

# HOME SCIENCE

## GRADE FIVE NOTES

### HEALTHY LIVING

#### **PRE- TEEN OR PRE- ADOLESCENCE (9-12 YEARS)**

**Pupil's activity**

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- A **pre adolescent** is a child between the ages of 9 and 12 years.
- A pre adolescent is no longer a little child, but not quite a teenager.
- They are in between the two age groups.
- A child in this age bracket is also called a **pre teen**
- Physical, mental and social changes take place during the pre teen years.

#### Changes that take place during pre adolescence

**Pupil's activity**

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#### Physical Changes in Boys during pre- adolescence

1. Broader chest and shoulders
2. Breaking voice to become deeper
3. The penis, testes and scrotum enlarge
4. Growing of hair in part of the body (around sex organs, pubic hair, chest hair, beards on the face and armpits).
5. Sperms mature in the testis experiences ejaculation, which is release of sperms through penis. At times this can happen during the night and is called **wet dreams**.
6. Boys eat more because height and weight are increasing and becoming muscular
7. At times development of pimples on the face may occur.

#### Physical Changes in Girls during pre-adolescence

1. Growth of breasts
2. Hair grows in the armpits and around sex organs(pubic hair)
3. Hips become broader,
4. Release an egg by ovaries after 28 days (ovulation). This happens if the egg(ovum) is not fertilized. The lining that had been formed in the uterus along with the egg breaks down and flows out of the body through vagina as blood. This process is called menstruation. It occurs once a month and may last 4-5 days,
5. Pimples may appear on the face
6. Rapid increase of weight and heights and may cause them to eat more

## **Good grooming as a daily health habit**

Pupil's activity

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Keeping clean is an important part of staying healthy

- Washing hands after eating and after toilet
- Wearing clean clothes
- Mending clothes if damage or torned
- Bathing every day
- Keeping short, clean hands and toe nails
- Keep your hair clean and tidy
- 

Having good manners means

1. Obeying rules at home and school and in teams
2. Being polite when communicating
3. Treating family, friends and teachers with respect
4. Being truthful and having integrity
5. Maintaining good hygiene and grooming
6. Setting boundaries and limits
7. Using technology, wisely and safely
8. Being kind and warm at all times
9. Using good table etiquette

## **Daily physical exercise as a healthy habit**

Pupil's activity

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Everyone can benefit from regular exercise. Active children will have

1. Leaner bodies
2. Stronger muscles and bones
3. Less risk of becoming overweight
4. A lower chance of getting lifestyle diseases
5. Lower blood pressure and cholesterol levels
6. A better outlook on life

Some of the exercises you can do are

- Riding a bicycle
- Rope skipping
- Press ups
- Running

➤ Swimming

### **Healthy eating habits for pre-adolescents**

Pupil's activity

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- Eating healthy meals everyday
- Increase fibre in the diet
- Decrease the use of salt and sugar
- Drink plenty of water
- Drink fresh fruit juice. Do not add sugar
- Eat fruits or vegetables

### **Appreciating healthy habits in pre adolescence**

- Exercise regularly
- Eat a balance diet
- Maintain a healthy weight □ Get enough sleep
- Brush and floss your teeth
- Learn ways of manage stress
- Accept yourself

### **DRESSING SELF Factors to consider in the choice of clothes and shoes**

Pupil's activity

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1. Occasion
2. Culture or religion
3. Fashion
4. Comfortability
5. Decency
6. Wear clothes that are fitting
- 7.
- 8.

### **Decent ways to dress a pre adolescent**

Pupil's activity

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- We wear clothes and shoes to be modest around others
- Clothes cover our bodies and make us presentable before other people
- Always wear clothes during different times of the day

## **Fashion show ways to dress for pre adolescents**

Pupil's activity

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- ✓ Select the theme of the fashion show
- ✓ Decide the day and time for the event
- ✓ Select the venue and place the show will take place
- ✓ Send out invitation
- ✓ Learners to volunteer for various roles

## **Appreciating decent clothing for a pre adolescent**

Pupil's activity

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Making of flash cards to show the importance of decent dressing for pre adolescent

## **TIME MANAGEMENT**

Pupil's activity

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- **Time management** is the process of organizing and planning how to divide your time between different activities

## **Factors that lead to time wastage in day to day life**

Pupil's activity

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- We can waste time by spending too much time doing the following activities
  - Watching too much television
  - Listening to music on the radio or phone
  - Talking and playing with friends

## **Positive leisure activities for healthy living**

Pupil's activity

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1. Sweeping the classroom
2. Cleaning the school compound
3. Drawing
4. Playing soccer
5. Singing

### **Preparing a plan on how to spend time daily**

- In order to manage time properly, it is important to plan your time well
- Planning time well ensures that we do not waste it doing too little or too much of one thing
- When planning our time, we should consider
  1. How much free time we have in a day
  2. Identifying the important tasks that have to be completed and plan for them
  3. Identify the hobbies to be pursued and plan for them

Pupil's activity

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### **Effects of wasting time**

Pupil's activity

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- Wasting time on the internet rapidly can cause health issues and other problems due to inactivity; as it leads to weight gain, headaches and backaches, tired eyes, and also is the main reason of laziness and a decline in other activities.
- 

### **Appreciating the importance of management of time**

PUPIL'S ACTIVITY

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### **Surfaces found in the home**

**Surfaces** in the home refer to walls, floors, ceilings, tables and window surface.

All these require care and maintenance

There are different materials used to make surfaces in the home.

