate of soda as it destroys nutrients.

4.

-

Improve appearance

-

To treat nutritional disorders

-

For enhancing the diet when one is aware that certain nutrients are lacking

-

Improve flavour • Improve texture

5.

-

For bone and teeth formation/development

-

Formation of brain and nerve cells

-

Energy production

-

Maintenance of body pH • Strengthening bones and teeth

6.

-

It is a deficiency disorder caused by lack of Vitamin a in the body. One is not able to see in dim light at night.

7.

- Beans-protein, carbohydrate
- Kales-vitamins and minerals
- Wheat- carbohydrates and vitamins 3.g. B

8. A, D, E, K

9.

- Excessive bleeding
- Lack of iron and vitamin C in the body
- Malfunction of the body
- Infestation by parasites

10.

- They should be dark green in colour
- Firm not withered
- Should not have dark patches/not yellow
- Clean, not soiled
- Not infested by worms and insects
- Not buised/broken

11.

-

-

-

Too much intake of fats and carbohydrates, fats and oils

12.

-

Formation of strong teeth and bones preventing rickets in children and

Osteomalacia in adults

13.

-

Formation of strong bones and teeth

-

Strengthens the teeth enamel preventing dental problems

14.

-

Provision of heat and energy

Storage of glycogen

Provides roughage which aids in digestion

15.

-

It is lifestyle disorder characterized by self-starvation mainly in adolescent girls and young women in fear of becoming 'fat'

16.

-

Wash before chopping to prevent loss of nutrients in water

-

Chop just before cooking to avoid exposure to air

-

Cover with a tight fitting lid when cooking

- Cook in a little water i.e. just enough.

17.

- Loss of weight
- General weakness
- Mental depression
- Diarrhea • Possible insanity

18.

- **Ignorance** – lack of information on proper diet leads to malnutrition since the food prepared/cooked is never balanced.
- **Parasites**- e.g. worms, malaria parasites etc depend on nutrients from the host. This deprives the host sufficient nutrients due to sharing with the parasites leading to undernourishment

- **Poverty** – due to lack of money, one is unable to buy adequate food leading to undernourishment

19.

- Diabetes
- Gout
- Hypertension
- Obesity
- Anorexia nervosa
- Bulimia

20.

- Proper education on nutrition so that the families may be fed in well balanced diets.
- Encourage farmers to practice proper farming methods to produce more food. The government can provide better seeds for planting and send agriculturalists to train them
- Educating citizens on proper family planning methods to have only the number of children one is able to feed comfortably
- Price is able to feed comfortably
- Price control on essential food so that every family can afford to buy basic foods.

21.

- Advantages
- It destroys chlorophyll hence makes green vegetables have a brighter green colour
- It makes the vegetables tender/soft

Disadvantages

Destroys the frame of vegetables making them marshy.

- Destroys vitamin C and B
- Gives vegetable a soapy taste

22.

- Improper preparation and cooking of foods leading to loss of nutrients
- Eating wrong combinations that are not balanced
- Depriving family of nutritive ones
- Following food taboos

23.

- Helps in absorption and digestion of food.
- Helps to eliminate waste products
- Regulates body temperature
- Form $\frac{3}{4}$ of the body

24.

- Genetic sickle cell disease

-
-
- Excessive loss of blood
- Sickness e.g. malaria
- Parasites e.g. hookworms.

CHAPTER TEN

SEAMS

1.

- Weight of fabric
- Effect desired • Use of the garment

2.

- Conspicuous seams – top
- stitched/overlaid seam - double
- stitched/ machine fell - Faggeting
- Inconspicuous seams-French seam,
- open/plain seam
- Type of fabric used

3

- Position of the edge to be finished
- Shape of the edge to be finished/style
- Purpose of the finish/effect desired.
- Texture of the fabric/weight
- Type of article/garment to be finished

4

- French seam
- Machine fell seam

5

Method of working plain and open seams

Place together the two pieces to be joined with right sides facing. Match the fitting lines and the raw edges.

- Pin through at intervals across the seam to prevent the top layer of the material from shifting along on the one under
- Tack on the fitting line.

-
-

Diagram 1

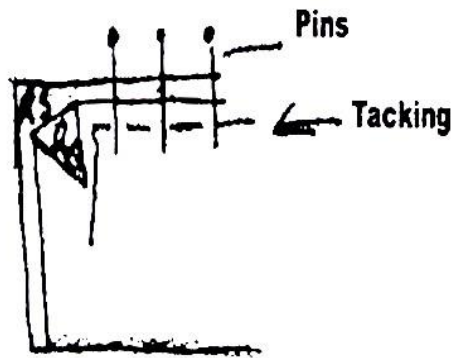
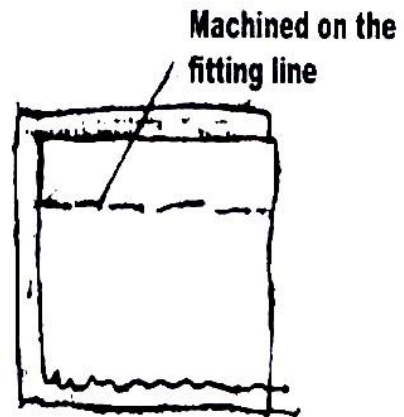
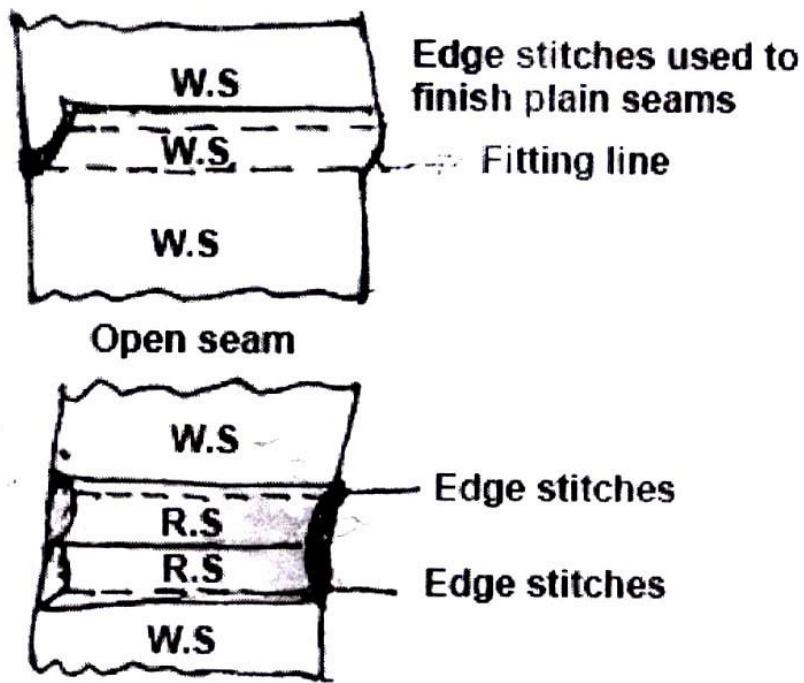


Diagram 2



- Remove pins
- Machine on the fitting line as shown on diagram two
- Remove tacking and finish off the threads
- Trim the seam allowance to about 1cm and
 - Neaten the two edges together for plain seam
 - Press the seam flat on the wrong side and neaten each edge separately for an open seam as shown in diagrams below.



6.

- French seam
- Machine fell
- Overlaid

7.

- Because the two seams have two rows of stitching which hold the strain on a garment?

8.

- French seam- because it is strong and can withstand the frequent washing the garment undergoes

9.

- Type of garment and its use

-
-
- Type of fabric and its weight
- Style of the garment
- Position of the seam on the garment

5

Edge stitching

- Loop stitching
- Binding
- Overcasting
- Picking
- Overcasting
- Zigzagging

6.

- Strongly stitched to last long
- Accurately stitched to maintain a good line
- Neatly stitches to enhance appearance
- Matched where they cross or meet each other
- Well –Pressed and flat

7.

- Conspicuous seams are the ones that are seen on the right side of the garment while inconspicuous seams show on the wrong side of the garment

8.

-
- To prevent fraying
- To make them neat.

CHAPTER ELEVEN

PATTERNS AND GARMENT CONSTRUCTION

1.

- i) Hips- Measure the widest part of the hips and with two fingers inside the tape.
- ii) Inside arm length- Instruct the model to raise the arm slightly. Measure from where the arm joins the body from the front arm line to the thumbed wrist.
- iii) Crouch – Make the model sit straight on a flat surface. Measure the side of the model from the waist to the top of the surface.

2.

- Strong fabric that is able to withstand frequent washing.
- Resistant to soiling; avoid materials that soil and stain easily as aprons are exposed to a lot of dirt in the kitchen
- Resistant to high temperature, so that they can be boiled to sterilize.
- The fabric should not be flammable in case of accidental fires in the kitchen
- Colour of fabric should be white which make observation of hygienic practices easy and can be bleached

3.

- To ensure accuracy in all the processes

- To ensure all seams are flat before moving to the next step
 - To ensure the final product is neat
 - 4
 - They are expensive and not readily available
 - They have to be adjusted or altered to fit the figure
- 5.

Use of carbon paper and tracing wheel

- Long and short tacking done with contrasting colour
 - Tailors tacks • Use of tailors chalk
- 6.
- By snipping the fabric across the selvedge about 1 cm away from the edge and tearing across same thread
 - By pulling out a thread right across the left of the fabric and cutting along the gap that has been left

7.

- The warp threads are normally stronger than the weft threads

8.

- Wool does not withstand frequent washing
- Wool is expensive for an apron

-
- Wool absorbs smells of food making kitchen stuffy
- Wool burns easily

9

- Place on fold
- Alteration line
- Stitching line
- Should conform to current fashion trend
- Style should suit the figure
- Choose a pattern with more than one or view
- The measurements should correspond with one's body measurements
- Ensure that the envelope contains vital information e.g. sewing notions, suggested fabric etc.

CHAPTER TWELVE CONSUMER AWARENESS

1.

- Denies one an opportunity to buy goods and services that are most essential according to priorities
- Denies a family an opportunity to live within its financial means

2.

- Credit
- Cash

3.

- Mass media
- Manufacturers
- Consumers • Government bodies

4.

- A middle person who purchases items or products from the manufacturer and sells them to the consumer at a profit

5.

- Needs are essential items that are required by a person in order to service while wants are non-essential items required by a person but one can do without them.

5.

- Work done at a fee. A service is intangible that cannot be touched or seen because what is bought is the expertise and time.
- 6.
- Goods : clothes, furniture, stationary, shelter services- transport, insurance, education, medical
- 7.
- To make her/him aware of her rights to avoid being exploited by sellers.
 - For the consumer to be able to interpret the advertisements so as to make proper choices
 - For the consumer to understand his/her role
 - To make the consumer aware of the importance of planning for the finances to avoid wastage
 - To enlighten the consumer on ways of practicing wise buying
- 8.
- A person who chooses, purchases (or buys), uses and maintains goods and services to satisfy needs or wants.

