**AMUKURA PARISH**

***Kenya Certificate of Secondary Education 2021***

**HOMESCIENCE FORM THREE**

**THEORY**

**MARKING SCHEME**

1. ***Ante-natal care (1x1) (1mk)***
* Is the care given to the expectant mother before delivery
1. ***Signs of pregnancy. (1x3) (3mks)***
* Missing/ topping of menstruation
* Morning sickness/ nausea
* Backache
* Skin pigmentation
* Dislikes & like of certain foods.
1. ***Types of advertisement (1x3) (3mks)***
* Information
* Persuasive
* Competitive
1. ***Ways of generating money by a homescience student. (1x4) (4mks)***
* Making and selling foodstuff
* Repairing clothes at a fee
* Doing laundry at a fee
* Tutoring students at a fee
1. ***Ways of improving a wardrobe. (1x3) (3mks)***
* Wooden rack with nails for hanging clothes
* Nails on the wall serve as hooks and clothes are hung with hangers
* A rope fastened across two walls and clothes hung with hangers
1. ***Two ways in which scrap material can be used. (1x2) (2mks)***
* Used for patch work to make decorations / clothes
* Can be filled up in a case to make cushions
* Improvised and put in a stick to make a floor mop
1. ***A course:*** *A dish/dishes eaten as part of a meal* ***(1x2) (2mks)***

**Meal:** is a dish/ group of dishes taken at a particular time of the day eg. lunch.

1. ***Items needed for a baby’s bath. (½x4) (2mks)***
* Basin
* A baby soap/ mild soap
* Some baby jelly
* Cotton wool & cotton buds
* A bath towel / flannel
* A comb/ brush
* A bucket with lid for soiled clothes
1. ***Four reasons for consumer education. (½x4) (2mks)***
* Wire buying
* Consumer rights
* His/her role as a consumer
* Getting information about different products
* Interpretation of advertisement
* For family planning of finances to avoid wastage,
1. ***Reasons why wool is not suitable for making an apron. (1x2) (2mks)***
* It shrinks easily
* It can pull out of shape easily
* It is not resistant to direct sunlight since it turns yellow when spread to sunlight
1. ***Three functions of carbohydrates in the body (1 x3) (3mks)***
* Provides of energy and heat.
* Provides roughages to prevent constipation
* Stores glycogen
* Protein-sparing action.
1. ***Points to observe when laundering loose coloured cotton blouse. (1x3) (3mks)***
* Use of warm detergent water to preserve colour
* Use kneading & squeezing method to prevent felting to shrinkage.
* Use of salt in final rinsing water to fix colour
* Dry inside out under shade as sunlight will cause fading of the colour.
* Iron on the w.s using moderate hot iron to preserve colour
1. Wear is thinning/ weakening of a section of a garment/ household article where as a tear is a hole found on any part of a garment/ household article. ***(1x2) (2mks)***

**Disinfectant liquid** - is used on surface to kill germs.

1. ***Reasons for sorting articles before washing (1x3) (3mks)***
* For economical reasons so that less soiled articles are washed before clearly soiled ones.
* For hygienic reasons so that items such as tables liner are not washed together with personal garments
* So that they are given correct treatment according to nature of fabric of degree of soiling
1. ***Factors to consider when choosing an ironing board. (½ x4) (2mks)***
* Should be firm to avoid accidents.
* Should not have dye that can stain damp clothes.
* The surface should be well-padded to remove creases effectively
* Should have a heat –proof plate for placing the hot iron during use
* Should be smooth to allow easy gliding of the iron.
1. ***Methods of disposing organic refuse. (1x 2) (2mks)***
* Burning which is used to dispose carton boxes, empty bulk packets, plastics & poluthene papers
* Burying clothes, broken glasses, tins and used batteries deep in the soil
* Recycling – The process of chemically treating inorganic refuse so that it can be used again.
1. ***Three methods of modern houses (1x3) (3mks)***
* Bughouse- All rooms are on the same floor.
* Maisonettes – Some rooms are on the ground floor while others are on the upper floor
* Apartments – they are complete house units that are built on different floors.
1. ***Thorough clean muddy leather shoes with laces. (1x8) (8mks)***
* Collect cleaning equipment & materials.
* Cover/ protect working area with newspapers
* Remove shoelaces and wash separately according to material
* Remove mud from shoes using mud scrapper
* Wipe off remaining mud with a wet/ damp cloth & leave them stiffed.
* Remove stuffing and apply polish sparingly using shoes brush/ rag
* Leave shoes for a few minutes for polish to set.
* Brush the shoes firmly with shoes brush/ rub with rag if cream has been used
* Use a clean fluffy cloth to buff the shoes
* Fasten shoes lace
* Stuff shoes before storing
* Clean equipment used and store well.
1. ***Launder a knitted cotton vest (1x7) (7mks)***
* Collect cleaning equipment & materials
* Mend/ repair appropriately if necessary
* Sort as necessary
* Soak in cold water for a short time.
* Rinse off soaked water
* Wash in warm soapy water using kneading & squeezing method to prevent loss of shape
* Rinse thoroughly in warm water to remove soap and duts. Final rinse in cold water to refreshed it
* Dry outdoors flat hang along warp threads to prevent loss of shape.
* Press on W.S using moderately hot iron
* Air to dry completely
* Fold & store appropriately
* Clean equipment used & store well
1. ***Thorough clean aluminum water jar (5mks)***
* Collect equipment & cleaning materials
* Wash in hot soapy water
* Rub any stains with nylon scouring pad / steel wool
* Work towards the same direction when scrubbing
* Rinse thoroughly in clean hot water to remove all soap & dirt
* Dry well
* Store well
* Clean equipment used & store well
1. ***Thorough cleaning plastic chairs. (1x4) (4mks)***
* Wash in hot soapy water using a soft cloth/ sponge
* Use mild bleach/ citric acid to remove stubborn stains
* Rinse thoroughly in hot water.
* Dry completely to rub/ buff with a soft cloth to shine them.
* Store appropriately.
1. ***a) Making of open seam. (1x7) (7mks)***
* Place two pieces of fabrics with R.S facing
* Pin through the fitting lines at intervals to prevent the top layer from shifting a long on the one under
* Tack along the fitting line
* Remove pins and machine on fitting line.
* Finish off the tread ends & remove tacking
* Trim seam allowance to 1cm and neaten the raw edges using edge stitching