The materials include lass, wood, tiles and cement

### **Surfaces made from different materials in the home**

Pupil's activity

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Surface	Material
1. Walls	Cement
2. Floors	Tiles , cement
3. Ceilings	

4. Tables	Wood
5. Window	Glass
6.	
7.	

### **Equipments and materials used for cleaning different surfaces in the home**

1. Bucket
2. Brooms
3. Dust pans
4. Soap
5. Duster 6. Scrubber
- 7.

### **Improvising cleaning equipments and materials for cleaning different surface at home**

#### **A. Floor cloths**

You can use old and worn out items such as t-shirts, towels, bed sheets or blankets

#### **B. Brooms**

You can use long grass, twigs or reeds

- ✓ Collect long grass and reeds that can comfortably fit in your hand
- ✓ Tie them tightly with a rope or string. You can also tie them onto a handle
- ✓ Trim the lower edge to even it out

#### **C. Dustpans**

You can use a piece of cardboard paper, plastic bottles, an old jerrycan or a flattened piece of tin.

### **Cleaning different surface in the house**

#### **A. TILED SURFACE**

Pupil's activity

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#### **B. CEMENTED SURFACE**

Pupil's activity

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#### **C. PLAIN WOODEN SURFACE**

Pupil's activity

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#### **D. GLASS SURFACE**

Pupil's activity

### **Practise cleaning different surfaces**

Pupil's activity

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### **Safety measures when cleaning different surface at home**

- Collect all the cleaning tools, equipments and materials before starting to clean
- Wear comfortable shoes that do not slip on wet floors
- Remove any items that may cause you to slip and fall
- Follow the correct procedure when cleaning different surface at home

□

### **Care of cleaning equipment and materials**

- Store brooms and brushes by handing them or placing them upright on their handles. This prevents the bristles from bending
- Wash, rinse and dry all cleaning equipments before storing them. Do not dry plastic basins, buckets and dustpans in the sun. This makes them crack and break.
- Do not bang plastic dustpans and buckets as this may break them. Store in a clean dry place.

### **Appreciating a clean home to promote healthy living**

Pupil's activity

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Cleaning procedures eliminate germs and promote healthy living in homes

A clean house is healthy

A clean house is secure from diseases

### **Common communicable disease**

A **disease** is any condition that interferes with the proper functioning of the body or mind.

### **Meaning of communicable diseases**

- A **communicable disease** is a disease that can be passed to a person from an infected person, animal or object.
- The agents that cause communicable disease are **germs**.
- When germs enter the body, we can develop an infection
- An **infection** is a condition that occurs when germs enter the body, multiply and cause harm or ill health



Pupil's activity

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- There are many different types of communicable disease

### **1. Respiratory disease**

These affect the respiratory system Example:

- Cold
- Coughs
- TB
- COVID 19

### **2. Skin disease**

We get when we come into contact with people suffering from disease

Example:

- ringworms
- Scabies

### **3. Diseases transmitted through insects**

Some insects spread disease

Example

- Malaria spread by mosquitoes

## **Common communicable diseases**

Pupil's activity

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1. Chickenpox
2. Ringworms
3. Measles
4. Scabies
5. Malaria
6. Tuberculosis
7. common cold
8. typhoid

## **Causes of communicable disease**

1. dirty environment
2. poor hygiene
3. sharing of personal items
4. through contamination from an infected person, animal or object
- 5.

Pupil's activity

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## **Measles:**

- Affects children after the age of nine months.
- Cause death very easily if not controlled
- Injection done on the upper arm

### **Ringworms**

Ringworm is a skin infection that is caused by fungus. It can appear on any area of your skin and even your toenails and fingernails. It typically appears as a ring-shaped rash that may cause red skin that is scaly or itchy. It may also cause hair loss in the affected area.

### **Scabies**

Scabies is an itchy skin condition caused by a tiny burrowing mite called Sarcoptes scabiei. Intense itching occurs in the area where the mite burrows. The urge to scratch may be especially strong at night

Scabies is contagious and spreads quickly through close physical contact in a family, school

### **Tuberculosis**

Tuberculosis is caused by a germ called bacterium in singular and bacteria in plural. Coughs and spits of an effected person have droplets which contains the germs that are released in the air. Another person breathing in those droplets he/she becomes infected.

### **Malaria**

Malaria is a vector based disease and is considered highly communicable meaning it can be spread though not directly from human to human.

The disease is caused by plasmodium. Plasmodium is a parasite carried by female anopheles mosquitoes. This mosquito bites a person with malaria and sucks the parasites when this mosquito bites another healthy person, the parasites are passed into his/her blood and becomes sick.

