



**KPSEA ALL STRANDS AND SUBSTRANDS TOPICALS**



# **GRADE 6 TOPICAL QUESTIONS**

## **HOME SCIENCE**

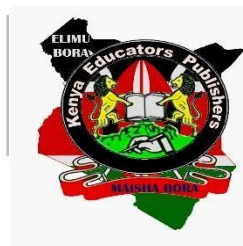
### **VOLUME 1**

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*A Series of Revision Assessment Questions for each and every Strand & Sub-Strand prepared by top KPSEA KNAC Examiners.*

*Perhaps, The questions are meant to enhance the learners' content mastery and revision purposes as well*

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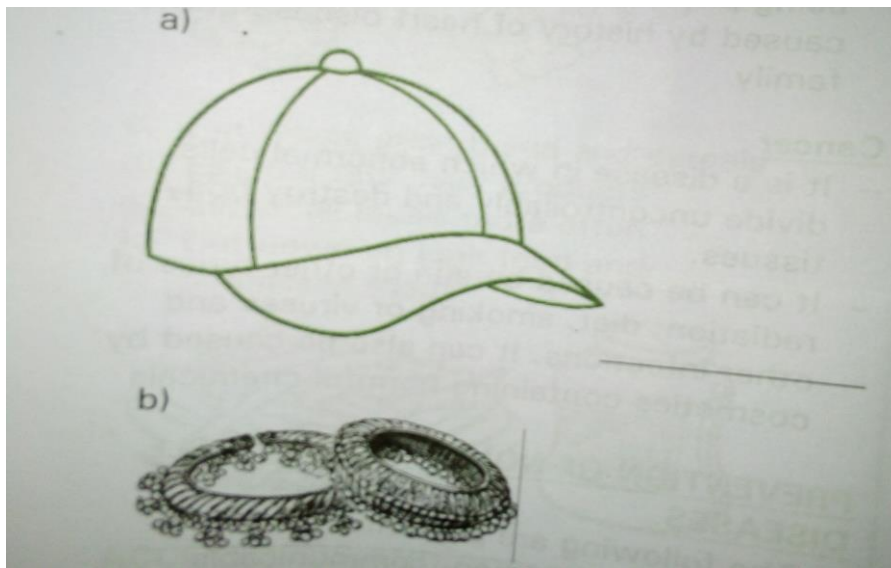
# **GRADE 6 TOPICAL REVISION QUESTIONS.**

## **HOME SCIENCE.**

### **STRAND 1: HEALTH**

#### **Task 1**

1. What is adolescence?
2. What is the other name of adolescence?
3. Name three physical changes of an adolescent girl?
4. Identify four ways an adolescent groom herself or himself
5. Why should adolescents groom themselves?
6. Exercise is a healthy habit for an adolescent. Write ; reasons?
7. Name the following accessories and cosmetics





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- a) .
- b)
8. Diseases that cannot be spread from one person to another are known as
9. Name three non-communicable diseases.
- a)
- b)
- c)
10. A disorder that causes seizures is called
11. Identify two ways of preventing noncommunicable diseases

