

3.13 HOME SCIENCE (441)

3.13.1 Home Science Paper 1 (441/1)

SECTION A: (40 marks)

Answer ALL the questions in this section in the spaces provided.

- 1 Define the following terms as used in meal planning: (2 marks)
 - (a) blanch;
 - (b) essence.
- 2 State **two** reasons for basting foods while cooking. (2 marks)
- 3 Give **two** uses of carbohydrates in the body. (2 marks)
- 4 State **two** ways of conserving vitamin C in green leafy vegetables during preparation. (2 marks)
- 5 Highlight **two** disadvantages of réchauffé dishes. (2 marks)
- 6 Name **two** waterborne diseases caused by poor sanitation. (1 mark)
- 7 State **two** ways of enhancing personal appearance. (2 marks)
- 8 Identify **two** ways of meeting the emotional needs of a patient recuperating at home. (2 marks)
- 9 Distinguish between a cesspool and a soak pit. (2 marks)
- 10 Name **four** locally available materials that can be used to improvise cleaning abrasives. (2 marks)
- 11 State **two** advantages of regular cleaning of household items. (2 marks)
- 12 State **two** factors to consider when caring for a pit latrine. (2 marks)
- 13 Differentiate between a need and a want. (1 mark)
- 14 Highlight **two** advantages of having labels on consumer products. (2 marks)
- 15 Name **two** examples of builders added to soaps and soapless detergents during manufacture. (1 mark)
- 16 Give the main reason for repairing clothes before laundering. (1 mark)
- 17 State **two** advantages of using soft water in laundry work. (2 marks)

- 18 Give **three** points to consider when selecting the fabric to use when practising stitching for beginners. (3 marks)
- 19 Outline **two** reasons for blending fibres. (2 marks)
- 20 State **two** factors to consider when fixing a zip on a garment. (2 marks)
- 21 Identify **three** ways of attaching a collar to the neckline. (3 marks)

SECTION B: (20 marks)

COMPULSORY

Answer Question 22 in the spaces provided.

- 22 You are at home over the weekend. Outline the procedure you would use for each of the following:
- (i) laundering a woollen sweater; (11 marks)
- (ii) cleaning a stainless steel sink; (5 marks)
- (iii) cleaning an enamel cup. (4 marks)

SECTION C: (40 marks)

Answer any TWO questions from this section in the space provided after question 25 (c).

- 23 (a) Explain **three** general rules to observe when making batters. (6 marks)
- (b) Outline **six** reasons for including fruit salad in a meal. (6 marks)
- (c) Explain how the following factors influence consumer buying:
- (i) inflation;
- (ii) family set up;
- (iii) time and energy;
- (iv) self image. (8 marks)
- 24 (a) Outline **four** qualities of a well made cuff. (4 marks)
- (b) Classify laundry equipment and in each case give **two** examples. (8 marks)
- (c) Explain **four** factors to consider when choosing a seam in garment construction. (8 marks)
- 25 (a) Highlight **four** pieces of information found on a receipt of goods sold. (4 marks)
- (b) Explain **four** ways of ventilating a room using windows. (8 marks)
- (c) Explain **four** factors that may affect normal foetal development. (8 marks)

3.13.2 Home Science Paper 2 (441/2)

A pattern of a pair of shorts is provided. You are advised to study the sketches, instructions and the layout carefully before you begin the test.

Materials Provided

1. Pattern Pieces
 - A. Short front
 - B. Short back
 - C. In-seam pocket
 - D. Waistband
2. Plain light weight cotton fabric 60cm long and 90cm wide.
3. Sewing thread to match.
4. One large envelope.

THE TEST

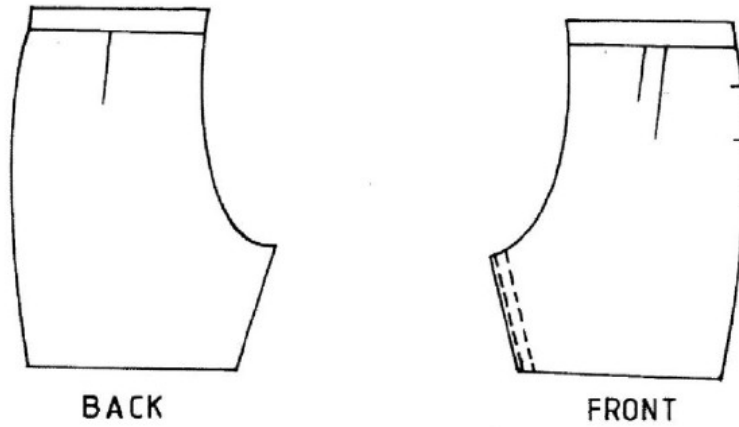
Using the materials provided, lay, cut out and make the **LEFT LEG** of the pair of shorts to show the following processes:

