

4.1.1 Home Science Paper 1 (441/1)**SECTION A (40 marks)**

*Answer **all** the questions in this section in the spaces provided.*

- 1** Give another name for the following nutrients. (2 marks)
- (i) Tocopherol.....
 - (ii) Retinol
 - (iii) Cholecalciferol.....
 - (iv) Phylloquinone.....
- 2** List **four** qualities of containers used to freeze foods. (2 marks)
- 3** Name **two** nutritional disorders associated with lack of calcium in the body. (1 mark)
- 4** State **two** reasons why charcoal must be red hot before roasting meat. (2 marks)
- 5** Arrange the following food items into a three course meal. (3 marks)
- Ugali
Vanilla cake
Saute' kales
Tomato soup
Custard sauce
Stewed fish
bread rolls.
- 6** Give **two** ways of preventing the spread of dandruff. (2 marks)
- 7** State **three** reasons why physical body exercise should be encouraged. (3 marks)
- 8** List **six** soft furnishings used in the bedroom. (3 marks)
- 9** State **three** points to bear in mind when choosing a hurricane oil lamp. (3 marks)
- 10** Highlight **two** precautions to take on a limb after a snake bite. (2 marks)
- 11** Describe competitive advertising. (2 marks)
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- 12 Give **two** methods of sterilizing bath towels. (1 mark)
- 13 State **two** uses of fabric conditioners. (2 marks)
- 14 What is the function of each of the following parts of a sewing machine. (3 marks)
- (i) spool pin.....
- (ii) feed dog.....
- (iii) tension disc.....
- 15 What is the function of the fishbone stitch? (1 mark)
- 16 Outline **three** qualities of a well-made facing. (3 marks)
- 17 List **four** undergarments made from elastomeric fabric. (2 marks)
- 18 State **two** functions of pockets in a garment. (1 mark)
- 19 Give **two** reasons why easing is commonly worked on the crown of a sleeve. (2 marks)

SECTION B (20 marks)

(COMPULSORY)

Answer question 20 in the spaces provided.

- 20 You are planning to attend your sister's pre-wedding party.
- (a) Describe the procedure you would follow to launder a silk blouse/shirt you intend to wear. (12 marks)
- (b) Outline the steps you would follow to thorough clean the dressing mirror you will use. (8 marks)

Do not use commercial cleaners.

SECTION C (40 marks)

Answer any two questions from this section in the spaces provided at the end of this section.

- 21** (a) Explain **four** points to consider when buying a sewing machine. (8 marks)
- (b) Explain **three** factors to consider when caring for a white nylon shirt. (6 marks)
- (c) Differentiate between:
- (i) wear and tear;
 - (ii) a casing and a hem;
 - (iii) regenerated and synthetic fabrics. (6 marks)
- 22** (a) Identify the life style associated with each of the following nutritional disorders:
- (i) gout;
 - (ii) anorexia Nervosa;
 - (iii) obesity;
 - (iv) hypertension. (4 marks)
- (b) Explain **four** advantages of using convenience foods. (8 marks)
- (c) Explain **four** factors to consider when setting a table. (8 marks)
- 23** (a) (i) Mention **two** sources of light (1 mark)
- (ii) Explain **three** reasons for providing appropriate lighting in a sickroom. (6 marks)
- (b) Explain **four** points to observe in the care of lighting fixtures. (8 marks)
- (c) Give **five** possible causes of pre-mature birth. (5 marks)
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