CHAPTER THIRTEEN

ADVERTISEMENT

- 1.
- To stimulate a demand for a product or service.

- To pass information about a product or service.

- To promote sales

2.

- Encourages impulse buying

- Some advertisements are deceptive as they do not perform what they claim to do.

- Advertising interrupts very interesting programmes and news.

- Makes products very expensive as the cost of advertising is passed to the consumer.

3.

- Should arouse a consumer's interest.

- Entertains consumer through plays and music

- Easily interpreted.

4.

- Makes consumers know where to get products.

- Entertains consumer through plays and music.

- Give important information about a new product.

FORM THREE

CHAPTER ONE

1. A meal prepared with all the nutrients to eat i.e. starch, protein, vitamins, and mineral salts all in one dish.

2. Maize and beans with carrots, cabbages.

Meat, peas, pilau

Shepherd pie with peas/carrots/vegetables.

3.

- The purpose of the meal.
- Food which do not get spoiled easily
- Packing containers available
- Nutritional requirements of the person to eat the meal
- Include a nutritious drink.
- Easy to eat
- Including foods which can be easily eaten with minimum cutlery-finger foods
- The type of weather at the time the food is to be eaten.

4.

- They need balanced food with plenty of proteins, and mineral salts as iron, calcium, phosphorus and vitamin C.
- Girls require additional supply of iron to compensate for the amount lost during menstruation.

- Include fatty foods to reduce the bulk of the food consumed e.g. bread with butter, rice, starch and vegetables.
 - Give adequate amount of food as teenagers have a healthy appetite.
 - Meals should be regular and be served attractively.
 - Fluids should be included to compensate for lost water during sports.
5. Balance should contain all nutrients in correct amounts. Consider individual requirements on;
- Size of body.
 - Occupation
 - Age
 - State of health.
- Foods in season: Because they are fresh and cheaper.
 - Money available: Budget should be within the financial means of the family.
 - Climate. During hot weather serve some cold foods while during cold weather hot foods should be served.
 - Time available: Determines the number of dishes to be prepared.
6. To provide for protective foods.
- Provide foods which are rich with vitamins A,B, C and D.
 - To provide enough roughage to prevent constipation
 - To provide balanced diet rich with iron, calcium, phosphorus and iodine.

- To avoid much of energy-giving foods as they are reduced to physical activity.
 - To avoid fatty foods which are not easy to digest?
- 7.
- Fried foods are not easy to digest for a convalescing person.
 - Food for a convalescing person should not be highly spiced.
- 8.
- A cover is the space reserved for one person in the table setting for a meal.
 - A dish is food prepared in a particular way as part of the meal. e.g. stewed liver, orange juice, etc.
 - A meal is a dish or a group of dishes taken at a particular time of the day E.g. lunch, supper, etc.
 - A course is a dish or dishes eaten as part of a meal.
- 9.
- Body
 - Age
 - State of health
 - Occupation/occasion.
 - Sex/gender
- 10.

- They are more available
- Cheaper to buy.
- Fresh to provide nutrients and good flavors.

11.

- They give fresh colour and flavors
- They also provide vitamin C.

12.

- a. The meal should be well balanced.
- b. The meal should be attractively served.
- c. The meal should be served at regular intervals and punctual.
- d. Prepare and serve meals under hygienic conditions.
- e. Avoid strong flavored foods and over seasoning.
- f. Serve hot food and cold food cold.

13.

- To ensure meals are within the family food budget.
- To ensure that the food is adequate for all family members.
- To provide variety in meals.
- To make use of available foodstuffs.
- To have well balanced meals.

- To meet the nutritional need of special groups in the family.

14.

- Vegetable salad – mayonnaise dressing, parsley, lemon salt or sugar for seasoning ○ or sweetening, etc.
- Fruit salad – orange essence, Vanilla essence, lemon, sugar for sweetening.
- Cakes – Lemon or orange rind, mixed spices, nutmeg, vanilla essence, etc
- Soup – Gloves, herbs e.g. parsley, Rosemary, Celery seeds, white pepper, etc.
- Stew – Grama masala, mixed spices, oregano, Rosemary, etc.
- Curry – Curry powder, chili, cloves, thyme, mixed spices, etc.

15.

- The space reserved should be big enough i.e. 40 – 50cm allowance
- Include dessert fork and knife for the dessert.
- Provide a side plate.
- Include the table knife and fork for the main course
- Include water jar with water and a glass.
- If the starter is soup include the soup.

9.

- Starter – manage juice
- Main dish – Scotch egg and sausage.

- Carrot sandwich • Vegetable salad.
- Dessert – Orange/rape banana.

Note: A carrot for chewing to clean the mouth.

CHAPTER TWO

1.

- Help monitor growth pattern of a child.
- Provide necessary information required in various places e.g. date of birth, immunization background etc

2.

- Extra iron necessary for the foetus to be stored in the body for use in the first six months after being born and also due to formation of hemoglobin.
- Calcium is necessary for proper formation of the foetus bones and teeth.
- Proteins required for foetal growth and maintenance of the mothers requirement.
- Carbohydrates for proper development of foetus
- Protective foods for a healthy skin of a foetus and avoid infections when the baby is born and for the mother to prevent constipation that could lead to hemorrhoids.

3.

- Closing windows to avoid draught and keep the baby warm.
- To test the water with the back of the elbow to prevent burning the child.
- To collect all the equipment for washing the baby in order to clean the child well and to avoid making the child cold.

- To wash the eyes first one by one using a different cotton wool to avoid infection.
- To clean all the areas that the folded to prevent accumulation of dirt that may irritate the skin.
- Always fill half the basin to avoid drowning the baby.
- Hold the baby at the back when washing the body to prevent it from falling into the water.
- Use a soft flannel to clean the body to prevent injuring the skin of the baby.

4.

- Warmth – to keep the baby warm throughout.
- Light in weight for easy movement.
- Attractive colours to enhance appearance.
- Strong to withstand frequent washing and stain removal.
- Non-irritating for comfort.
- Inflammable to avoid it from catching fire easily

5.

- Babies are born with low birth weight/small baby.
- Mother may miscarry.
- Retard mental development/brain being damaged.
- Retards physical development of the baby/slow growth rate.

- May cause deformities of the limbs/ complications e.g. for the foetus.

6.

- Menopause
- Some medication
- Change of environment
- Few – months after giving birth
- Emotional disturbances
- Health problems
- Stress and fatigue
- In young girls before the flow cycle stabilizes.

7.

- Hemorrhoids (piles) are varicose veins in the anus. They are painful and if they burst they cause great loss of blood. They encourage constipation.

8.

- Psychological preparation people should be well prepared to receive the baby.
- Physical preparation the mother should be physically fit through diets and proper exercise and clothing.
- Materially and financially prepared with basic baby arrival needed items, e.g baby clothing, beddings, etc
- Conducive environment

- Prepare and arrange to have clean, safe water to drink and for bathing the baby.
- Keep the house and its surrounding clean.

9.

- The mother is advised on balanced diet.
- The mother learns how to bathe the baby,
- She learns how to feed the baby and take care of the feedings equipment.
- The baby's growth is monitored.
- The baby is immunized against some childhood diseases.
- Any problem with the mother or baby is reported to the doctor
- The mother is advised on family planning matters.
- She learns about proper hygiene in order to take care of herself and the baby.

10.

(i) A firm mattress

Waterproof sheet

Sheets made of washable cotton material.

Blankets to keep the baby warm.

Mosquito netting

(ii) Waterproof sheet to protect the mattress or pad

Mosquito netting to protect it from insect bites

Blankets to keep the baby warm in cool weather.

11.

-Sudden stopping of menstrual period

- morning sickness, nausea and vomiting

-Strong like or dislike of certain foods.

-Breast changes.

- change in the skin complexion.

- positive pregnancy test

- A feeling of fullness in the abdomen and frequent desire to pass urine.

12.

- Wear loosely fitting free clothing

- Wear low heeled well fitting shoes for comfort.

13.

- The family members should ensure that she is mentally prepared.

- The family members should be supportive.

- Avoid exposure to pressure or frustration at work and at home.

- She should be assigning light duties.

- The sibling should be made for the care of the siblings during confinement

14.

- (a) Having the correct age of the parents i.e. age 18-35 years are the safe ages for the first child to be born. When too young the parent has not developed fully physically, mentally and economically and when over 35 years the parent are old and weak therefore the baby is likely to be abnormal.

(b) Presence of serious illness like HIV/AIDS interferes with her mental health and therefore need a lot of support and counseling.

15.

-To deliver babies during home confinement.

- Advise the mother on how to take care of the cord as it heels.

- Advise the mothers on foods they should feed on so as to produce milk and facilitate quick healing of the uterus.

16.

- General health is assessed and treatment given where necessary.

- Growth rate is monitored.

- The baby is immunized against some childhood diseases.

17.

-Sign of poor blood circulation

- Toxaemia (Poisoning, which is presence of bacteria toxins in the blood.

CHAPTER THREE

1.

- Tuberculosis (TB)
- Whooping cough
- Tetanus
- Hepatitis B
- Influenza B (FLU)
- Poliomyelitis

- Measles
- Yellow fever
- Diphtheria
- Pertussis.

2. Children are given vitamin A supplements every six months starting from the age of nine months, until they are five year of age. E. g at 9 Months,

- -at 12 months 1(yr)
- -at 18 (1 1/2 yrs)
- -at 24 months (2yrs)
- -at 30 months (2 1/2 yrs)
- -at 36 months (3 yrs)
- -at 42 months (3 1/2 yrs)
- -at 48 montsh 94yrs)
- -at 54 months (4 1/2 yrs)
- -at 60 months (5yrs)

3.

- Dark urine
- Extreme fatigue
- Yellowing of the skin and eyes (jaundice)
- Nausea and vomiting

- Abdominal Pain
- 4.
- Contact with the blood or body fluids.
 - Sexual contact with an infected person
 - Injections using contaminated blood
 - Blood transfusion using contaminated blood.
 - Mother-to-child at a birth (prenatal) • Contaminated foods, water or casual contact.
- 5.
- Sore throat.
 - Runny or stuff nose.
 - Extreme fatigue
 - Fever which is often higher in children
 - Headache.
- 6.
- Unsterile intramuscular injection
 - Dirty wounds
 - Use of unsterilised equipment during birth, circumcision or ear-piercing
- 7.

- Diphtheria is an infectious disease spread from person to person through respiratory droplets, through coughing.
- It usually affects the tonsils larynx, pharynx and sometimes the skin. One can be repeatedly infected if not immunized.

CHAPTER FOUR

1.

- Not feeding the baby frequently.
- Neglect of the cracked nipples.

2.

- Sore nipples which is a cracking of the skin around the nipples ○ Breast hardness (Engorgement) where the breast becomes too full ○ Baby's refusal to breastfeed ○ Breast abscesses a serious complication which may be caused by neglect of a cracked nipple.
- Mothers' refusal to breastfeed ○ Inability of the mother to breastfeed ○ Breastfeeding mother with HIV/AIDS

3.