***b) Rules when cooking vegetables (1 x5) (5mks)***

* Wash before cutting
* Cook for a short while
* Shred them in large sizes to preserve nutrients
* Cover with a lid to cook faster
* Cook them the last minutes before serving to preserve nutrients
1. ***Factors to consider when providing family shelter. (2x4) (8mks)***
* Size of the house – Large enough to accommodate all family members.
* Cost – Should be pocket friendly be it building & buying
* Nearness to social amenities – To ease movements eg to hospital, market places etc.
* Availability of communication facilities eg road, telephone, facilities & public transport
* Neighbour hood – For security reasons.
* Design of the house in relation to convenience and comfort ability eg. Wardrobe, kitchen shelves & cupboard
1. ***a) Rules governing steaming by bowl method (1x5) (5mks)***
* Cover the food container well with grease proof paper to avoid direct contact with steam.
* Let the bowl stand in a pan of boiling water and cover with light lid.
* Always add boiling water to the water bath when necessary to maintain the temperature of the water bath
* Do not allow the water bath to dry to avoid burning the food
* When removing the lid remove it while the steam is away from you

 ***b) Needs of a pregnant woman. (2 x 4) (8mks)***

* Nutritional needs – She needs a diet that will provide all the nutrients necessary for her and the growing foetus eg extra iron, calcium, proteins, calories, protective foods
* Physical needs – She must have adequate sleep, avoid working too much, wear loosely fitted clothes, be clean and occasionally needs to rest her feet on a low stool to prevent them from swelling.
* Emotional needs – She need a peaceful environment free from quarrels and anxiety since too much shouting & quarreling disturbs the foetus.
* Social needs – the family members should be supportive and not making any nasty remarks about her condition.

***c) Categories of permanent stiches (2x3) (6mks)well explained with example***

* Decorative stitches – Used to add beauty at the edges of a garment e.g chain stitch.
* Neatening stitches – Use to neaten the raw edges of a garment eg button hole stitch.
* Joining stiches – Used to join two or more pieces of fabric together eg machine stitch/ back stitch

***d) A brunch*** is a heavy meals served in between breakfast and lunch. ***(1mk)***

***21. a) Points to consider when planning meals for vegetarians (6mks)***

* Balanced meal
* Meal should be well flavored by use of seasoning monotony.
* Should contain appropriate amount of vegetables, fats & oils
* For lack –vegetarians, goo use should be made of the animal protein
* For strict- vegetarians, different food should be mixed together to ensure completeness of protein supply.

***b) Categories of kitchen equipment (6mks)***

* **Small kitchen equipment**- They include kitchen tools eg knives spatulas, can openers, potato peelers
* **Large kitchen equipment** – They include the big equipment used in the kitchen eg gas cookers, refrigerators
* **Time and labour** – Saving kitchen equipment – They are modifications of kitchen equipment to ease in food preparation by making it faster eg. Dishwashers, food mincers

***c) Procedure for preparing and attaching a patch print (1x7) (7mks)***

* Cut a piece of fabric of the required size and add 1cm seam turnings.
* Fold the seam turning to the WS and metre the corners
* Press the patch and hold the folded turning in position by using tacking stitches



* Pin and tack the patch in position ½ seam turning to WS
* Remove the pins and over sew the patch in position
* Remove the tacking and press the patch
* Trim the worn out part on the WS. Leaving 1 cm turning on all sides
* Neaten the edges using loop stitches



1. Malnutrition is inadequate or excess nutrients in the body ***(1mk)***