**STRAND 2 & 3: CONSUMER EDUCATION AND FOOD NUTRITION**

**TASK 2**

1. Explain what a budget is
2. List three importance of making a budget
- a)
- b)
- c)



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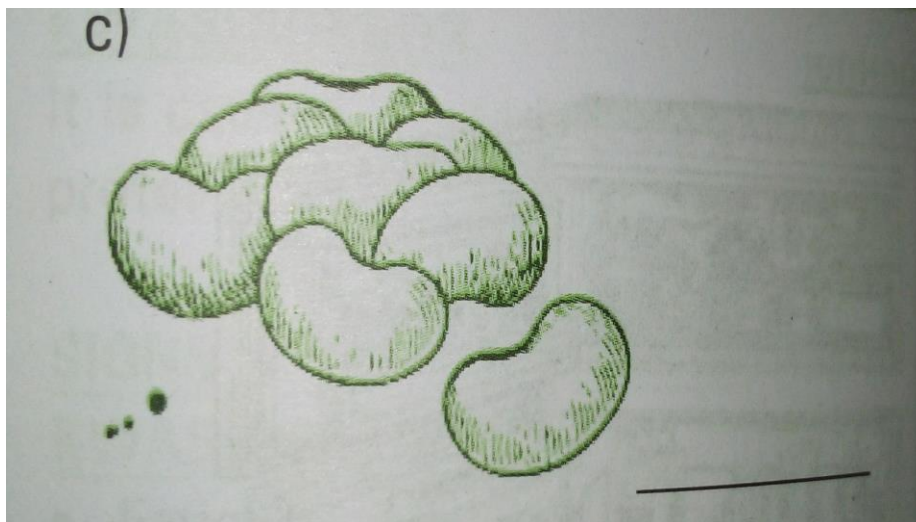
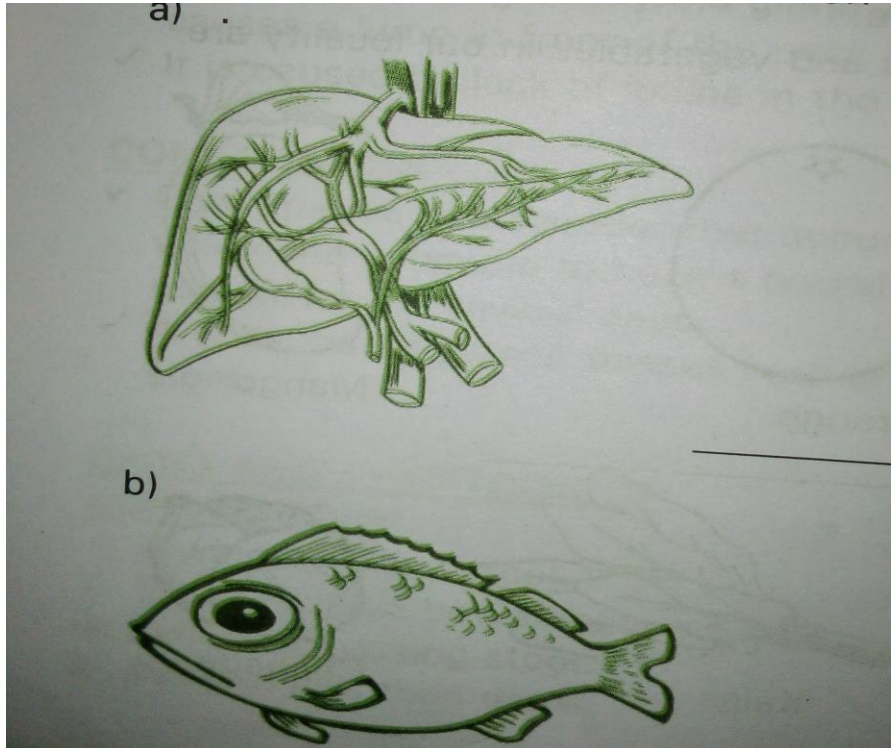


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3. Tick the food which is rich in iron

a)





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b)

c)

4. Identify two importance of minerals in our bodies .

a)

b)

5. Which minerals is needed to make thyroid hormones in our bodies

6. Name two food which are rich in iodine

a

b.

7. Which nutritional deficiency is caused by lack of iron in the diet?

8. Name two signs and symptoms of constipation

a)

b)

9. Amina was making notes on ways of preventing nutritional deficiencies. Write down what she wrote a)

b)

c)

10. List three methods of preserving meat

a)

b)

c)

11. Name two advantages of smoking meat

a)



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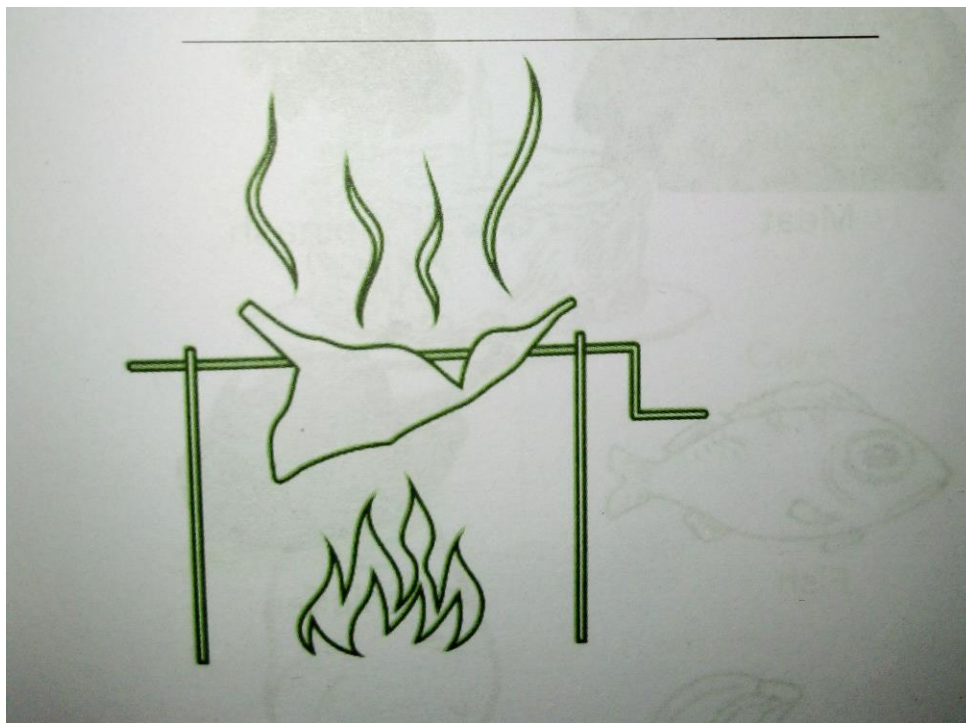
b)