- Boiling ○ Boil for about 10-20 minutes ○ Keep in the boiled water until time for use or dry and keep in a sterilized container

4.

- Using a sterilizing solution ○ Wash in hot soapy water ○ Rinse and sterilize using sterilizing fluids. ○ Change the solution daily.

5.

Feeding equipment refers to all times

Used to prepare food for the baby also feed him

Prolactin is a hormone that is produced at the anterior part of the pituitary gland that stimulates the breast to secrete milk.

Oxytocin is a hormone produced at the posterior part of the pituitary gland which causes the small muscle cells to contract thus squeezing out the milk i.e. ejecting milk.

6.

- Milk secretion is the production of milk caused by prolactin hormone while let –down Reflex is the squeezing out of the milk or ejecting milk caused by oxytocin hormone.

3.

- For good secretion of milk which is controlled by the brain which can be affected negatively by fear, anxiety, etc. Unstable states reduce the production of milk.

4.

- To have adequate time to bond with the baby as they relax together.
- To get adequate rest in order to gain mental and physical energy.

5.

- To ensure that the spoon and cup have smooth edges. ○ All feeding equipments are handled with clean hands.

- The feeding equipment is kept in sterilizing solution and only removed when needed.

6.

- Mothers' refusal to breastfeed
- Inability of the mother to breastfeed
- Baby refusal to breastfeed
- A breastfeeding mother with HIV/AIDS
- Sore nipples

8.

- The baby being fed with a baby bottle.
- Problem of the feeding pattern or technique
- A sign that the baby is ill
- A baby who is introduced to bottle feeding early and refuses to breastfeed.
- Nipple confusion i.e. difficulty in feeding from a breast after using a bottle.

9.

- Getting adequate rest in order to gain mental and physical energy.
- Have adequate time to relax with the baby to enhance bonding.
- Eating a balanced diet
- Drinking plenty of fluids to prevent dehydration
- Maintain high standards of hygiene
- Practising health habits

CHAPTER FIVE

1.

- Foods should be introduced one at a time so that the baby should get used to one before introducing the next to identify any allergies or side effects.
- Foods should be introduced starting from liquids to solids to avoid constipating the baby and also to get him accustomed to different consistencies of food.
- Foods should be given in small portions to encourage appetite.
- Foods should not be forced to the baby to avoid indigestion.
- Foods should be

soft/light tender to enable easy digestion. ○ Prepare food in clean environment to prevent contamination.

- Continue breastfeeding/include milk in the diet to prevent malnutrition/provide nutrients

2.

- The first food should be very soft.
- Once a new type of food is accepted, give to frequently to familiarize the baby with it.
- Introduce new foods gradually one type at a time.
- Do not wean the baby too early or too late to avoid the dangers associated with these.
- Ensure that all the feeding equipments are sterilized. ○ Proper food and kitchen hygiene must be maintained ○ Use freshly prepared foods which are easy to digest.
Start with small amount and increase with time.

Do not force the baby to eat food he does not want.

3.

- Spoons (tablespoon or teaspoon) ○ Cup/mug ○ Bowl ○ Measuring jug ○ Plastic bucket for bowl with lid ○ Small saucepan for boiling water ○ Sieve

4.

- Consider the likes and dislikes of the baby and prepare the foods that the baby likes.
- Give the right consistency depending on the age of the child. Start with liquids, semi-liquids and then to solids.

- ○
- The weaning food should be well balanced with all the nutrients in their right proportion.
- Use the right cooking methods which will produce foods which are easy to digest e.g. boiling, steaming, stewing and baking.

5.

- It enables the mother to ensure that the baby is gaining weight properly.
- In case there is a drop in weight as a result of illness or improper feeding, the mother is advised on the proper food preparation methods.

6.

○

The mother to baby bond is missed if the baby is fed by other people. ○
The mother should always be the one to feed the baby whenever possible ○
Dangers of diseases such as diarrhea, cholera and stomach upsets may be experienced if the food and feeding equipments are unhygienically handled ○
○ The mother should therefore ensure that food is hygienically handled during all stages of preparations.

○ Nutritional disorder such as obesity poor muscle development and low resistance to infections may be experienced if the weaning diet is not well balanced.

○ Too much fat and carbohydrates should be avoided by ensuring that all nutrients are in the right proportions.

○ Allergies due to the introduction of new foods may be experienced.

○ The mother should be keen to notice any allergies and discontinue giving the affecting food immediately and seek medical advice.

○ Stomach upsets due to indigestion if the weaning is introduced too early before 3 months as the digestive system is unable to process the food.

○ Avoid introducing the food too early. It should be between 4-6 months of age.

○ The baby may suffer of malnourishment if weaning is introduced too late, as the breast milk is not able to adequately cater for its nutritional requirements.

Introduce the food at the right age i.e. 4 – 6 months

Can become stressful as the baby has to learn to use feeding equipment and implements.

○ The mother should gently encourage the baby to learn how to them.

7.

o o

The food should be soft and easy to digest.

Easily available as they are cheaper and have adequate nutrients.

Easy to prepare so as to save time and energy

Free from germs and other contaminants.

Be balanced and able to provide enough energy for play and growth

8.

Porridge

Mashed fruits

Pureed vegetables, meat or fruits

Well cooked soft food such as meat and fish

Milk

Eggs dishes such as custard.

Ugali and meat stew which is well seasoned.

Soups (cream of vegetables)

Soft boiled or poached egg.

9.

To avoid vomiting and rejecting the food totally/dislike the food.

CHAPTER SIX

1.

(a) It exercises the different body muscles through play such as jumping, running, jogging and climbing

(b) It helps children to act out their feeling and fantasies e.g. children pretending to be mothers, fathers, teachers, etc.

2.

- Imitating older children and adult.
- Observations ○ Repeated practice of action ○ Play

3.

- The child grows up to a responsible % adult ○ The child normally does not change from good habit.
- The child grows up wanted and respected by others as a co-operative adult. ○ He grows up a healthy person

4.

- The child develops mentally as they learn new games and dismantle and assemble play items.
- The child develops control of their emotions. ○ The child develops physically through manipulative plays. ○ The child develops socially when participating in games with playmates..

- The child develops morally as they observe rules of the games.
- The child also gets a chance of acting out their feelings, anger, fear and dislikes.

5.

- Imaginative play ○ It helps a child to act out their feelings and fantasies.
- Manipulative play ○ It enables a child to use the limbs and also gives enjoyment.
- Physical play ○ It exercises the different body muscles through play such as jumping, running etc ○ Creative play ○ It helps a child to express himself through colouring, modeling, painting and cutting.

6. They should be;

- Easy to clean since small children.
- Big enough not to swallow ○ Washable ○ Strong enough to last longer ○ Unpainted as some paints are poisonous ○ Suitable to the age of the child ○ Unpointed and not sharp to prevent injury

7. They should be;

- Washed to ensure that the baby handles them when they are clean.
- Store in a clean dry place ○ Clean them appropriately according to type ○ Reassemble and repair and broken parts in time.

CHAPTER SEVEN

1.

- Remove any impurities that may be in the flour.
- Aerate the flour • To remove the big lumps

2.

- Rubbing in method
- Creaming method

3.

- Colour changes from original colour to brown when exposed to hot oil
- The mixture becomes porous because of the expansion of air.
- The outside becomes crisp because of loss of moisture.
- Good flavour develops due to the cooking of the starch granules (dextrin)
- The size/volume increases due to expansion of air.
- The mandazi become easily digestible because the starch granules are cooked.

4.

- By sieving
- Whisking

- Folding
- Creaming
- Rubbing – in
- Beating

5. Yeast.

6.

- Too much heat used i.e. too hot oven
- Insufficient creaming
- Too much cake content put in the tins.
- Too much liquid used.
- Cake place too high t\in the oven

7.

- Food
- Warmth
- Liquid

8.

- To allow the flour grains to soften and absorb the moisture evenly

- To let air bubbles to escape

9.

- For the acid to combine with sodium bicarbonate to liberate all the carbon dioxide available and forms a tasteless and colourless salt.

10.

- To flavour the product
- To prevent the yeast from working too fast thus producing a coarse texture.

11.

- Cover the container during relaxing period to avoid contamination.
- Mix and beat well the mixture to trap as much air as possible.

- Stand for 30 minutes before cooking to allow the starch grains to soften and absorb liquid.

- Use accurate measurement.

12.

- Keep everything warm as much as possible i.e. 25C
- Allow the dough to rise to double size in the first proving stage.
- Knead well the dough in the first kneading distribute the yeast cells and carbon dioxide into the dough.
- Allow fermentation to take place before mixing the dough to ensure production of carbon dioxide
- Give a second kneading before shaping to ensure even distributing of carbon dioxide and yeast cells
- Allow enough time about 40 minutes for second proving to obtain the right volume and shape of the product.
- Drain the product to avoid greasiness and dredge with either castor sugar or cinnamon when still hot before cooking and serving

Heat the deep frying oil to the right temperature to

- (i) Ensure proper cooking
 - (ii) Even browning and
 - (iii) To prevent the doughnuts from absorbing the oil.
- Turn the deep frying doughnuts to ensure even browning

•
13.

- Baking power
Sodium bicarbonate (bicarbonate of soda)
- Sodium bicarbonate and acid phosphate added to self raising flour

14.

- Too little fat used when preparing
- A hard dough made
- Too low heat used
- When air incorporation was not done well.
- Over manipulation of the dough
- A light and well raised and soft texture mixture product is formed .
- Colour changes from pale white to golden brown.

15.

- On heating carbon dioxide, liquid moist, steam expands making the dough light
- Carbon dioxide escapes leaving the dough light.
- Continuous heating sets the dough.
-

-
-
- A light and well raised and soft texture mixture product is formed
- Colour changes from pale white to golden brown.

16.

- Preserves the cake
- Keeps cake moist
- Adds flavour

17.

If fat melts slowly, it can result to hard or soggy pastry.

18.

Batter means a flowing flour mixture of flour, water and eggs.

Bake blind is baking pastry without a filling

19.

- To incorporate more air
- Prevent the already incorporated air from escaping.

CHAPTER EIGHT

1.

- Should be durable
- Should be colourfast
- Should be shrink resistant
- Should be crease resistant
- Should be easy to clean
- Should not be too light or too heavy

2.

- Make two rows of gathering stitches about 3-6 mm apart within the area to be
- Secure the thread on one using a pin
- Pull the thread together to form gathers and get the required width.
- Secure the threads at the other end to prevent gathers from coming out.
- Distribute gathers evenly.

3.

-
-
-

-
- Smocking
- Shirring
- Use of elastic
- Pleats
- Darts

Easing

Use of cord with elastic

Tucks.

4.

Cut waistband twice the width of the stiffened band plus two seam allowances

- The length should be the same as the size of the waist plus two, seam allowance plus 2.5 cm for under-lapping.
- Fold lengthwise in half, w. sides together, press the open
- Place interfacing on the W. side of the strip for the band so that one long edge level with the centre of the band then press ready for attachment.

5.