### **Common cold**

A cold is caused by any one of several viruses that causes inflammation of the membranes that line the nose and throat

The common cold is very easily spread to others. It's often spread through airborne droplets that are coughed or sneezed into the air by the sick person. The droplets are then inhaled by another person. Colds can also be spread when a sick person touches you or a surface (like a doorknob) that you then touch.

## **Health measures that prevent common communicable diseases**

Pupil's activity

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### 1. Proper hygiene

Practice proper hygiene by use of handkerchief when sneezing, coughing and cleaning the nose.

## 2. Cleanliness

Always keep our environment clean and dust free

## 3. Separation

The infected ones should be advised to be away from other people for sometime until they are well. For cases like Covid 19, TB

## 4. Treatment

The infected person should be treated quickly to avoid further Spread

## 5. Immunization

This is where people especially young babies are given a vaccine which prepares the body to fight and defeat the diseases causing germs when they attack

## 6. Air

Tuberculosis likes where fresh air does not flow quickly e.g. In crowded places with poor ventilation. For prevention, we should always allow air to flow freely into the room.

### **Health measures that prevent common communicable diseases in the locality**

Pupil's activity

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1. Careful use of handkerchiefs
2. Proper use of the toilet, latrine or urinal
3. Washing hands after visiting the toilets and before eating
4. Not sharing personal items
5. Observing personal
6. Avoiding contact with an infected person, animal or object and maintaining social distance

### **Appreciating the importance of preventing common communicable diseases in the locality**

Pupil's activity

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### **CONSUMER EDUCATION Consumer awareness**

- **Consumer** s are the people who choose, buy and use goods and services
- **Goods** are items we can touch such as bread, milk, vegetables
- **Services** are things we cannot see or touch and are provided for a fee eg catering, teaching, transport

### **Advertisement**

- An advertisement is a message used to inform a consumer about certain goods and services available in the market

- Advertising is done to create demand for goods or services

### **The importance of advertisement to a consumer**

Pupil's activity

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- Advertised products are normally of high quality
- Through advertisement consumers can gather more information about goods on sale
- Some advertisement tell the consumer how much a product costs

- Information on goods or services are indicated
- An advertisement gives information on where the goods or services can be found
- Actual prices of certain goods and services also given
- Manufacturers are able to inform consumers about the products they have in the market for consumer to buy and use

1. Advertising- helps in launching many new products in the market. Thus, the consumers become aware about the products available in the market
2. Advertising raises the demand for the product and hence the level of production goes up.
3. Advertising Enhanced Knowledge of a certain good or service
4. It helps in planning before shopping
5. Consumers are able to know reasonable prices for commodities

### **Types of media in advertisement**

Pupil's activity

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Advertisements can be done through

1. Live broadcast like TV and radios
2. Newspaper
3. Magazines
4. Posters
5. Brochures
6. Branded clothes
7. Social media like whatsapp, facebook

### **Safety precautions when using information from an advertisement**

Pupil's activity

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The consumer must

1. Know what he or she is buying to avoid impulse buying
2. Make comparisons to choose the best goods or services at the best price
3. Follow the instructions provided in product manuals on the safe use of products
4. Return a defective product and get a replacement
5. Read information on labels and packages such as expiry dates and storage

### **Creating an advertisement for an item used in daily life**

Pupil's activity

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### **Appreciating role of advertisement**

Pupil's activity

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### **Wise buying**

Wise buying is buying the right product or service at the right price and place

We should budget for products before buying

Pupil's activity

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### **Importance of wise buying**

1. Wise buying leads to saving of money. An affordable price is paid for an item
2. Wise buying encourages budgeting for items to be bought
3. Protect their health. Not persuaded to buy products and services that are worthless or harmful
4. Develop a high level of self-confidence. They are able to speak for their rights
- 5.
- 6.

### **Safety precautions to observe when buying different items**

Pupil's activity

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1. Check expiry date of the product
2. Compare prices from different shops or retail
- 3.

### **Buying wisely from a shopping place in the locality**

### **Appreciating the importance of observing safety when buying items**

### **FOOD AND NUTRITION Food nutrients Food and nutrients**

- **Food** is what we eat and drink for energy and growth
- Feeding our bodies is about getting the right nutrition
- **Nutrition** is giving the body the food it needs for it to grow and be healthy
- Feeding the body so that it is healthy means that you are eating a varied diet to get sufficient nutrients

### **Various nutrients found in foods**

- Eating a varied diet means eating a variety of foods from the different food groups that contain the necessary nutrients required to maintain health and growth.
- There are various types of nutrients found in foods
- Micro nutrients are nutrients which are required in small amounts
  1. Fats
  2. Vitamins
  3. Minerals
- Macro nutrients are nutrients required in the body in large quantities
  1. Proteins
  2. Carbohydrates

<b>Nutrients</b>	<b>Food sources</b>	<b>Importance</b>
Carbohydrates	Ugali, chapatti, mandazi, Sugarcane, green maize, green banana, honey, table sugar, irish potatoes, honey, sweet potatoes, githeri, bread, rice	These are <b>energy-giving</b> food
Proteins	beans, milk, eggs, peas, soya beans groundnuts, peas, yoghurt, green grams, lentils, chicken, meat	These are <b>body-building</b> and <b>repair</b> foods
Fats and oils	coconut, sunflower, cod-liver oil, corn, simsim, pumkin seeds, soymilk, nuts, fish oil, fatty fish, cheese,	These are also <b>energygiving</b> foods
Vitamins	Green vegetables, green peas, carrots, apples, nuts, avocados, ripe bananas, lemons, mangoes	These are protective foods.eg vitamin A,B,C and D Vitamin A is Good for eyesight.