12. What are disadvantages of preserving fruits and vegetable using drying? Name two.

a)

b)

13. Name the following methods of preserving meat





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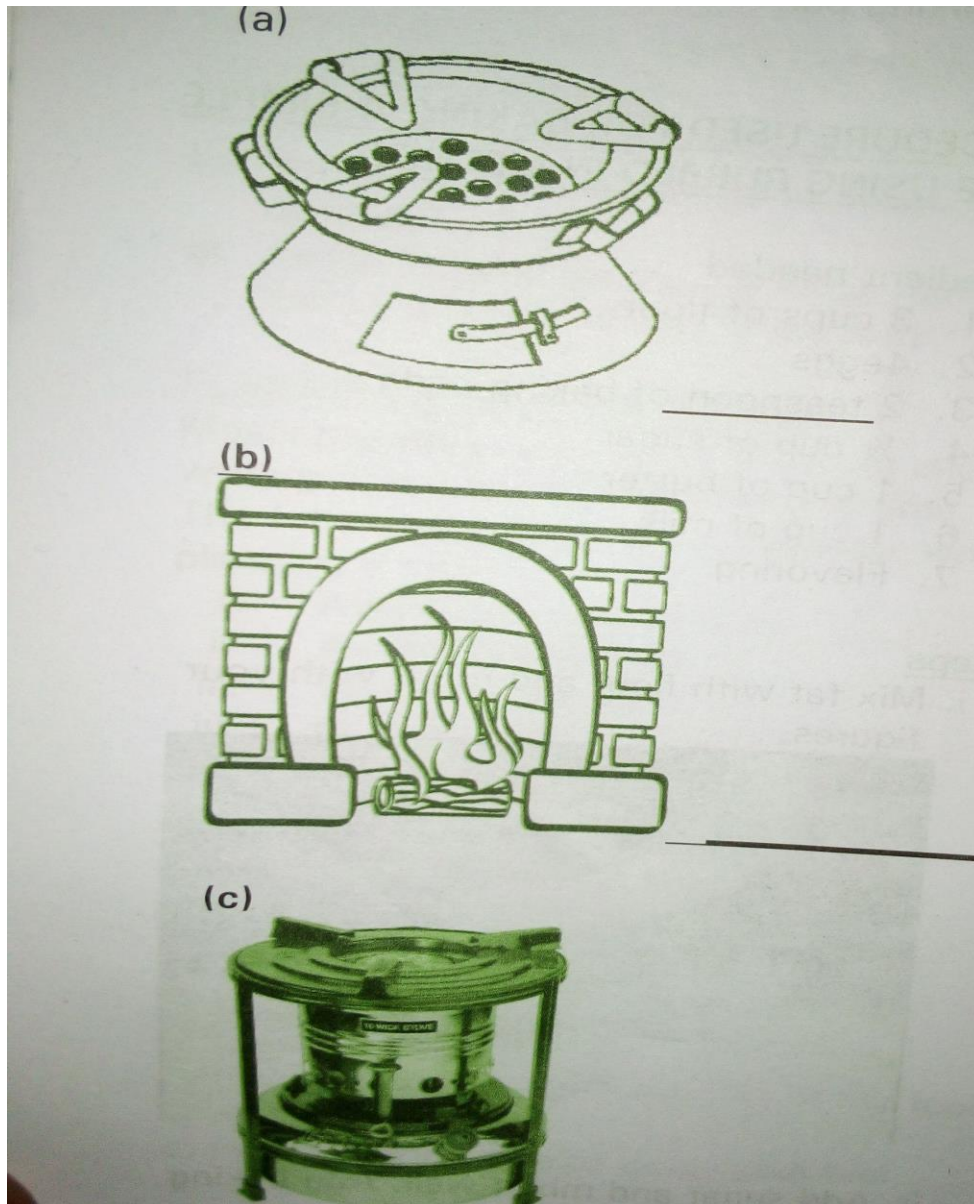