-
-

- Correct choice of hem in relation to fabric and style
- Well pressed hem which outlines the hem well
- Well eased to make it straight
- Flat-looks attractive
- Equal in depth – to make it even on all sides.
- Hemming stitching well distributed since they are made on a straight weft therefore attractive.

6.

- Should be evenly positioned on a garment.
- Sewn on double fabric for strength
- Placed directly one another so that opening will be flat when closed.
- Sufficiently close to avoid gaping

Firmly sewn to avoid falling off

7.

Prevents button from breaking

- Make the button stand firm on the fabric
-
-
-

-
- Buttons look neat • For buttoning easily.

8.

- It should be well reinforced at the ends of the flap pocket.
- It should lie flat on the garment
- It should have matched corners to ease the bulk.
- It should have an opening that is of an appropriate size for ease in use.
- It should match with the style and colour of the garment.
- It should have straight stitchery and a well made shape.

9.

- With age they open easily with slight friction
- Some rust and therefore become dangerous when they suck them.
- If the metal gets in contact with the child's skin it may cause irritation/hurt the child/uncomfortable in a pressure area.

10.

-
-

- With R.S. facing fold the dart along the fold line so that the pattern lines of the dart are together.
- Pin and tuck along the pattern lines
- Remove pins.

Machine stitch from the broad end towards the points tapering to nothing
Reinforce at the end of the dart and remove tucking.

Press toward the correct direction/R.S.

-
-
-

•
11.

It is the process of arranging/distributing the extra size of allowance of fabric in garment construction to give a good fit and shape.

12.

- Mark the hemline and make a narrow burning which is about 0.5cm wide from the raw edge.
- Pin and tack
- Pin the hem in position, vertically with the seams, centre front and centre back of the skirt matching with those of the hem.
- Make small, dart like pleas between the pins at regular intervals to get rid of the fullness.
- Pin and tack along the pleats then tack the whole hem flat.
- Remove the pins hem the edges of the pleats and then the hem.
- Remove the tacking and press.

13.

- The amount of fabric/allowances available
-
-
-

-
- The desired effect
- The type of garment
- The type of fabric

14.

To ease the putting on and off of the garment

Decorating the garment

Introducing a style feature

15.

It is suitable to the type of fabric and style

- Well press
- It's straight
- Flat-looks attractive
- It's even with equal depth on all sides • Good stitchery which are well distributed

16.

-
-
-

-
- Should lie flat
- Good stitches
- Well secure with stitches throughout the full length
- They should be even and well distributed
- They should be straight on the grain

17.

- It should be crease-resistant
- It should be shrink-resistant
- It should be washable
- It should be strong to last longer
- It should be colour fast to avoid fading

18. Tapes

Zip

Hook and Loop

-
-
-

- Button and buttonholes
- 19.

Stitching backward 0.5 cm.

- Threading both stitching thread in a needle and concealing them in the fold or weaving a few stitches.
- 20.

- Pin tucks
- Wide tucks
- Shell tucks

- 21.
- Surface
 - Under fold (fold back)
 - Base (resting place)

- 22.
- the user of the garment
 -
 -
 -

-
- Type of garment
- Position where the fastening is to be put
- The desired effect • Type of fabric used.

23.

- The effect desired The type of fabric

The type of garment

Part of the garment

-
-
-

•
24.

This is a process of controlling fullness in garments through garment processes e.g., darts pleats, tucks etc.

25.

- They should be firmly fixed onto the garment
- They should be correctly positioned
- They should be well neatened
- They should be fixed using correct stitches
- Their colour should match with the garment

26

- Should have straight stitchery
- Should taper to a point gradually, i.e. taper to nothing
- Should have correct length and width.
- Should be pressed to the right side.

27.

- Take the seam and neaten the edges
-

-
- Machine the base up to the base of the opening
- Tack/baste the opening to keep it together and press the seam open.
- Work from R.S. and with the zip closed and the tag level with the fitting line pin one side of the opening to the zip tape so that the fold lies down the centre of the zip teeth. Pin the other side so that the folds meet.

Work on the R.S machine down one side and up the other 6mm from the fold according to the zip teeth.

28.

Gives a good fit

- To provide the desired style features
- To give the garment a desirable shape

CHAPTER NINE

1.

- Upsets family's expenditure pattern
- Cause regrets and disappointment after buying
- Buying substandard goods • It can be expensive for the budget

2.

- If the income is little the consumer will go for the cheaper items.
- Price fluctuation of the manufactured new fabric
- It's a good substitute for the expensive new fabric.
- Inflation whereby the increased prices make the purchasing power of new fabric to reduce.

3.

- It is expensive for the budget.
- One may end up buying substandard goods.
- It can causes regrets and disappointment after buying
- It upsets the family's expenditure pattern
- It may prevent buying items that are of first priorities
- It can cause conflicts in families 4.

•

Buying is exchanging goods and services for money

Inflation is the increase in prices but the income remains the same therefore reducing the purchasing power of a person.

Substitute products are those items which can be used in place of another item e.g. margarine which is cheaper can be used instead of butter which is expensive.

These are processed cards which are presented when one is purchasing goods and services and the payment is paid from the consumer's bank account.

5.

- Will enable one to just buy what they need.
- Will enable one to obtain the greatest satisfaction from the goods or services bought.

6.

- Advertisements
- Window shopping before buying an item.
- Information from acquaintances, friends and associates.

7.

Advantages:

- Able to acquire the item after only paying the deposit.
- Its an immediate saving for the family when the item purchased is durable.
- Able to receive other services such as repair and maintenance while still paying for the item.
- The consumer is able to get immediate use of the article.

- Its an income generating item one is able to raise money using it to pay the remaining amount
- Disadvantages
- The final cost price of the item is higher than the original cost price as the interest is charged
- There is the risk of the families overspending by buying many items through the hire purchase
- It's an income generating item one is able to raise money using it to pay the remaining amount.

8.

- One has to have the required amount so as to be able to buy an item.
- It's not safe to carry a large amount of money if the items need a lot of money.
- It's difficult and may take so long to buy an item which requires a lot of money e.g.
buying a house.

CHAPTER TEN

1.

- Complete loss of income
- Inflation
- Disaster to a family

- Sickness in the family
- Change of family goals.
- Lack of commitment in the use of a budget • Lack of ability to make adjustments when necessary.

2.

- (a) It is the amount of money that one receives after working for a certain period of time, rendering a service or, offering goods for sale
- (b) This is the money spent on items or services that a consumer requires.

3.

- The best budget is the one that meets the individuals or family's financial goals, in order of priority.

4.

- It is sometimes stressful to strictly keep to the budget.
- If one fails to keep to the budget a feeling of guilt and frustration may follow
- One may fail to take when it's cheap and available so as to keep to the budget.

FORM FOUR ANSWERS

CHAPTER ONE

1.

- Fluids are easily digested.

- To replace lost water because the invalid may be dehydrated.
- They reduce the fatigue of chewing since some fluids are foods like soup and fresh fruit juice.

2.

- Wear protective clothing and gloves.
- Use disinfected water and antiseptic soap. ○
Do not – dry dust the surfaces but damp dust it

3.

- Serve the food attractively to enhance appetite.
- Serve little amount regularly in individual plates.
- Avoid serving the same food to avoid monotony and dislikes of the food
- Accompany the sick person when eating and encourage him to eat more.
- Give freshly cooked food as they are fresh and good in appearance and of good flavour

4.

- If the sick person feels unwanted, this may cause their health to deteriorate
- So as to encourage the sick person to participate in discussion by talking to him
- This will enhance self- esteem
- To avoid feeling lonely and bored this can bring about emotional problems

5.

- To prevent spreading of diseases as the clothing and gloves are easily infected, especially if it is a contagious disease. To prevent the protective clothing and gloves from getting germs from other clothings.

6.

- Two blankets
- Two clean bed sheets
- One or more pillows depending on the need of the patient
- A draw sheet
- Mackintosh to protect the under- beddings
- A bed cover and pillow cases

7.

1. Cleaning the mouth with a tooth brush and toothpaste, or bicarbonate of soda solution to remove food particles. This will prevent unpleasant taste and odour which can cause mouth infection
2. The mouth should then be well rinsed with water or mouth wash
3. Apply lip saline on dry lips

8.

- Strictly follow the doctor's advice on diet
- Provide food which is well balanced rich with protective and body building foods

- Plan for freshly prepared food as most of the food nutrients have not been destroyed by re- heating
- Reduce sugar and carbohydrates intakes because less energy is required
- Reduce fat intake as it difficult to digest and assimilate
- Reduce salts intake as it increases the blood pressure levels.
- Increase fibre intake to improve bowel movement and aids in digestion
- Plan for freshly prepared food as the food nutrient has not been destroyed through re- heating and storage
- Provide tender easy to chew and digest food
- Provide plenty of fluids e.g. fresh fruit juice and soup.

CHAPTER TWO

1.

- This makes the house to have fresh air all the time because there is proper gas exchange
- It gets of uncomfortable environment caused by humidity and excess heat and removes stuffiness in a room
- It helps to remove body odours where people are crowded
- Reduces damages to surfaces and materials caused by dampness and humidity
- It allows elimination of carbon dioxide and cooking smells and heat
- It prevent drowsiness, fainting and uncomfortable feeling
- It reduces chances of spreading of contagious diseases e.g. T.B common cold, flu etc
- It discourages the infection of household pests that are encouraged by poorly ventilated damp conditions

2.

- Ventilation is the process of introducing and circulating fresh air in a room to eliminate undesirable gases.

3. (a) advantage:

- It helps to circulate air in a room with inadequate or no ventilation

Disadvantages

- They blow dust and cause discomfort especially in a dusty room
- Can trigger an attack to people with asthma and bronchitis

(a) Advantages

- They are very useful in a commercial kitchen as it suck out stale air and smell

Disadvantages

- They are expensive to install

(c) Advantages

- It's very efficient and convenient
- It can be set to keep the room at a desired temperature and degree of humidity

Disadvantages

- It is expensive to install
- It consumes a lot of power and therefore expensive to maintain

4.

- Smoke
- Aerosol sprays
- Decayed matter
- Dust
- Excessive heat
- Carbon dioxide

5.

- Mounted on the ceiling
- Wall- mounted
- Movable with a stand

6.

- To remove odours
- Where there is overcrowding in a room
- Where there is lack of natural ventilation or where it is inadequate
- Where there is high heat or moisture gain from outside
- Where there are heat generating processes within a room e.g. in a kitchen

- To remove poisonous fumes
- Where there are steam generating processes within a room.

7.

- Above doors and windows

8.

- Air pollutants are substances that contaminate the air we breath in.

CHAPTER THREE

1.

- Use appropriate size of saucepan in relation to burner
- Use utensils with flat bases
- Reduce temperature after boiling point
- Use utensils with tight have a heavy base since they do not loose heat so quickly
- Put off after use
- Put on when the saucepan is on the burner

2.

- It is readily available in rural areas

- It is less costly
- It produce abrasive, i.e. ash for washing utensils and disinfecting latrines and chicken houses
- It is easy to use
- Aromatic woods are used for curing milk gourds and flavouring sour milk

3.