Minerals	Dark green vegetables, liver, egg York, fish, milk, sardines, millet, sorghum, rice	These supply chemicals needed for growth and good health. Helps to make the blood healthy. Strong bones and teeth. Helps in clotting of blood to stop bleeding
Roughage (diet fibre)	Brown rice, barley, nuts, black beans, lentils, pears, apples, maize, green beans and vegetables	Helps to keep the digestive system healthy They help in getting rid of waste product (constipation)
Water	Water, fruit juices, water melon, porridge	Aid in digestion and to stay alive Water cools the body when the weather is hot Water removes waste products from the body through sweat and urine Water helps in making of blood

### **Foods found in our locality**

Pupil's activity

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1. Eggs
2. Fish
3. Bananas
4. Cassava
5. Meat
6. Mangoes
7. Potatoes
8. Maize
9. Beans
10. Kales

### **Creating variety in diet**

A **balanced diet** is a meal that contains all the different types of food nutrients that are need by the body in order to maintain good health.

Pupil's work

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DAY	BREAKFAST	LUNCH	SUPPER
Monday			
Tuesday			

<b>Wednesday</b>			
<b>Thursday</b>			
<b>Friday</b>			
<b>Saturday</b>			
<b>Sunday</b>			

### **Appreciating the habit of eating foods that are rich in all nutrients**

Pupil's activity

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Because different foods provide different types and amounts of nutrients, it is important to choose a variety of foods from within each group

### **Nutritional deficiencies and disorders**

- The body needs the right amount of nutrients to maintain balance.
- When a person is lacking a nutrient, like minerals or vitamins, he or she has a **nutritional deficiency**.
- A **nutritional deficiency** can occur because the food eaten lacks the necessary nutrients.
- It can also occur because the body does not absorb the necessary amounts of a nutrient from the food eaten.
- **Nutritional disorder** can also be caused by taking too much of one nutrient.
- The disorder can be prevented by eating the needed nutrients in the required amounts

### **Causes, signs, symptoms and prevention of nutritional deficiencies and disorders**

<b>NUTRITIONAL DEFICIENCY OR DISORDER</b>	<b>CAUSES</b>	<b>SIGNS AND SYMPTOMS</b>	<b>PREVENTION</b>
Kwashiorkor	Lack of proteins	Swollen face and hands Protruding abdomen Change in skin and hair colour and texture Fatigue and irritability Failure to grow or gain weight	Eating foods rich in proteins

Marasmus	Lack of nutrients	Excessive loss of weight Sunken eyes Alertness Wrinkled skin Diarrhoea Respiratory infections Delayed growth	Eating a balanced diet
Rickets	Inadequate calcium, phosphorus and vitamin D	Bowed legs or knocked knees Delayed growth Delayed crawling and walking Pain at the back and the legs Weak muscles	Eating protein rich foods such as egg yolk, fish, liver and omena
Nutritional anaemia	Lack of iron vitamin B12	Body weakness and dizziness Breathlessness Rapid heartbeat Pale skin Headache Cravings for soil due to lack of iron Sores in the mouth or on the tongue Weight loss Pale eyes, tongue and gums	Eating foods rich in iron and vitamin B12 such as meat, liver egg yolk or vegetable
Goitre	Lack of iodine	Swelling in the front of the neck A tight feeling in your throat Coughing and	Eat iodized salt and vegetables
		hoarseness Difficulty swallowing and breathing	
Constipation	Inadequate drinking of water or consumption of vegetables	Difficulty passing stool Passing less stool than usual Lumpy, dry or hard stool Pain and cramping in the abdomen Feeling bloated Loss of appetite	Drink enough water, eat vegetables and fruits

Night blindness	Lack of vitamin A	Headache Eye pain Nausea and vomiting Blurred vision Sensitivity to light Difficulty seeing into the distance	Eat foods rich in vitamin A such as liver, milk, egg yolk, cheese, kidney or fish
Scurvy	Lack of vitamin C	Swollen, spongy and purplish gums that are prone to bleeding Loose teeth Scaly dry skin Very dry hair that curls and breaks easily Slow healing of wounds Opening of previously healed scars Premature stopping of bone growth (in babies and children)	Eating fruits especially oranges, lemons, tangerines, strawberries or plums
Obesity	Overeating	Excessive body weight Back and joint pains Breathlessness Increased sweating Tiredness during play	Eat healthy foods in correct amounts and exercise regularly