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**TASK 3**

1. Name the following cooking equipment's.



(a)



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- (b)
- (c)
- 2. Explain ways of cleaning a charcoal jiko
- 3. Name three factors to consider when planning a meal for a family
  
- 4. Khadijah wanted to plan a meal for her family. Why do you think its good for her to plan meals
  
- 5. A combination of solid food ingredients that have been cooked in a liquid is known as
  
- 6. Name two foods that can be baked
  
- 7. Name three main ingredients used in baking a cake
  
- 8. Explain rubbed in method in making a cake
  
- 9. Name equipment's one can use when baking.
  - a)
  - b)
  - c)
  - d)
- 10. Identify foods that can be stewed

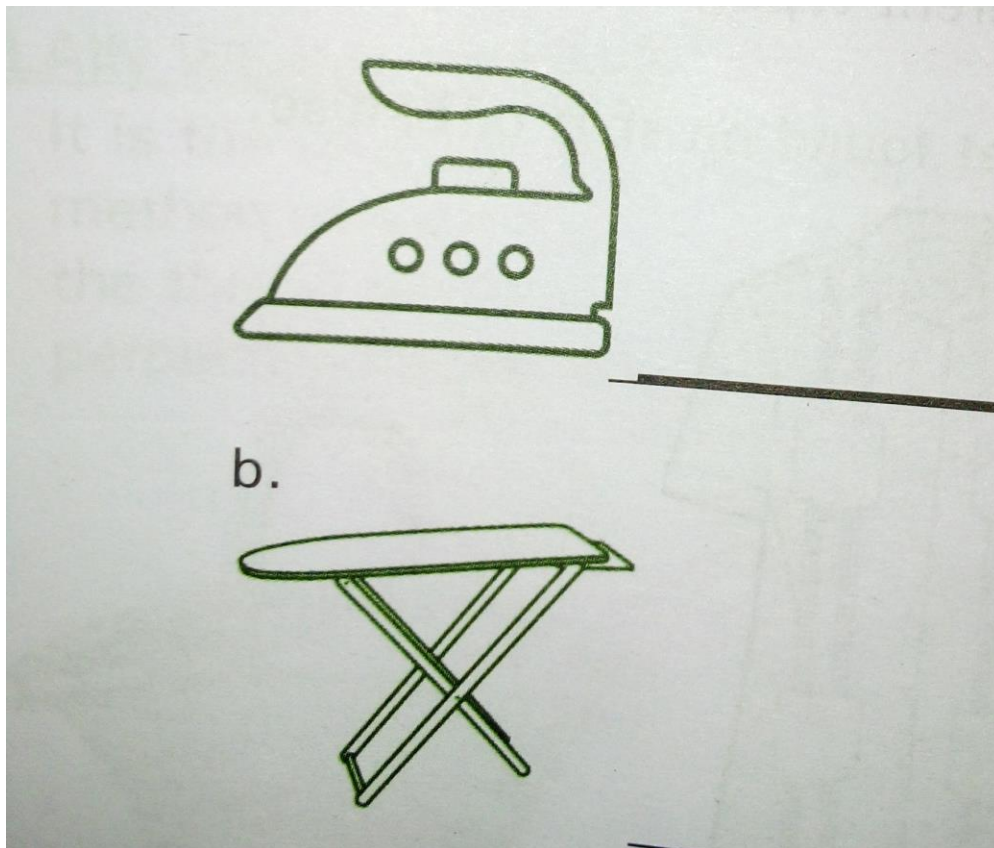




## **STRAND 4: CLOTHING**

### **TASK 4**

1. Name the following tools and materials used for sewing.



(a)

b)