- Put off after use
- Use just enough
- Close the door when food starts boiling
- Use energy saving jikos

4.

- It produces gas which is an air pollutant
- It is untidy for storage
- It causes deforestation due to falling down of trees to make charcoal
- It can cause fire if not properly handled which lead to destruction of the environment

5.

- Ventilate rooms before lighting fires and lamps
- Light a match before turning on the gas to light
- Turn the gas off completely when not in use
- Disconnect the gas when going for a journey or when children are to be left alone in the house
- Use the gas cooker in a well-ventilated room
- Check for any leakage before lighting the gas.
- If any leakage is noted disconnect, take out the cylinder and seek for a qualified person to attend it.

6.

- Soak dry grains to reduce the cooking time.
- Maximize on cooking methods, oven and refrigerator
- Plan to iron clothes at once instead of ironing each when need arises
- Appliances should be well maintained so as to work effectively to save fuel
- Labour saving equipment should be maximally be used to reduce use of fuel energy e.g. by use of pressure cooker
- Tenderize tough cuts of meat to take short time to cook
- Cut food into small pieces which can cook quickly
- Switch off all the appliances when not in use

- Use pans with filling lids
- Use pans with thick surfaces
- Avoid opening of ovens and refrigerator when it is not necessary

7.

- Firewood
- Charcoal
- Kerosene/ paraffin
- Gas
- Electricity
- Bio- gas
- Solar energy

8.

- Firewood
- Charcoal
- paraffin
- Bio- gas

- Solar energy

9.

- Electricity
- Water for hydro electricity
- Hot geysers for geothermal electricity
- Generators for dynamo electricity

10.

- Bio- Gas • Solar energy

11.

- Electricity
- Solar energy
- Bio- energy
- Bio- gas
- Gas

CHAPTER FOUR

1.

- The room has clear visibility
- Give an illusion of large size
- It discourages the presence of pest
- The room looks brighter

2.

- It does not get dirty easily
- To prevent it from wearing out easily
- To remove sediments of kerosene that accumulates over time
- The paraffin/ kerosene is a grease solvent

3.

- Make maximum use of light
- The light colours surfaces e.g. ceilings and walls to reflect and distribute it efficiently
- Use only the necessary wattage
- All the parts should be clean and free from dust
- Switch off lights that are not in use even for a while

-
- Choose the right lighting for each particular area and activities

4. Use of the room/ purpose of the room

- Ease in fixing
- Affordable cost
- Colour scheme of the room/ house
- Position of the fixture
- Durability
- The desired effect/ amount of light/ purpose of the light.
- Size of the room in relation to the size of the fixture
- Possibility of replacement when need be/ repair in case of expiry or damage i.e. dealership.

5.

- Minimize accidents especially if the lights is well distributed hence avoiding shadows and dark areas in the house that can cause falls
- Can be focused according to need hence enhancing efficient in work.
- Used when only need arises therefore economical

- Judicious (i.e. well chosen) selection lighting fixtures enhances interior decoration
- It is convenient in use as lighting can be made available even at night

6.

- It is free to run as it does not incur cost
- It is clean to use unlike paraffin lamps and candles

- It is readily available during the day
- It has no pollutant unlike paraffin lamps

7.

- Doors
- Windows
- Skylights
- Vents
- Honey comb brickworks

8.

- Direct lighting (focal lighting)
- Semi- direct lighting (general lighting)
- Indirect lighting
- Semi indirect lighting
- Decorative lighting

9.

- Screw bulb
- Twist bulb

10.

- Filament lamp (incandescent)
Fluorescent lamp (strip lights)

11.

- The size of the room
- The purpose of the room/ activities that take place in that room
- Colour scheme of walls, floor furniture and fittings

•
CHAPTER FIVE

1.

- It gives warmth to the room
- It makes the room look attractive
- It is comfortable and soft to the feet
- It absorbs sound reducing the noise
- It create a feeling of elegance

2.

- Colour- fast- so as not to fade
- Durable fabric- In order to last long
- Easy to launder – to reduce the cost of cleaning and easy cleaning
- Colour should be within the colour scheme of the room in order to enhance appearance of the room
- The fabric should be non- inflammable to prevent curtains from absorbing strong rays of the sun which cause curtains to burn
- Shrink resistant to keep all parts of the window covered
- Drape well- To provide a good hang to enhance the appearance of the room.

3.

- Should be arranged attractively
- Should be suitable to the size of the room
- Conform to the colour scheme of the room

-

4.

Avoid overcrowding / space the furniture well/ mind space for movement

- Avoid arranging furniture on the traffic areas/ avoid arranging furniture on the way
- sharp edges / corners/ screws of furniture's should be away from traffic areas
- Avoid placing furniture behind doors

5.

&

6.

- The use of the room
- The size of the room and the effect desired
- The existing décor
- Likes and dislikes i.e. personal tastes
- The architectural design of the house
- Money available

7.

- The size of the family in order to cater for every member of the family
- Durability- They should be well made with durable materials to avoid breaking
- The colour should blend well with the existing colour scheme of the house to enhance appearance
- The size of the room in order to avoid congestion or under congestion of a room
- It should be easy to care for to avoid expenses
- It should be easy to clean for hygienic purposes
- The design should match with the existing furniture
- It should be well constructed to last longer and have a good finish and workmanship.

8.

- To provide warmth to the room
- To reduce noise
- To protect the floor against damage
- To make the floor more attractive
- To make the floor less slippery
- Comfortable to the feet

-
-
- Easy cleaning of plastic

3.

- The effect desired
- The owner's personal taste
- The use of the room
- Circulation of natural light/ air
- Existing furniture/ curtains/ floor covering

9.

The money available

The furnishing should conform with the existing colour scheme

- The furnishing should be easy to care for
- The furnishing should be durable
- The furnishing should be a good workmanship
- Their size should suit the size of the room

- Design should be attractive

10.

- To give a good finish
- To make it attractive
- To cover and protect the wood grain
- To make it easy to clean
- To prolong its life

11.

- Table
- Bed
- Chair
- Cupboard
- Wall- unit
- Side- board
- Wardrobe

12.

-
-
- Blue
- Red
- Yellow

13.

- They are obtained by mixing two primary colours e.g
- Red + Yellow = Orange
- Blue + Red = Violet (purple)
- Yellow + blue = green

14.

- Monochromatic colour scheme (a one colour plan)
 - Complimentary colour scheme
- (i) Single
 - (ii) Double
 - (iii) Split

- Analogous colour scheme (a related colour plan)
- Triad colour scheme (Equidistance harmonies)

15.

-
-
- - Paints
 - Tiles
 - Wall papers
- Fabric
- Wood paneling

16.

- Balance
- Harmony
- Emphasis
- Rhythm
- Proportion

17.

- Mass arrangement
- Line arrangement

- Line and mass arrangement
- Miniature arrangement **CHAPTER SIX FOOD PRESERVATION**

1.

- Chemicals: Pesticides, Insecticides, Kerosene, dry cleaning agents, detergents etc
- Toxins: Aflatoxins caused by dampness e.g. grains

2.

- Sun drying
- Smoking
- Deep freezing Refrigeration
- Canning
- Salting or brine
- Irradiation
- Use of honey
- Deep frying

3.

- Storing in a meat safe
-
-

-
-
-
-
- Cooling the meat in an improvised charcoal cooler
- Applying salt on the meat
- Put in a polythene bag and clip in bowl of cold water
- Hanging the meat

4.

Should not be over ripe

Should not be raw

Flee from bruises

Should be unbruised

Should not be withered •

Should be firm or hard

5.

- To prevent colour change
- To prevent a hard skin from forming which interferes with cooking

6.

-
-

- Boil milk in a clean pan before use to kill germs
- Keep it in clean containers
- Keep it covered to protect it from flies, dust, etc
- Keep it in cool place to avoid spoilage/ refrigerator

7.

- Use a pan with a heavy base to prevent it from sticking at the bottom
- Use just ripe fruits not over ripe or under ripe ones
- Clean the fruits well according to its type before use.
- Boil for the correct length of time depending on the type of fruit
- Use clean sterilized jars with tight fitting lids for storing
- Pour into storage containers and cover straight away
- Test for setting before adding sugar

8.

Making juice

Drying

-
-

-
-
-
- Canning
- Freezing
- Bottling
- Use of sugar i.e. preserving in syrup
- Chutney
- Irradiation • Making marmalade

9.

- Yeast
- Bacteria
- Insects
- Enzymes
- Moulds

10.

- Bacteria
-
-

- Mould
- Yeast

11.

- Enzymes cause certain flavours and give food its distinct taste
- Enzymes are important in ripening fruits

12.

Spray drying

Roller drying

Accelerated freeze drying (AFD)

Canning and bottling

Jam Making

- Sterilization
- Fluidized bed- drying

13.

- Cleaning
- Balancing
- Filling
- Sealing
- Sterilizing
- Cooling

- -
 -
 - Storage
 -
- 14.

- Warmth
- pH value
- food
- Oxygen
- Moisture

CHAPTER SEVEN CONVENIENCE FOODS

- 1.
- Ensure availability of foods when they are not of season
 - Quick and easy to prepare and therefore saves time, energy and fuel
 - Easy to store and travel with
 - Handy for emergencies and unexpected visitors
 - Economical since they have no wastage during preparation
 - Contains extra nutrients as they are fortified during processing

- Easy to use for unskilled people in food preparation and culinary art
- They enable one to try new recipes
- Sometimes they are of a better colour due to addition of colour during processing

2.

- Cakes
- Biscuits
- Polony
- Ham
- Brawn
- Bread • Ice cream

3.

- Baby formula
- Soup
- Dried eggs
- Dried milk •
- Mashed potatoes

4.

- Can easily cause food poisoning if the consumers heat them inadequately •
- Must be consumed immediately after using if there is no cold storage at home

-
-
-
- 5.
 - Some convenience foods are not essential meal items in many homes. E.g. soup , sauces
 - Requires special and expensive storage facilities e.g. freezer
 - They are expensive to buy than fresh foods
 - The purchasing power of many people is low
 - Lack of enough money to buy the expensive ingredients

- 6.
 - Ready- to- eat
 - Dehydrated
 - Frozen
 - Canned/ timed food

- 7.
 - Tomatoes soup and bread croutons

-

-

Fish fillet

Macaroni

-

Mixed vegetables

-

Orange jelly **CHAPTER EIGHT RECHAUFF'E COOKERY**

1.

-

Loses flavour

-

Nutritive value is reduced

-

Colour changes

-

Texture changes

-

Alter flavour

-

Can cause food poisoning if not well preserved

2.

-

Food should be thoroughly reheated to destroy ant disease causing micro-organisms

-

Re-heat but do not re- cook the food to prevent overcooking

-

Use the food within the shortest time possible to avoid contamination

-

Serve the food in a different form to prevent monotony

- Garnish or decorate to make it attractive
- Moisten the food with gravy, stock or sauce
- Cook before using fresh ingredients with leftovers foods
- Season and flavour well to provide a bite
- Serve re- heated foods with some freshly cooked dishes to supplement nutrients lost in re- heated foods

3.