### **Adopting healthy eating habits to prevent nutritional deficiencies and disorders**

Pupil's activity

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- Nutritional deficiencies and disorders are caused by inadequate or excessive intake of different nutrients
- A person suffering from a nutritional deficiency and disorder will be weak, unhealthy and often ill
- Eating a balanced diet that has a variety of foods helps prevent nutritional deficiencies and disorder

### **Food preservation**

**Food preservation** is the process or technique used to maintain food in good condition to avoid spoilage

### **Cereals and pulses (legumes) available in the locality**

A **cereal** is a member of the grass family cultivated for food

Cereals contain carbohydrates, fats, vitamins and diet fibre

They are important source of energy

Examples of cereals

1. Maize
2. Wheat
3. Millet
4. Sorghum
5. Rye
6. Oat
7. Barley 8. Quinoa
- 9.
- 10.

**Pulses** are edible seeds that grow in pods

Pulses are useful for growth and preventing nutrition related diabetes Examples of pulse

1. Beans
2. Peas
3. Lentils 4. Green grams
- 5.

Pupil's activity

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### **Nutrients found in cereals and pulse (legumes)**

Pupil's activity

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Nutrients in	Maize	Rice	Millet	Wheat	Beans	Peas	Green grams
cereals and pulses							
Carbohydrates	✓						
Proteins							
Lipids and fats							
Vitamins							

Minerals							
Water							

NB- tick where necessary

### **Importance's of preserving cereals and pulses (legumes)**

Pupil's activity

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- Preserving cereals and pulses ensures that there is enough supply throughout the year
- It keeps insects away from destroying and contaminating the cereals and pulses ➤ Good storage preserve the nutritional value of the cereals and pulses
- 
- 

### **Methods of preserving cereals and pulses (legumes) in the locality**

Pupil's activity

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#### **1. Sun drying**

In this method of preservation the sun provides the heat to dry the cereals eg maize, beans, wheat

### **Equipment and materials for preserving cereals and pulses (legumes)**

Pupil's activity

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1. Granaries
2. Sacks
3. Storage bags 4. Ait tight containers
- 5.

6.

### **Characteristics of storage facilities for preserving cereals and pulses (legumes)**

Pupil's activity

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To preserve cereals and pulses at home

- Ensure they have dried completely
- Pack them in storage bags or airtight containers □ Store in cool dry places like shelves of cupboards.
- Store in a granary safe from rain, moisture and rodents

### **The Importance of preserving cereals and pulse**

Pupil's activity

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1. When you preserve cereals and pulses you are ensuring ready availability
2. Avoiding purchase, time and transport cost
3. When preserved at home you enjoy own nutritious food thus ensuring healthy living
- 4.
- 5.
- 6.

### **Kitchen equipment**

Kitchen equipment are the items in the kitchen that are used in the preparation and cooking process

Examples of kitchen equipment are

1. Knives
2. Spoons
3. potatoes peelers,
4. whisks and potatoes mashers
5. surface cooking utensils e.g saucepans, sufuria, oven cooking dishes like casseroles and baking pans
6. small electrical appliances e.g sandwich makers, coffee makers, toasters, food mixers, and blenders

### **Materials used to make kitchen equipment**

Pupil's activity

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Kitchen equipment	Material used
Sufuria	Aluminium
Jug	Plastic
Plate	Plastic , melamine

Pot	
Chop board	wood
Spoon	
Grater	

### **Materials used for cleaning kitchen equipment**

Pupil's activity

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1. soap
2. detergents
3. sponges for dishes and surfaces
4. scrubs
- 5.

<b>Kitchen equipment</b>	<b>Cleaning material</b>
Plain wood	Warm soapy water, nylon scouring pad, lemon, cold water for rinsing
Plastic	Warm soapy water, soft cloth or sponge
Melamine	Warm soapy water, soft cloth or sponge
Aluminium	Warm soapy water, nylon scouring pad and sisal fibre

### **Cleaning and storing kitchen equipment made of different materials**

The materials used in the kitchen equipment should be cleaned using the correct procedures so as not to damage them.

Proper cleaning materials should be used during the cleaning process

### **Cleaning plastic cups and plates**

Pupil's activity

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1. Remove any food remains in the cups and plates
2. Clean plastic cups and plates in warm soapy water using a soft cloth or sponge
3. Rinse thoroughly in warm water
4. Dry completely on a rack
5. Rub with a soft cloth to shine them
6. Store in a clean dry place

### **Cleaning stainless forks and spoons**

Pupil's activity

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1. Remove any food remains on the forks and spoons
2. Clean in warm soapy water using a soft cloth or sponge one item at a time
3. Rinse thoroughly in warm water
4. Wipe dry with a clean cloth to avoid water marks
5. Rub with a clean, soft cloth to shine

6. Store in a clean dry place

### **Cleaning an aluminium sufuria**

Pupil's activity

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1. Remove any food remains in the sufuria
2. Clean in warm soapy water. Remove any stains using a nylon scoring pad or steel wool using a circular motion in one direction
3. Rinse thoroughly in warm water to remove all soap and dirt
4. Wipe dry with a clean cloth to avoid water marks
5. Store in a dry place