2.Explain the following materials used for sewing

a) Bod Kin

b) iron Box



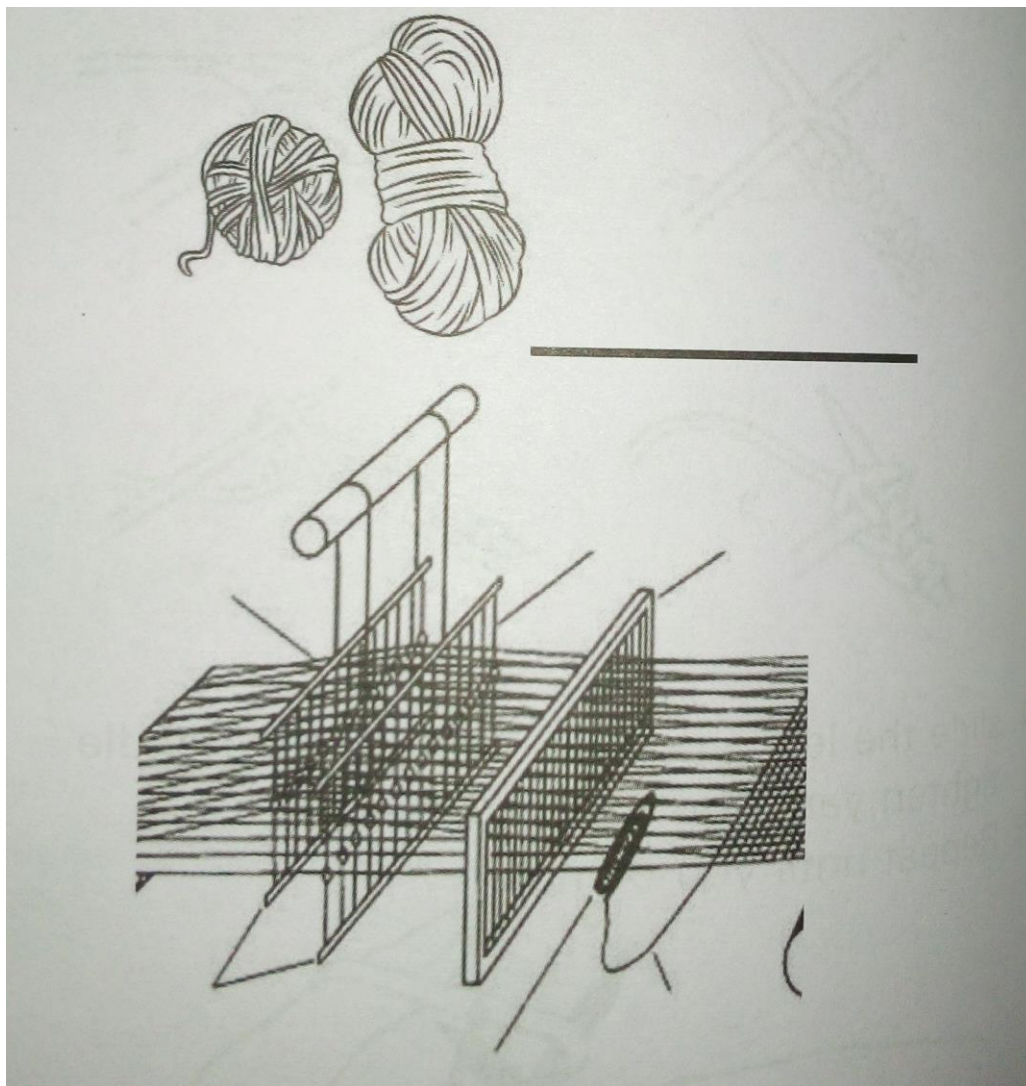
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- 3.Name two factors to consider when choosing tools for sewing
- 4.How do you care for sewing equipment's
- 5.The process in which threads are interlaced at the nght angles to form a fabric is known as
6. Name the following.





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7. A process of using two or more needles to loop yarns is known as
8. Name two basic knitting stitches
9. Name two safety precautions when knitting.
  - a)
  - b)
10. Name the following pictures.

## STRAND 5: LAUNDRY

### **TASK 5**

1. Name two special treatment done in laundry work .
2. list two importance of special treatment in a laundry work
3. Identify two materials used for special treatment in laundry work\_
4. Name two clothes made from woolen articles
  - a)
  - b)
5. Mention two ways of caring for woollen sweater during laundry
6. Explain how to launder loose coloured clothes
7. Where should we dry loose coloured clothes?
8. How do you dry a woollen clothes
9. What does a disinfection treatment do to a fabric?
10. Name one bleaching material