- Avoid covering the food when it is still warm
Using containers which are not corrosive to store food
- Cover to protect from pets and flies
- Store in clean containers
- Avoid storing food for too long before use
- Store in a cool dry place in meat safes or covering with wire mesh

4.

- To add flavour
- To improve appearance
- To avoid breaking during cooking i.e. to bind the food
- To seal in the juices i.e. seal in the juice
- To improve texture making it crispy

-
-
- To avoid getting soggy with oil
- To prevent burning

5.

- Fritters
- Fish cakes
- Cutlets
- Croquettes
- Rissoles

6.

Left – over food: Dish to be made

- (i) Minced meat: - Samosa, meat pie
 - Savoury braids
- (ii) Bread: Bread and butter pudding
 - Tomatoes soup and bread croutons
 - Scotch egg coated with bread crumbs
- (iii) Boiled egg: Scotch egg
 - Egg curry
 - Boiled egg sandwich
- (iv) Chicken: Chicken fricases

7.

- It can be dry and uninteresting to eat less a lot of creativity is employed
- Food flavour is changed
- Some nutrients are lost
- Sometimes texture and colour are altered
- There is high risk of food poisoning

-
-

8.

- Store in clean containers
- Store in refrigerator if possible
- Keep handling at the minimal
Heat adequately without re- cooking

Re- heat quickly within 90 minutes

9.

- Egg and bread – crumbs
- Potatoes e.g. potatoes balls
- Batter
- Pastry
- Bread crumbs or golden bread crumbs
- Seasoned whet flour
- Sausages meat

CHAPTER NINE

CLOTHING CONSTRUCTION PROCESSES

1.

- For binding raw edges
- Making rouleau loops
- Making pipings
- Use for trimming garments/ decorations
- For facing/ making hems, curved edges

2.

- To reinforce the area/ for strengthening the area
- To improve the appearance of the area of the garment
- To give the garment good shape

3.

- Ensure that body measurements are properly taken to be able to draft and cut the sleeve properly
- Make sure that mid- points lie properly
- Cut out sleeves when the fabric is on fold
- Draw the perpendicular as recommended

-
-
- Sleeve curves should be smooth
- Make sure that the deeper curve is at the front of sleeve and the shallower curve at the back of the sleeve

•
4.

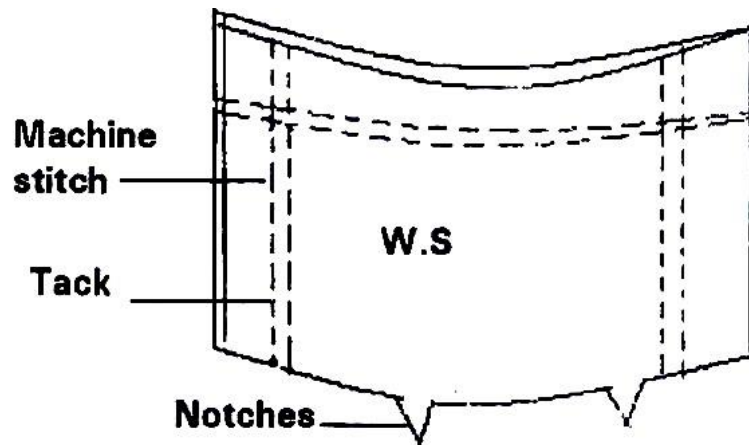
To remove creases in order to make the garment look attractive

- To make sure that seams lie flat to give intended shape of the garment
- Outline the shape of the garments
- To grain the garment
- To fix on adhesive interfacing on the fabric

5.

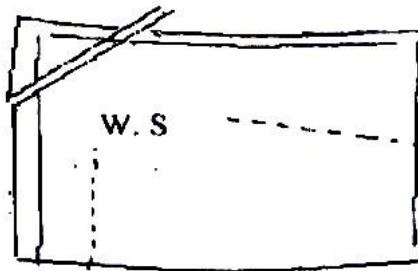
- Place two collar pieces together with RS facing matching the notches and fitting line
- Pin, tack along the fitting line leaving the neck edge free
- Remove the pins
- Machine stitch along the fitting lines, making sharp corners at each point
- Remove tacking
- Press the seam open
- Trim seam allowance to within
- Snip corners diagonally
- Turn the collar inside out

- Using a sharp object like knitting needle push out the collar points
- Press to obtain a good knife edge



Snip off the corner

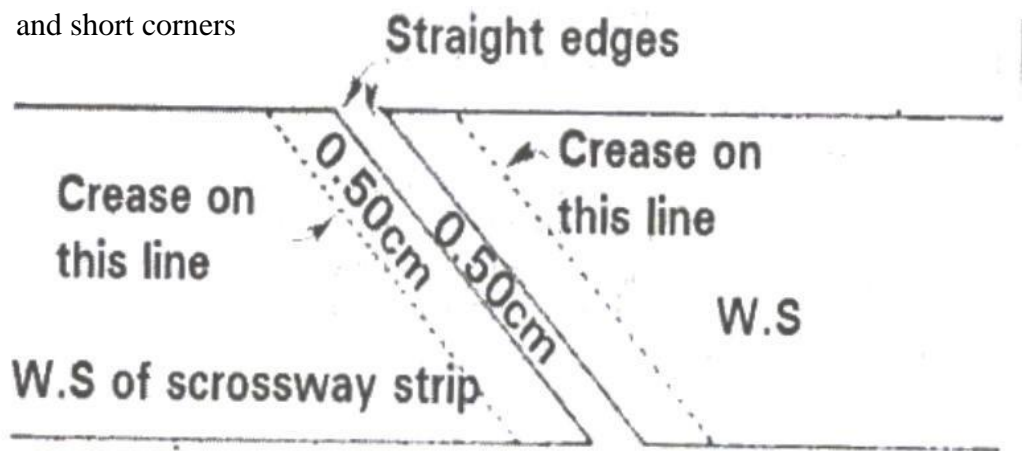
Trim the seam



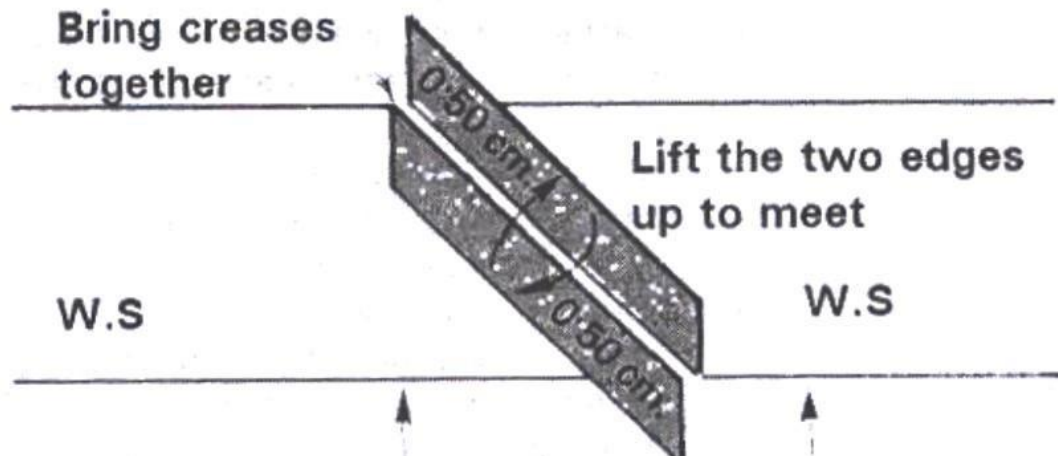
6.

1. With the R.S together, place the ends parallel to each other. Match sharp

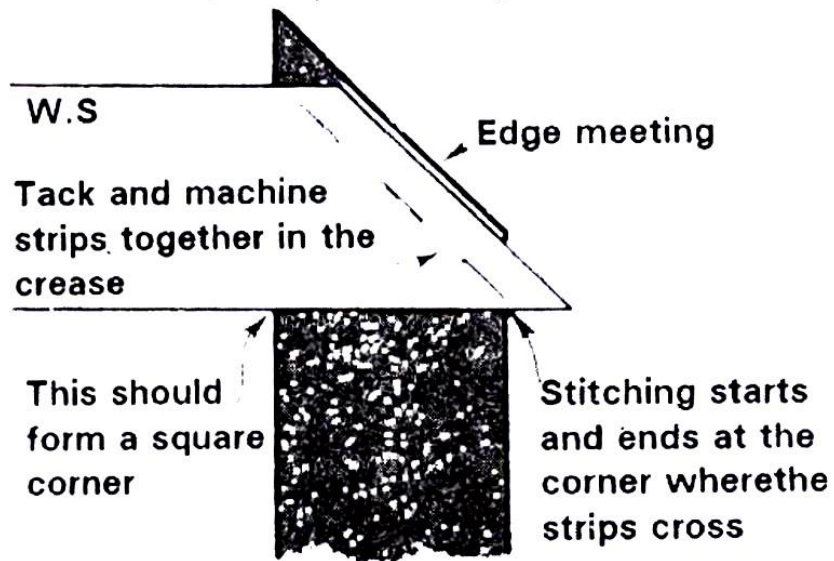
and short corners



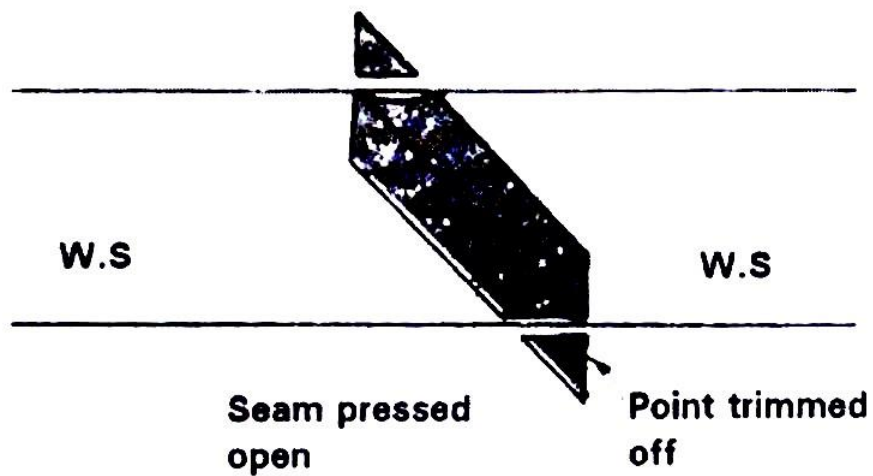
2. Pick up the left – hand and turn it over onto the right - hand one so that the R.S is inside and the strips from the corner of a square



3. Slide the top strip up for 4 mm and stitch to join across 4 mm below the raw edges, from the points overlap.



4. Press the seam open and cut off the projecting points
5. When joining several strips, machine them one after the other and cut the stitching between afterwards



7.

- To add body to the interfaced area, that is stiffening

- To reinforce the area against wear
- To improve shape and appearance

8.