### **Cleaning melamine cups or plastic**

Pupil's activity

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1. Remove any food remains in the melamine cups or plates
2. Clean melamine cups and plates in warm soapy water using a soft cloth or sponge
3. Rinse thoroughly in warm water to remove all soap and dirt
4. Place the melamine cup or plate on a rack to dry
5. Store in a clean dry place

### **Cleaning a plain wooden chopping board**

Pupil's activity

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1. Remove any food remains on the plain wooden chopping board
2. Clean in warm soapy water by scrubbing along the grain using a soft brush or nylon scoring pad
3. Rinse thoroughly in warm water to remove all soap and dirt. Give a final rinse in cold water
4. Store in a clean dry place

### **Safety precautions when cleaning and storing kitchen equipment**

Pupil's activity

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- Hold equipment with sharp edges facing away from you
- Rinsing well,
- Drying with non fluffy cloth
- All kitchen equipments should be properly stored after use
- Avoid living water on cutlery to keep off silver water marks

### **Cooking food**

Cooking is the process of preparing food to make it safe and edible.

This is achieved by preparing and combining ingredients and placing them on a source of heat to cook until they are ready.

### **Dry fat frying**

This is a method of cooking foods that are high in fat in a pan where only the melted fat from the food is used.

Pupil's activity

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### **Procedure used to cook food using the dry fat frying method**

Pupil's activity

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### **Cooking a local food using the dry fat frying method**

Pupil's activity

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### **Observing safety when cooking foods at home**

Pupil's activity

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### **Serving dry fat friend food appropriately at home**

Pupil's activity

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### **Storing dry fat fried foods appropriately**

Pupil's activity

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### **Deep frying**

This is the process of cooking food totally in hot cooking fat or oil.

This process produces evenly cooked food.

### **Local food which can be deep fried**

Pupil's activity

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1. Fish
2. Eggs
3. Irish potatoes
- 4.
- 5.
- 6.
- 7.

### **Procedure used to deep fry food**

Pupil's activity

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### **Deep frying foods appropriately at home**

Pupil's activity

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### **Improvising cooking equipment for deep drying**

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### **Observing safety when deep frying at home**

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### **Serving deep fried food at home**

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### **Storing deep fried foods at home**

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### **Appreciating food cooked using the deep frying method**

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### **CLOTHING**

#### **STITCHES**

- The clothes we wear are joined by stitches
- We can make stitches using a sewing machine
- Stitches can also be made by hand using thread and a hand sewing needle

### **Permanent stitches in sewing**

- Permanent stitches are stitches used to join two pieces of material together permanently.
- They do not need to be removed later

### **Different permanent stitches used in sewing**

<b>Types of permanent stitches</b>	<b>Examples of stitches</b>
Joining stitches	Hold pieces of fabric together permanently Back stitches Oversewing stitches
Embroidery stitches	Also known as decorative stitches Used to make decorative designs on a garment or material
	Chain stitches Stem stitches Satin stitches
Neatening stitches	Are used to prevent edges of a garment or material from fraying They also hold securely in place Blanket stitches Buttonhole stitches Overcastting stitches Hemming stitches Loop stitches

#### **1. Permanent stitches**

Are used for joining two pieces of material permanently

They remain on the cloth after are sewn and form part of the stitched garment There are 3 types of permanent stitches

1. Joining stitches
2. Neatening stitches
3. Decorative stitches

### **Practice how to use a needle correctly during sewing**

Pupil's activity

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### **Making samples of permanent stitches**

## Joining stitches

### Backstitch

- A backstitch is a joining stitch
- It permanently joins together 2 pieces of fabric
- These stitches are sewn by hand in a straight line along the seam (stitching) line of the part of the garment to be joined

Pupil's activity

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### Oversewing stitch

- The oversewing stitch is a joining stitch
- It joins together 2 pieces of fabric
- It is made over the edges of the pieces of the fabric being joined □ The needle goes through the fabric from one side.
- It is then brought over the edge to go through the fabric again from the same side.
- The thread forms a spiral, going over the cut raw edge.
- It is worked diagonally

Pupil's activity

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### Neatening stitches Hemming stitch

- The hemming stitch is a neatening stitch.
- It is used to neaten the hems of skirts, dresses, shorts, trousers and sleeves on shirts or blouses

Pupil's activity

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### Loop stitch

- The loop stitch is a neatening stitch
- It is used to make tidy the edges of garments and pieces of cloth.
- It helps prevent the fraying of edges of cloths or garments
- The stitch is made by making a series of loops on the edge of a cloth or garment
- Use of different coloured threads gives a smart decorative

Pupil's activity

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### Decorative stitches Satin stitch

- The satin stitch is a decorative stitch
- It is used to fill in any small designs on a piece of cloth or garment

- The satin stitch is worked by making a series of straight stitches that are closely stitched together
- The filling in of the design creates a smooth black of colour on the design

Pupil's activity

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### **Chain stitch**

- The chain stitch is a decorative stitch
- It is made by interconnecting a series of loops with a needle
- It gives a chain like pattern when finished