**HOME SCIENCE MODEL TEST PAPERS**

**ASSESSMENTS**

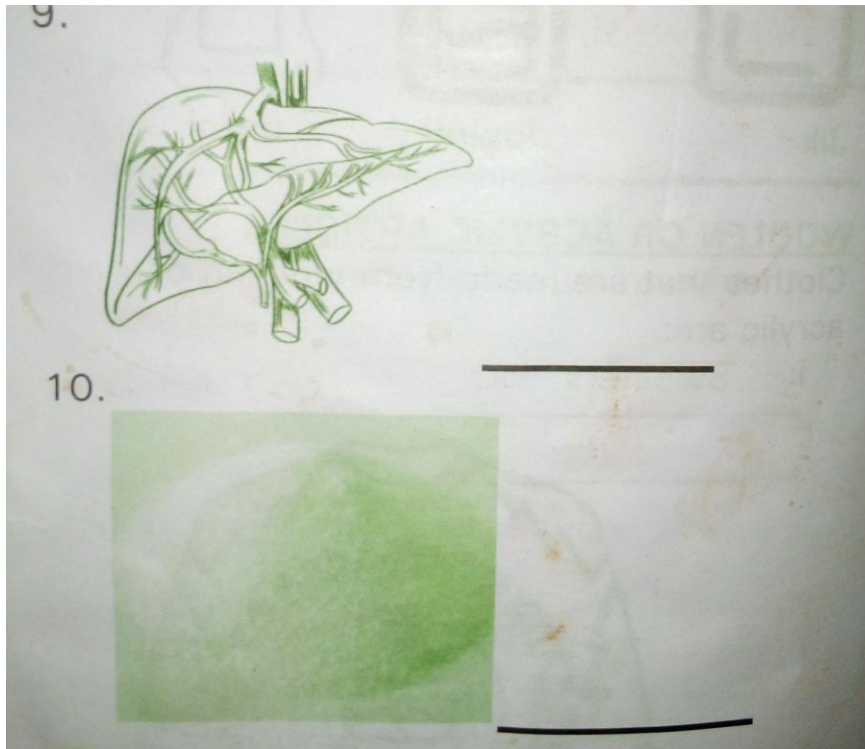
**ASSESSMENT 1**

1. A period in which a boy or a girl develops to an adult is known as
2. Name two physical changes of a boy who is in the stage of puberty.
  - a)
  - b)
3. Write two reasons why exercise is good for an adolescent
  - b)
4. Items and substances that are put on the face to improve face and body are
5. Write two Non communicable diseases
  - a
  - b
6. A chronic disease that occurs when your blood sugar is too high is known as
7. What causes cancer?
  - a
  - b
8. List two importance of making a budget
  - a)
  - b)
9. Name the mineral found in the following foods



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10.

11. List two nutritional deficiency and disorder

12. Which are signs and symptoms of goiter

a)

b)

c)

13. How would you prevent nutritional deficiencies? Write two ways

a

b

14. Draw and name two animals that give us meat



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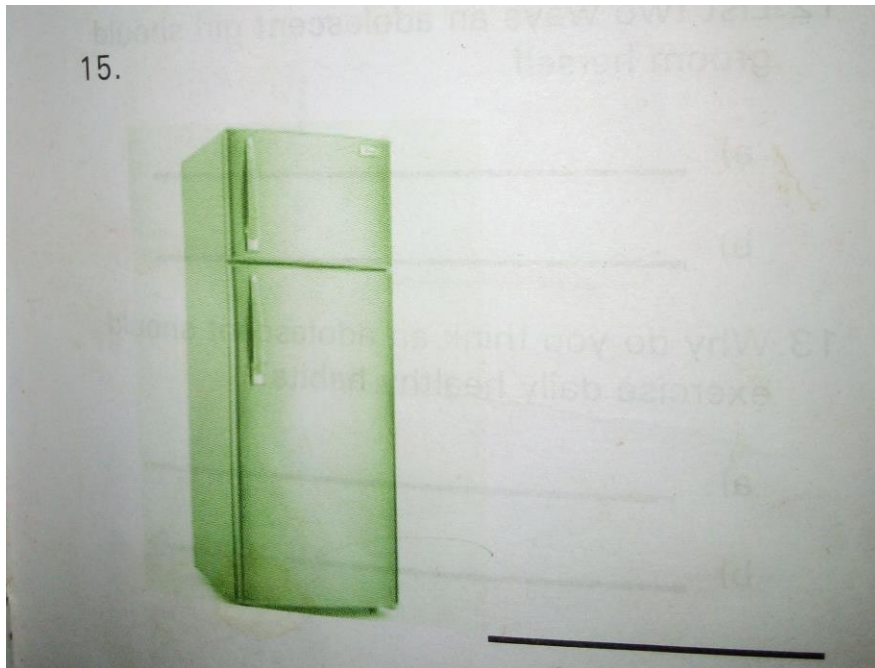


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Name the following ways of preserving meat

15.



16.





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17. Breast will start developing, menstrual flow will begin. The above are physical changes of an adolescent (boy, girl).