- Waistbands of skirts
- Waistbands of trousers
- Cuffs and their openings
- Necklines
- Fronts of jackets
- Collars

9.

- Stitches used to hold it in place should not show prominently on the R.S unless decorative
- The collar should be interfaced
- The under collar should not show and neither should the facings
- It should retain its shape
- The collar should be applied accurately to lie smoothly on the neckline • It should be accurately positioned with the neck curve

10.

(a) Stay- stitching

- Temporary stitching done to prevent the curves from stretching out of shape

(b) Top- stitching

- This is done to emphasize features, beauty/ decorative

11.

- Applying frills
- Scalloping
- Shell edging
- Binding with contrasting colour
- Facing with contrasting colour
- Using a lace
- Loop stitching or embroidery
- Hem stitching
- Piping
- Crocheting
- Applying a ribbon
- Making a Casing with elastic

12.

- Easy to stitch
- Easily available
- Easy to press
- Not slippery
- Doesn't fray easily
- Strong therefore can withstand undoing unwanted stitches

13.

- Type of fabric e.g. fraying fabric do not need trimming
- Close to the stitching line
- The desired effect- some finishes are decorative while others are functional
- Use of a garment – garments that will undergo a lot of strain at certain edges, therefore they require strong finishes

14.

- Cut true bias strip four times the width of the binding and the required length plus turnings
- Fold the strip in half to make crease at the centre
- Fold edges to meet at the centre

- Trim seam allowance to the F.L before applying the binding
- Open out binding and match R.S sides together of the fabric and binding and saw edges
- Pin and tack the binding along the seam line
- Machine and tack and trim of the frayed edges
- Fold the binding over to the wrong side of the garments and turn under the raw edge
- Pin and tack above the first stitching and hem

15.

- To strengthen
- To prevent a flounce/ a piece of cloth at hem line
- Adding an insertion
- Adding lace/ crochet at the lower hem
- letting down the hem at the bottom
- Adding a yoke at the waist

16.

- Stronger yarn
- Will not stretch when pulled
- When the fabric is tagged the warp threads produced are higher

- It's thicker yarn
- Pitch than weft threads

17.

- Put two layers of collar together R.S facing
- Place interfacing on top
- Pin and tack close to the F.L leaving the neck edge free
- Remove pins and machine the tacked edge of the fitting line
- Remove tacking and trim to 0.5 cm
- Snip around the collar curved edges of the collar
- Press the seam open/ knife edge
- Turn with the interfacing now in the middle
- Put or use diagonal tacking across the collar width

CHAPTER TEN

PROBLEM OF THE CONSUMER

1.

- Problems of choice, too many brands/ substitutes to choose from
- Confusion caused by advertisements

- Limitation of resources/ money
- Lack of knowledge on performance of items

2.

- State the problems or goal
- Generate alternatives
- Analyze and compare the alternatives
- Make the decision as to the best solution
- Implement the decision and carry out the plan
- Accept the responsibility for the decisions and monitor the decision

3.

(a)

- Inflation
- Consumer needs and wants are difficult to meet
- Prices are too high compared to the amount of money available
- Consumer has to spend money wisely by buying cheap substitutes

(b) Advertising

- Consumer gets information on what is in the market
- Consumer has to choose properly and not buy everything that is advertised
- Some advertisement may be misleading and may cause the consumer to make a wrong choice

4.

- Avoid being influenced by advertisement by giving them closer scrutiny
- Check the product for quality stamp i.e. “diamond quality mark”
- Buy only what you need and have planned to buy
- Cross-check information contained and compare with the other people who have previously used it
- Report any discrepancies to the relevant authorities’ e.g. Ministry of trade and industry of KEBS.

CHAPTER ELEVEN

CONSUMER PROTECTION

1.

- Bad smell/ stale food
- Under weight
- Expired food
- Dates not given
- Rusted tins
- Blown up tins
- Dented tins
- Contents not indicated
- Unwholesomeness/ foreign objects/ impurities

2.

- Fight for fair prices of goods and services/ avoid exploitation
- Educate consumers on their rights/ creating awareness through mass media
- Help in judging quality and value of goods
- Assist in judging quantities and weight of goods

3.

- Kenya Consumer Association (KCA)
- Kenya Association of Manufacturers (KAM)
- Public Law Institute
- Consumer Societies

4.

- The government has set up organization such as KEBS and price control Department to ensure quality control of all goods manufactured and sold in the country.
- The government has set up legislations or laws aimed at protecting the consumer
e.g. the weight and measurements Acts, food, drugs and chemical Act and Public Health Act.
- The government has set up departments which are empowered to prosecute traders who hoard goods, sell underweight goods or poor quality goods e.g.
Department of price control and KEBS counterfeit Issue section.

5.

- To ensure a clean pollution free environment.
- To ensure goods are not hoarded by traders denying the consumer the right to consume them.
- To ensure there is control of price so that the traders do not operate at unreasonable profit.
- To ensure the consumer right to safety use of goods and services is not violated by poor quality goods in the market.
- To prevent the consumer from unfairness and exploitation by traders.

- To ensure that the consumer get equal goods and services from the money or price paid.
- To reduce monopoly, this can be used to exploit the consumers.

6.

- Name and address of the manufacturer
- Quality by, measure, weight or count.
- Brand name of product.
- The manufacturing date and expiry date.
- Direction for use.
 - Care and caution where applicable.
- Nutrients contained by percentage especially food and medicine.

7

- It assists individuals to prosecute those who violate human rights including consumer rights.
- They also offer assistance to members of the public who lack finances and legal know-how to the necessary measures when their consumer rights are violated and even to prosecute their violators

K.C.S.E 2008

PAPER 1

SECTION A (40 MKS)

Answer all questions in this section

1. Mention three functions of water in the body. (3mks)
2. Suggest six uses of carrots in cookery. (3 mks)
3. What are effects of immersing a hot aluminum frying pan in water? (2 mks)
4. Explain the two principles in bottling of fruits.
5. Write the following abbreviations in full.

AIDS

TBA

(2 mks)

6. Mention two complications arising from obesity. (2 mks)
7. What are the determinants of sage parenthood? (3mks)
8. Identify three points to bear in mind when buying land for a family house. (3 mks)
9. What measures would one take to control bedbugs in a house? (3 mks)
10. Give three advantages of using credit cards (3 mks)

11. Name four fabrics that should be wrung during laundering (2mks)
12. State three function of pressing cloth (3 mks)
13. State two functions of a seam ripper (2 mks)
14. Identify six ways of finishing the trill of a nightdress (2 mks)
15. Give two reasons for interfacing a garment (2mks).
16. Differentiate between natural and man-made fibres (2 mks)

SECTION B (20 MARKS)

COMPULSORY

17. You are preparing for the school's prize giving day.
- a) Describe the method you would use to clean a varnished wooden table to
be used for the occasion (6 mks)
- b) Give six rules you would observe when removing stains from table
napkins to be used for the occasion (6 mks)

- c) Outline the procedure you would use when cleaning a toilet to be used by the guest of honour. (8 mks)

SECTION C (40 MKS)

Answer any two questions from this .

18. a) what do the following terms mean in meal planning and management?
i) Accompaniment (1 mk) ii) Accompaniment (1 mk) iii) Flavourings (1 mk)
19. a) give four reasons for proper drainage in a home (4 mks)
b) Explain three disadvantages of open drainage in an area (8 mks)
c) Suggest eight measures to take in prevention and control of typhoid (8 mks)
20. a) List six types of sleeves (3 mks) b)
Identify three types of sleeve openings (3 mks)
c) Give three features of a well cut out crown of a sleeve. (3 mks)
d) Describe the process of setting in a plain sleeve. (11 mks)

PAPER 2

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

Materials provided

1. Pattern pieces for the blouse:

A- Blouse front

B- Blouse back

C- Collar

D- Pocket

2. Lightweight plain cotton fabric cotton long by 90cm wide.
3. Sewing thread to match the fabric.
4. One large envelope

THE TEST

Using the materials provided, cut out and make the LEFT HALF of the blouse to show the following processes:

- a) Making of an open seam at the shoulder;
- b) Making of the side seam using a French seam;
- c) Neatening of the blouse from facing;
- d) Preparation of the Collar
- e) Attachment of the Collar. Use hemming stitches at the back:
- f) Holding the facing on the blouse using diagonal tacks. Do not remove
- g) Preparation and attachment of the patch pocket;
- h) Management of the blouse hem:
 - i) Use even tacking to hold the hem. Do not remove;
 - ii) Use machine hemming

At the end of the examination, remove all pins; firmly sew onto your work, on a single fabric, a label bearing your name and index number.

Fold your work carefully and place it in the envelope provided. Do not put scraps of material in the envelope.

MARKING SCHEME 2008

PAPER 1

SECTION A

1.

- Helps in absorption of food
- Assist in food digestion
- Help to eliminate waste products
- Help to regulate the body temperature i.e. maintenance of constant body temperature.
- It forms $\frac{3}{4}$ of the body content
- Help to provide a media of food transport in the body
- Help to quench thirst
- Help to prevent constipation
- Provide favourable conditions for body reactions

2.

- In garnishing when used to add colour, decorate or to improve appearance
- In vegetable salad when used as an accompaniment
- To enhance colour in food when cooked with other food
- To make soups as a starter course e.g. carrot soup
- To enhance the nutritive value of the food
- As an appetizer when eaten raw at the beginning of a meal

- To add flavour when cooked with other foods - To make nutritional drink i.e. carrot drink.

- To exercise the teeth and jaw when eaten raw

- To clean food particles after a meal especially in packed meals

3.

- The metal buckles and warps due to the extreme change of temperature i.e.

fasten and becomes twisted or bent out of its normal shape.

4.

- Sterilization - Exclusion of air

5.

- AIDS- Acquired Immune Deficiency Syndrome

TBA- Traditional Birth Attendants

6.

- Heart diseases

- Hypertension

- Diabetes

7.

- Meeting the nutritional needs of the mother

- Correct age of the parents

- Voluntary counseling and testing (VCT) of HIV of the parents

- The social preparation of the expectant mother

- Psychological preparation of the expectant mother

8.

- It should not be too far from the social amenities such as work place access roads, schools, water, electricity, shopping centre and hospitals
- The value of the land should be worth the price
- The cost of the land should be within the family financial means
- Ensure the reliability of the seller by checking that all legal documents are available and valid before the final transaction
- Ensure that the neighborhood is secure enough by knowing the nature of the people living around
- Ensure that the land is well drained so that it does not flood during the wet season.
- Ensure that the soil is easy and cheap to manage by avoiding black cotton soil which is unstable, cracks during the dry season and becomes water logged during the wet season.

9.

- Keep the house free from dust and dirt
- The house should be well lit and ventilated
- The cleaning of the house and other surfaces and bedding should be done appropriately
- Beddings should be aired outside once in a while
- Use an appropriate pesticide to kill any present eggs or bedbugs
- Spray the house, beddings and the surrounding once in a while

10.

- It's secure to carry around compared to cash money

- Its convenient as one can to buy items even where one had not planned to spend as long as the card is available
- Where a lot of money is needed it is not bulky to carry

11.