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### **Stem stitch**

- The stem stitch is an embroidery stitch
- When sewn, it creates a thin line with a rope like finish
- It can be used to stitch initials numbers and curves on piece of cloth or garments

Pupil's activity

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### **Making a pincushion for safe storage of pins**

A pincushion is a small soft bag stuffed with cotton wool or pieces of fabric that is used to safely stick in pins and needles when they are not in use

Pupil's activity

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### **Making an embroidered stool cloth**

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### **Safety precautions to observe during needlework**

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- Practise your sewing under adequate lighting
- Use a suitable chair and desks or table for comfort
- Focus on your work when sewing to avoid injury

- Use a pin cushion to hold pins and needles when they are not in use. Never hold a needle or pins in your mouth
- Sew towards your body
- Cut fabrics away from your body. Use a sharp pair of scissors
- Always carry scissors with the sharp edge pointing towards the floor.
- Place your needlework tools in a sewing box after using them
- Dispose of old broken needles and pins appropriately in a pit latrine

### **Appreciating the use of permanent stitches for sewing**

Pupil's activity

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### **Repair and maintenance of clothes Gaping seam and Hanging hem**

A **seam** is a line of stitching that joins two or more pieces of cloth

A **hem** is folded edge of a piece of clothing. Hems are found at the end of the sleeve or bottom of your skirt or pair of shorts

#### **Repairing a gaping seam**

- When the threads holding a seam together break and loosen, they cause it to open ➤ This forms a hole in the seam of the garment ➤ Gaping seams make a garment look untidy.
- Therefore they need to be mended immediately they appear.
- Mending this gap improves the look of a garment

The following are factors that determine the method to use when repairing a gaping seam

1. The location of the damage on the garment 2.
2. The type of fabric to be repaired
3. The colour and quality of thread to be used
4. The stitches to be used

Pupil's activity

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#### **Repairing a hanging hem**

- Hem make the edges of a garment neat
- They can, however, open up when the threads holding them break and loosen
- This cause the hem to hang in some areas
- It is uncomfortable to wear garments that have hanging hems.
- The hanging threads also make the garment look untidy

The following are factors that determine the method to use when repairing a hanging seam

1. How much of the hem needs to be mended
2. The stitches that were previously used on the hem
3. The colour and quality of sewing thread to be used

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### **Safety measures to observe while repairing gaping seams and hanging hems**

Pupil's activity

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### **Appreciating the importance of repairing and maintaining clothes**

Pupil's activity

Page 122-123

- Proper garment repair helps to prolong the life and usefulness of clothes
- It gives the clothes and the wearer a good appearance
- Immediate repair prevents more damage to garments
- It saves the money that could have been used to buy new clothes

### **Reasons for laundry work in the maintenance of clothes**

Pupil's activity

Page 124-125

When clothes are laundered well

1. Personal hygiene is improved
2. Clothes last longer
3. Maintenance costs decrease
4. The wearer looks smart and feels more comfortable

When clothes are not properly laundered

1. Clothes will smell
2. Wearing dirty clothes decrease self confidence
3. Dirt becomes harder to remove therefore stains clothes
4. Poor personal grooming
5. It will becomes harder to remove therefore stains clothes

### **Classification of textile fibres**

- A fibre is a thin thread of natural or manmade substances that is used to make a fabric or a cloth
- Examples of fibres are
  1. Wool
  2. Silk

### 3. Nylon

- The fibres are weaved into yarn.
- The yarn is then used to make fabrics
- Fibres can be classified into groups
  1. Natural fibres
  2. Manmade fibres

#### Natural fibres

Come from plants and animals

Examples are wool, from sheep, silk from silkworms and cotton from the cotton plants

#### Manmade fibres

Are made from chemicals substances

Examples are polyester and acrylic

#### Pupil's activity

Page 125-126

FIBRE	PRODUCTS
Wool	Sweaters, blankets and suits
Silk	Shirts, dresses, blouses, neckties and scarves
Cotton	Uniforms, caps, aprons, overalls and dresses
Linen	Dresses, blouses, scarves and tablecloths
Polyester	Dresses and suits
Acrylic	Sweaters, blankets and coats

#### Care labels found on clothes

- Care labels are tags which are attached to clothes to indicate the fibre content and laundering instructions.
- These laundering instructions are represented in signs or symbols
- Care labels provide information for proper information for laundry treatment in order to avoid damaging the garment.
- They also indicate the fabric used to make the garments.
- They may also contain the information of the garment and country of origin

#### Pupil's activity

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#### Temperature of water for washing symbols

- One dot represent cold water 30 °C

- Two dots represents warm water ,  $40^{\circ}\text{C}$
- Three dots represents warm water ,  $50^{\circ}\text{C}$
- Four dots represents warm water ,  $60^{\circ}\text{C}$