18. List two emotional changes of an adolescent

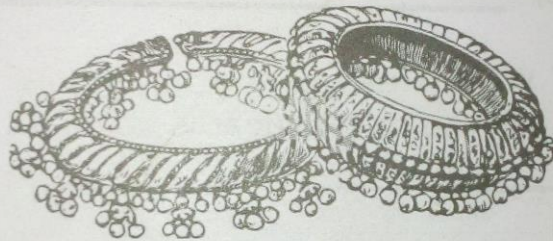
a)

b)

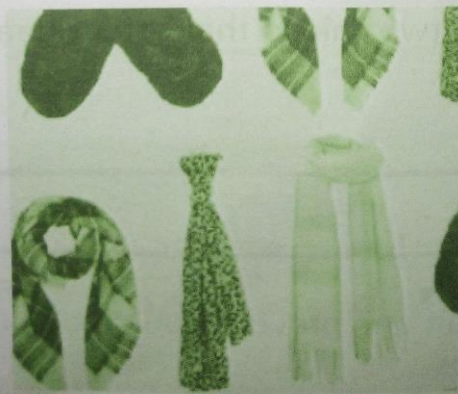
19. Name two ways of taking care of Oral hygiene

20.

20.



21.



a



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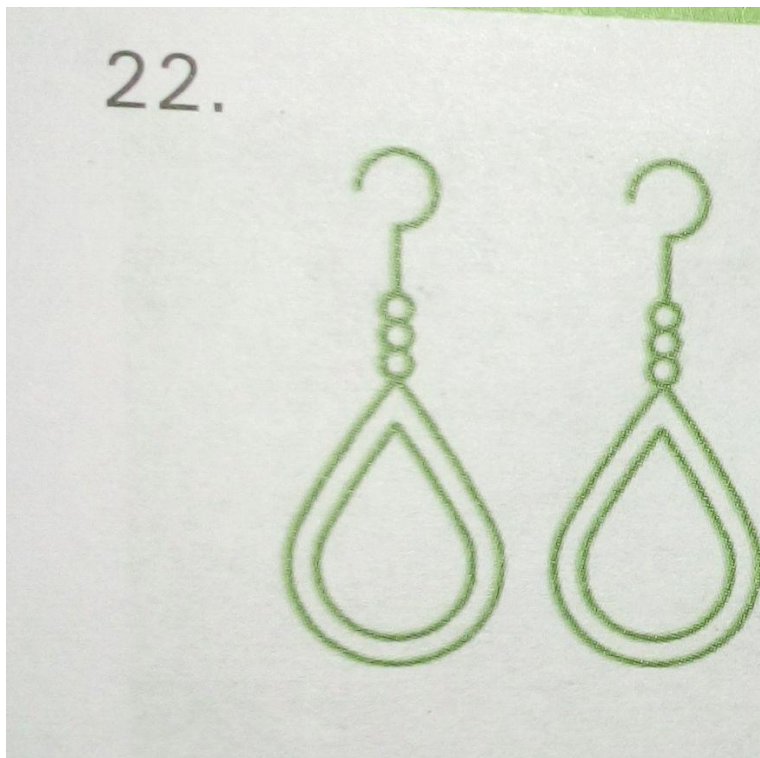
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21.

b)

Name the following accessories

22



23. Name two accessories we wear on our heads

24. Diseases that cannot be spread from one person to another are known as

25. Explain how one can be obese

26. High or raised blood pressure is also known as

27. Name two causes of cancer

B





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Write True or False

28. Eating too much sugar is healthy

29. We should visit a doctor for a regular checkup

**ASSESSMENT 2**

1. identify two things that affect heart diseases

2. How can one prevent non-communicable diseases

3. John has seizures most of the time. Which non communicable disease is likely to have?

4 What causes Asthma?

5. Cosmetic containing harmful chemicals cause

6. The stage of adolescence is also known

Write boy or girl

7. They will develop a deep voice

8 Menstrual periods will begin

9. Breast will start to develop

10. Beards will grow

11. The changes that affect the behavior and feelings of an adolescent is known a

12. List two ways an adolescent girl should groom herself

a)

b)

13. Why do you think an adolescent should exercise daily healthy habits



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Draw and name three accessories used by an adolescent

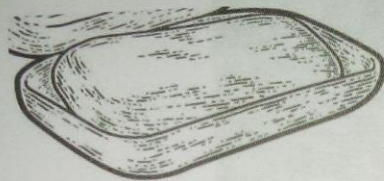
14..

15.

16.

Name the uses of the following items

17.



18.



19.





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17.

18

19

20. A condition where blood pressure raises is known as

21. What are signs and symptoms of Asthma

22. Which disease can be caused by a sun radiation

23. Explain what the following learners are doing to lead a healthy life

23.



24.



25.





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24.

