**AA-14**

**FORM ONE HOME SCIENCE**

**MARKING SCHEME**

1.a) Violent vomiting

* Sever stomach ache
* Diarrhea
* Feeling weak
* Dizziness.
1. - Do not buy food that show signs of being fly bone, reheated badly handled or in state of decay.
* Buy food in season for they are fresh and cheap.
* Store food properly
* Use sterilized containers to store food.
* In case of grains store when thoroughly dry.

2. (a) The water is left in a containers to settle and coarse soil particles at the bottom while pieces of

 leaves and other light matter floats on the surface.

* The water is then drained into another container leaving solid waster at the bottom of the container.
* The floating matter is then sieved off.
* This water is then boiled before drinking to kill harmful micro organisms.

 (b) After sedimentation the water is passed through series of filter layers consisting of different sizes

and gravel to remove dissolve and suspended impurities thus improving on the purity and colour of water.

* The water is then boiled or chlorinated to kill micro organisms before drinking.

3.– Bulk buying of food is made possible and this is economical.

* Foods in season or homegrown can be stored frozen for later use.
* Meals can be for prepared in bulk and frozen so that they are eaten when needed. This saves time fuel and also on preparation.

4.– Unexpected situation e.g improving Visitors can be taken care of if the freezer is well stock.

* conduction
* Convection.
* Radiation.

5. - Destroy harmful micro organisms

* To give variety in flavour.
* Texture and colour of food.
* To make food /more palatable.
* To make food easy to digest.
* To preserve food and prevent period of time.

6. - Wet/moist methods

* Dry methods.

b) (i) Wet/moist methods of cooking.

* In this methods food is cooked using water, moist and/or steam e.g boiling, braising, stewing, teaming, pressure cooking and poaching.

 (ii) This is where food is cooked either in hot air, vacuum, hot oil or fat. NO water or moisture is used

 in this method and examples include poaching grilling, roasting and pot roasting and frying.

7. – Retains the nutritive value of food.

* Steamed food is lighter and easier to digest hence suitable for invalids.
* Economical as it can be done over a pan used for cooking other foods thus saving time and fuel.

(b) - Needs constant attention to replenish the boiling water.

* It is a slow method of cooking and hence takes long and more fuel.
* The food needs enough flavouring otherwise it can be tasteless.

8 - To retain the flavour of food.

* To retain nutrients.
* Food retains colour e.g vegetables.
* To accumulate steam which increase the pressure and temperature thus shortening the cooking time and hence saving fuel and time used for cooking.

9. It is the first help given to an insured person, or someone taken i’ll suddenly before taken to hospital.

10. - It is quick and easy to use.

* It remains liquid all the time.
* One can use it several times and thus keep for a long time.
* Food being fried is adequately coated.

11. - On a pin cushion

* In a small box.

12. -Wash in hot soapy water.

* Rub any stains with a nylon scouring pad or steel wool.
* Work towards the same direction when scrubbing.
* Rinse thoroughly in hot water to remove all soap and dirt.
* Dry well.

13.- The type of food to be cooked.

* The available fuel.
* The available cooking equipment.
* The health condition of the consumer of the meal.
* Type of occasion e.g entertainment
* Competence in handling skills involved in the method.

14. - Hygiene is the science that deals with preservation of health.

* The principles of cleanliness

15. - Avoid sharing personal items.

* Sterilize personal items
* Eat foods rich in vitamins
* Avoid wearing dump shoes and socks.
* Bath regularly to keep the body clean.

16. - Shinny appearance

* Light in weight
* Does not rust.
* Good conduct of heat
* Cheap
* Doesn’t react with foods to form poisonous sub – stances.
* Easy to clean
* Easy to care for ( ½ X 6 = 3mks)

17.- Brooms have long handles while brushes have short handles.

* Brooms sweep large areas while brushes are used to collect rubbish to the dust pan /scrub.
* Brooms have soft bristles while brushes have stiff bristles.
* Brooms remove loose dirt while brushes remove fixed dirt. ( 4 x 1 = 4mks)

18.- Cleaning carpeted/rugs/mats.

* Washing blankets/ comforters/ duvets.
* Cleaning the wardrobes /chest drawers.

19. - Polish the shoes.

* Store on the shoe rack when stuffed.
* Dry in cool place.
* Wear sock to absorb perspiration.
* Repair incase of a tear.
* Walking style should be appropriate.
* Should be used for the right purpose.
* Do not share due to various feet figures.

20. - Pinch the nose with the head slight raised – aid in clotting blood to stop bleeding.

* Breath through the month.
* Relax the nose/enable, stopping of bleeding.
* Put a wet towel to cool the face – to lower the body temp.

State 1 x 3 = 3

Explain 1 x 3 = 3

 ( 6mks)

21. - It aids in temperature control

* Acts as an excretory organ.
* Action of sunlight on the skin forms vitamin D.
* Keeps fluid inside the body.
* Acts as sensory organ . ( 4 x ½ = 2mks)

22. - dry feet between the toes thoroughly.

* Air the feet regularly
* Avoid sharing shoes and socks
* Keeping the feet clean by use of clean water, soap and disinfectant.
* Wear absorbent socks ( 2 x1 = 2mks)

23. - improper disposal of refuse.

* Unhygienic habits i.e spitting.
* Poor personal hygiene – body and clothing.
* Pollution of water and land.
* Improper handling of food.
* Use of dirty equipment to serve and store food in ( 1 x 3 = 3mks)

24. - Bandage

* Clinical thermometer.
* Safety pins
* Cotton wool.
* A pair tweezer
* Pain relievers.
* Clean drinking water
* Small pair of scissors.
* Plasters
* Triangle sling.
* Antiseptic
* Petroleum jelly
* Sterile gauge. ( ½ x 7 = 3 ½ mks)

25. - Open the window in the morning

* Sweep the floor with windows closed.
* Clean the sink.
* Empty the bin and wash it.
* Clean the cooker with a damp cloth wrong out of warm soapy water.
* Clean the work tables.
* Clean the floor with warm soapy water to remove stains.
* Rinse the floor.
* Change the floor ring
* Tidy up the room.

26. - Charcoal

* Ash
* Sand.
* Rough leaves
* Sisal
* Egg shells
* Maize cobs. ( ½ x 6 = 3mks)

27. - Taking someone else’s medicine in belief that the illnesses are similar.

* Using medicine for reasons other than treatment.
* Overdosing ( 1 x 3 = 3mks)

28. - Recyling

* Making a compost pit
* Mulching
* Feeding animals ( ½ x 4 = 2mks)