- (a) Cutting out. (9 marks)
- (b) Making of the back dart. (8 marks)
- (c) Attaching the in-seam pocket. (16 marks)
- (d) Working of the side seam using an open seam. (Above and below the pocket seam). (9½ marks)
- (e) Working of the inner leg seam using a double stitched seam. (8 marks)
- (f) Making the knife pleats on the short front and attaching the waistband. (Do not interface) (20 marks)
- (g) Complete half of the waistband using hemming stitches. (3 marks)
- (h) Managing the hem of the short by holding it in place using tacking stitches. (10 marks)
- (i) Overall presentation. (6½ marks)

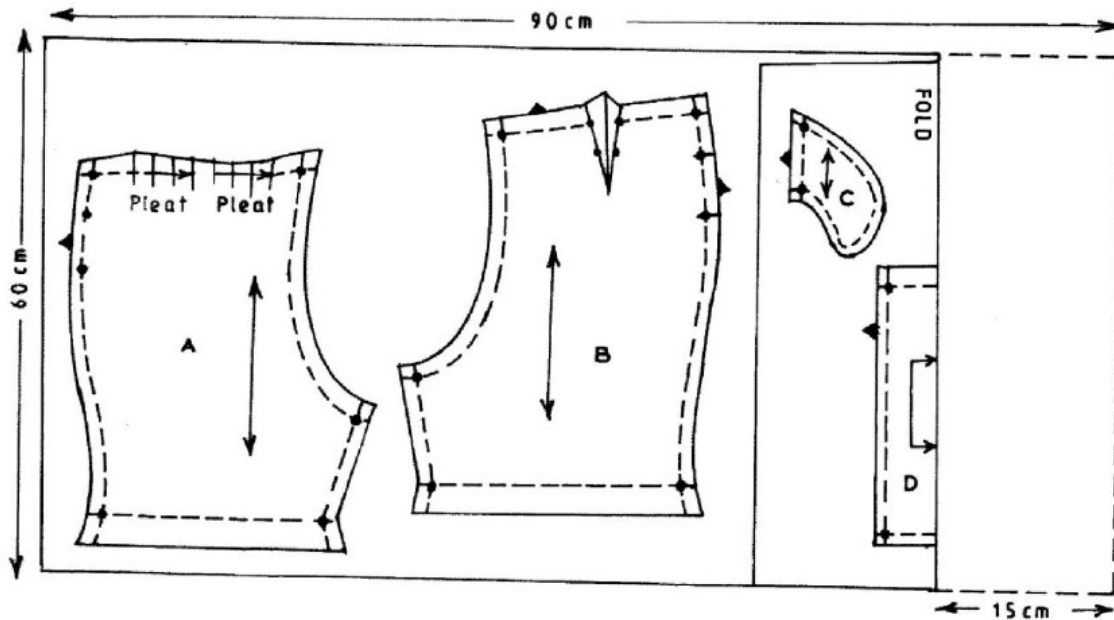
At the end of the examination, firmly sew onto your work, on a single fabric, a label bearing your name and index number. Remove the needle, pins and loose threads from your work. Fold your work neatly and place it in the envelope provided.

Do not put scraps of fabric in the envelope.

SHORT VIEW



LAYOUT (Not drawn to scale)



3.13.3 Home Science (Food and Nutrition) Paper 3 (441/3)

THE TEST

You have been contracted by a catering firm to provide lunch for manual workers at a construction site.

Using the ingredients listed below:

- (i) prepare, cook and present a one course meal for two manual workers.
- (ii) prepare and present a nutritious drink for two manual workers.

Ingredients:

- Maize flour/green bananas/rice
- Beef/beans
- Green leafy vegetables/cabbage
- Tomatoes
- Carrots
- Onions
- Fat/oil
- Salt
- Margarine
- Sugar
- Fruits in season.

PLANNING SESSION - 30 minutes

For each task listed below, use separate sheets of paper and make duplicate copies using carbon paper.

Proceed as follows:

1. Identify the dishes and write the recipes;
2. Write your order of work;
3. Make a list of the foodstuff and equipment you will require.