### Drying instructions

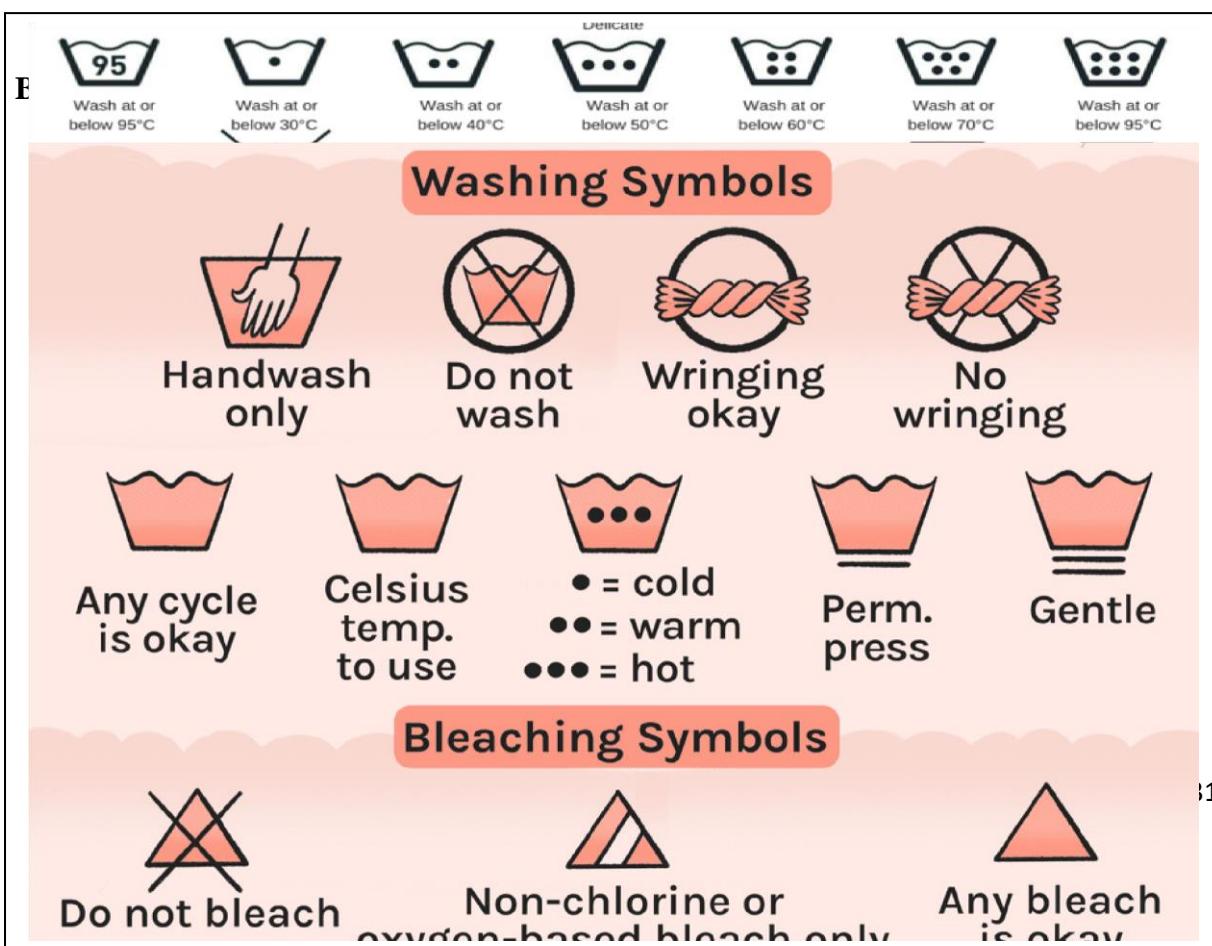
- Clothes can be dried outside in the sun or under a shade to dry naturally.
- Natural drying instructions include the following

### Dry cleaning instructions (cleaning clothes without water)



### Ironing instructions

- Some clothes are ironed after washing while others are not
- If they are to be ironed, the ironing temperatures are important.



### **Safety precautions to observe when laundering different clothes at home**

Pupil's activity

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1. Sort clothes before laundering
2. Empty pockets
3. Shake out loose dirt from clothes
4. Close zippers and hooks
5. Mend gaping seams and hanging hems
6. Tie strings and sashes
7. Remove belts, brooches and cufflinks
8. Use the proper amount of soap or detergent
9. Do not over dry clothes
10. Iron clothes on the wrong side

### **Procedure used for laundering white cotton shirt or blouse and fast coloured cotton shirt or blouse**

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### **Laundering a white cotton shirt or blouse**

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### **Laundering fast coloured cotton shirt or blouse**

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### **Cleaning and storing equipment and materials used in laundry work**

Pupil's activity

Page 137-138

### **Appreciating the importance of laundry work in maintenance of clothes**

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- Dirty clothes can carry germs
- The only way to prevent the spread of germs found on clothes is to wash them
- It is important to wash your hands after touching dirty laundry
- Launder clothes last longer
- Use the right procedure when laundering clothes
- Clothes must be completely dried after washing. Moulds can grow on clothes. If they are left wet or damp for a long time .this may cause skin infections
- Clean clothes promote health