- Woolens
- Nylons
- Loose coloured articles
- Silks
- Polyster
- Knitted cottons and lichens
- Synthetic
- Viscose

12.

- To remove creases
- To enhance the appearance
- To kill germs

13.

- To remove unwanted stitches
- To cut buttonholes

14.

- Hemming/ shell hemming
- Use of lace
- Use of ribbon

- Binding
- Folding
- Piping - Overcasting

15.

- To give body or shape
- Stiffening to add firmness
- Giving a crisp tailored look to the area where applied
- Obtaining a good knife edge
- Increasing crease resistance
- Prevent stretching or sagging
- Reinforcement as for button and buttonholes area

16.

- Nature fibres are from parts of plants such as cotton and flax, and from animals such as sheep and silkworm and minerals such as asbestos while else man-made fibres are produced through the chemical treatment of certain raw materials such as petroleum extracts and by-products of coal.

SECTION B

17. (a)

- Cleaning a varnished wooden table
- Dry dust with a clean dry cloth

- Clean with a clean wrung out of lukewarm soapy
- Rinse with a clean cloth wrung out of clean warm water
- Final rinse with a clean cloth wrung out of cold water
- Wipe and allow to dry completely

(b)

- The stain should be removed when still fresh as it is difficult to remove when it get fixed with time
- If the stain is unidentified use mild stain removes before progressing to stronger ones if not remover
- After the stain is removed, rinse the article well to remove traces of the reagent
- Remove the stain using a circular movement from the outside towards the inside to avoid spreading the stain
- Remove the stain before washing
- If possible, use stain remover agents which are in solutions as they are less harsh to the fabric
- Avoid using metal spoon the metal may stain the article

(c)

- Collect the equipment and materials required
- Open the windows for ventilation
- Flush the toilet and pour into the basin cleaning powder or liquid with disinfectant and leave for a few minutes
- Clean the cistern, seat cover and the handle by wiping with a clean cloth wrung out of warm soapy water
- Clean the hand wash basin the same way
- Rinse with clean water into which disinfectant has been added and leave to dry

- Use a toilet brush to scrub the inside of the bowl removing all the stain
- Flush the toilet again
- Mop the floor, rinse and dry thoroughly.
- Clean the equipment used and store appropriately.

SECTION C

18. (a)

(i) Accompaniment

A dish or a kind of food in a meal served and eaten together with another food to improve its suitability e.g. dry food can be accompanied by a sauce, gravy or vegetable salad.

(ii) Savoury foods

Are foods which do not have a sweet but have a salty taste, e.g. beef, chicken curry and soups.

(iii) Flavourings

Are ingredients or food stuffs added to a dish or cooked together to enhance the taste and smell of that dish

(b)

- The number of people taking the meal
- The cutlery and crockery required depending on the food to be prepared
- The number of courses in a meal
- The type of meal service to be used e.g. self service
- The type of food to be served
- Ensure a side plate is available for each cover
- To allow enough space for each cover, i.e. approximately 60 cm
- to ensure that fresh water for drinking and glasses are presented
- The room, table the table linens and cutlery must be spotlessly clean
- Mats should be placed to protect the table and the table line

(c)

(i) Food budget is the proper planning for meals using the money available or set aside for the food.

(ii)

- It ensures that meals are adequate for the family members
- Meals meet the individual requirement
- Meals are well balanced diets

- Meals are presented and served attractively
- Meals provide variety of colour texture and flavour
- Meals are planned making use of the available foodstuffs
- Meals are within the family food budget

19. (a)

- Keep the surrounding neat and free from pools of stagnant water
- To destroy breeding places for pests
- To keep off bad odours
- To free the house from dampness
- To prevent accidents of fall from slippery ground
- To prevent favourable candidates for diseases causing insects e.g mosquitoes and houseflies

(b)

- Those which are not cemented cause soil erosion as the edges continue to wear out.
- They can easily become a breeding place for pests
- They become unsightly and smell if not well cleaned constantly
- They pose dangers of falls and drowning especially to your children

(c)

- Food handlers should not be suffering or be carriers of typhoid and other communicable diseases

- Food handlers should undergo regular medical check-ups to ensure that they are free from typhoid
- Typhoid vaccination should be administered to provide immunity for up to two years especially of faeces and urine should be ensured
- Domestic water should be well treated for safe drinking
- Proper water should be well treated for safe drinking
- Proper personal and kitchen hygiene such as washing hands before handling food and after visiting the toilet should be observed.
- Food preparation and service utensils and equipment should be thoroughly cleaned before use.
- Fruits and vegetables should be washed the roughly with clean treated running water before eating
- Dwelling places and houses should be free from dirt and over- crowding
- Houses should be well ventilated for good circulation of fresh air.

20. (a)

- Dolman sleeve
- Bell sleeve
- Puffed sleeve
- Magyar sleeve (short kimono sleeve)
- Kimono sleeve
- Leg of mutton sleeve
- Bishop sleeve
- Raglan sleeve

(b)

- Continuous wrap opening

- Bound opening
- Faced slit opening

(c)

- The notches and fitting lines should match well with the ones of the shoulder seam
- The cap should be smoothly round
- The crown should properly fit in its right position
- The crown length should be of the right side to reduce bulk and provide a good hang

(d)

(i)

- Work from the WS of the garment and the RS of the sleeve and slip in the sleeve into the armhole matching
- The side seam and the sleeve underarm seam
- Crown of the sleeve and the shoulder seam

Upper raw edge of the sleeve and the armhole

- Matching well the fitting lines
- Matching well the notches

(ii)

- Pin and tack the sleeve to the garment from the underarm all round along the fitting line.

(iii) Remove pins and machine all round starting at the underarm seam

(iv) Remove the tacking and trim the raw edges evenly to 6 mm- 9 mm if the fabric is bulky.

- (v) Neaten the raw edge appropriately
- (vi) Press the work
- (vii) Hem or finish the lower edge (for short sleeve) appropriately and press well.

PAPER 2

1. Presentation	Score	Maximum Score	Total Marks
- Worked well pressed $\frac{1}{2}$ and folded $\frac{1}{2}$			

<p>back 1 and cut on straight grain 1 to within 2 mm.</p> <p>- Smooth cutting of collar $\frac{1}{2} \times 2$ and cut on the correct grain $\frac{1}{2} \times 2$</p> <p>- Smooth cutting of lower edges 1 x 2 backside - smooth cutting of blouse front side 1, blouse back $\frac{1}{2}$ and pocket $\frac{1}{2}$</p>	<p>2 $\frac{1}{2}$</p> <p>2</p> <p>2</p> <p>1</p> <p>2</p>		
		9 $\frac{1}{2}$	
<p>3. Shoulder seam – open</p> <p>- Straight smooth stitching 1</p>			

- Well neatened seam allowances $\frac{1}{2} \times 2$	1		
- Correct size $\frac{1}{2} \times 2$ 0.9 cm – 1.2 cm	1		
- Evenness of stitches 1	1		
- Seam open $\frac{1}{2}$ and flat $\frac{1}{2}$	1		
	1		
		5	
4. Side seam- French seam			
- Seam well trimmed no threads on the RS	$\frac{1}{2}$		
- Straight stitchery	1		
Seam well knife- edge	$\frac{1}{2}$		
- Evenness of seam	$\frac{1}{2}$		
- Flatness	$\frac{1}{2}$		
- Correct size (6 mm) to within 2 mm	$\frac{1}{2}$		
- Seam pressed towards the	$\frac{1}{2}$		

back			
	½		
		4	
5. Neatening of the blouse front facing			
- Appropriately neatened	½		
- Straight stitches	½		
- Even stitches	½		
- Appropriate neatening allowance	½		
		2	
6. Collar preparation - Straight stichery smooth outer edge of collar by			
impression 1	1		
- Collar seam trimmed ½ - Good knife edge 1 and sharp points 1	½		
Correctly top stitched	2		

	1/2		
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-Flatness of collar 1	1		
7. collar attachment - correctly positioned 2 1/2 cm from folding line 1 and flash at the CB to within 2 mm to 2.6 mm -Collar sandwiched between facing and			
garment. 1	1		
Neckline seam trimmed 1/2 and snipped 1/2.	1		
-smooth attaching line 1/2 and sharp point 1/2. -Neatly hemmed at the back using hands. 1	1		
-correct shape 1/2 and size 1/2 within 5 mm superimpose	1		

<p>-facing firmly fixed $\frac{1}{2}$ within 5 mm superimpose</p>	<p>1</p>		
<p>-facing firmly fixed $\frac{1}{2}$ at the shoulder seam $\frac{1}{2}$ and flat $\frac{1}{2}$ from shoulder line to down.</p>	<p>1</p>		

	1 ½	7 ½	
<p>8. <u>Holding the facing on to the blouse using diagonal tacks</u></p> <p>-made on the two layers -Good slanting stitches</p>	½ ½		
		2	
<p>9. <u>Patch pocket</u></p> <p>-Hem correctly made on</p>			
<p>the pocket on the w. s ½ and with straight stitchery</p>			

<p>½.</p> <p>-Evenness of pocket hem</p>	1		
<p>1.</p> <p>-Pocket correctly stitched close to the fold 1 with straight stitchery ½ within 2 mm</p> <p>-top corners wells reinforced ½ x 2.</p>	1 1 ½ 1		
<p>-well tucked under ½ and trimmed ½.</p> <p>-Correct size 1 and shape ½</p> <p>Superimpose the pocket pattern with 5mm</p>	1 1 ½		
		7	
<p>10. <u>Hem management</u></p> <p>i)</p>			

- even tacking	½		
Straight stitches	½		
-Evenness of stitches			
	½		
ii) <u>machine hamming</u>			
-Straight stitches			
-correct tension used			
Flatness of them	½		
	½		
	½		
		3 ½	
		50	

Grand total = 50 marks

PAPERS 3

Areas of assessment	Maximum Score	Actual score	Remarks

1. <u>PLAN</u>			
Recipe			
-availability	1		
-Correct quantities	1		
-Suitability of food items	1		
Order of work			
-availability			
-Proper	1/2		
Sequencing			
	1/2		
List of foodstuffs, materials & equipment			
- Availability			
- Adequacy	1		
- appropriateness	1/2		
	1/2		
	6		
2. <u>PREPARATION</u>			
Correct procedure			

-Protein	1		
-Carbohydrates	1		
-vegetable	1		
-Drink	1		
Method of cooking			
(at least two)			
Quality of results			
-Protein	1		
Carbohydrates	1		
-vegetables	1		
-Drink	1		
	10		
3. <u>PRESENTATION</u>			
Utensils			
-appropriateness	1		
-cleanliness	1		
General impression			
Hygiene	1		
	1		
i)			
ii) food			
Personal			
	5		

4. <u>ECONOMY OF RESOURCES</u>			
Water	1/2		
Food	1/2		
Fuel	1/2		
Materials	1/2		
	2		
5. <u>CLEARING UP</u>			
During work	1		
After work	1		
	2		
TOTAL	25		