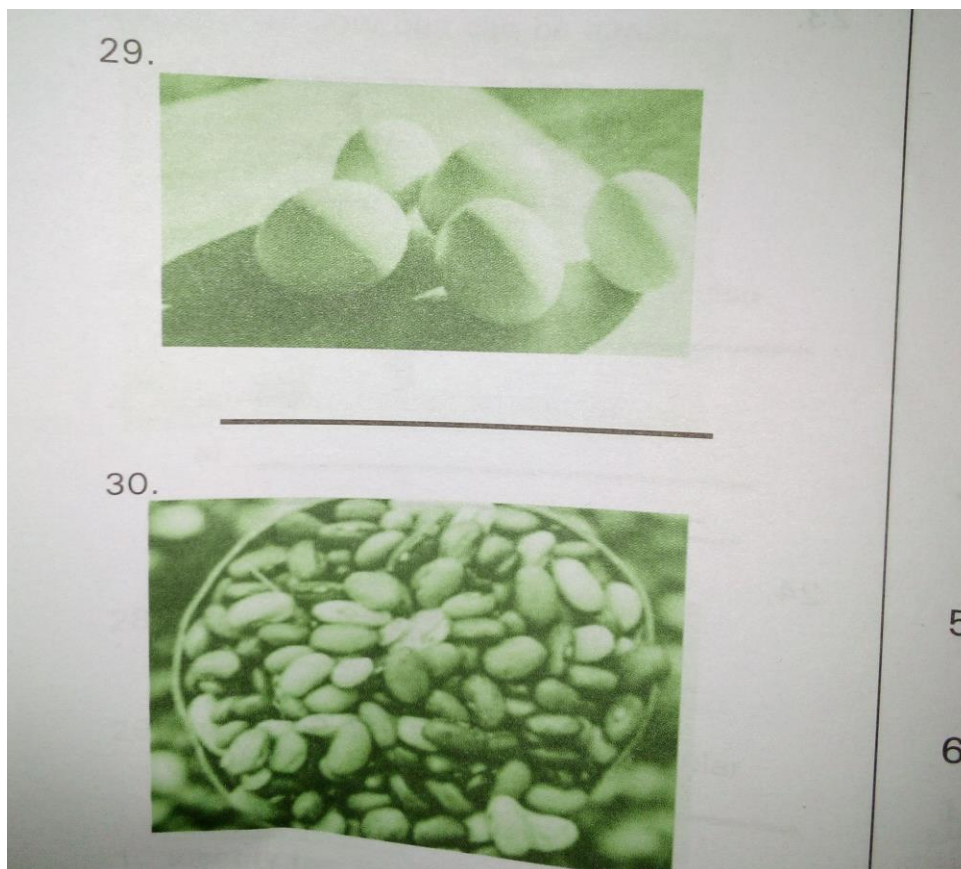
25.

26. What is a budget?

27. Write two importance of making a budget

28. Name two minerals found in food

Which minerals do the following foods have?



29.

30.



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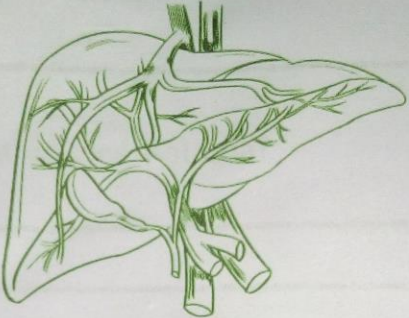
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**ASSESSMENT 3**

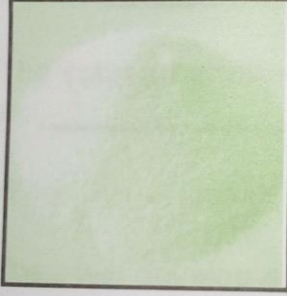
1. Name three minerals found in food

Which minerals do the following foods contain?


2.



3.



4.



2.



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3.

4.

5. Anemia is a condition caused by lack of mineral.

6. List four signs and symptoms of Anemia

a)

b)

c)

d)

7. Identify two ways you can prevent nutritional deficiencies

a)

b)

8. Identify two places you can store meat

a)

b)

9. Aprocess of allowing meat to smoke until it dries is known as

Draw and name three fruits that can be preserved in a refrigerator

10

11.

12

13. List two importance of preserving fruits and vegetables

14.

Draw and name three examples of cooking equipment used at home

15



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16

17. Name three factors to consider when planning a meal for a family
18. Why should you plan for meals
19. List two safety measures to observe when cleaning cooking equipments
20. The type of cooking that involves the combination of solid food ingredients that have been cooked in liquid is known as
21. Name three emotional changes of an adolescent
22. Name two reasons why an adolescent should groom herself or himself
23. An adolescent should floss at least twice a day.

Write true or false

24. Biting nails for an adolescent is healthy.
25. One should eat food rich in calories only
26. Clean clothes should be worn every day.



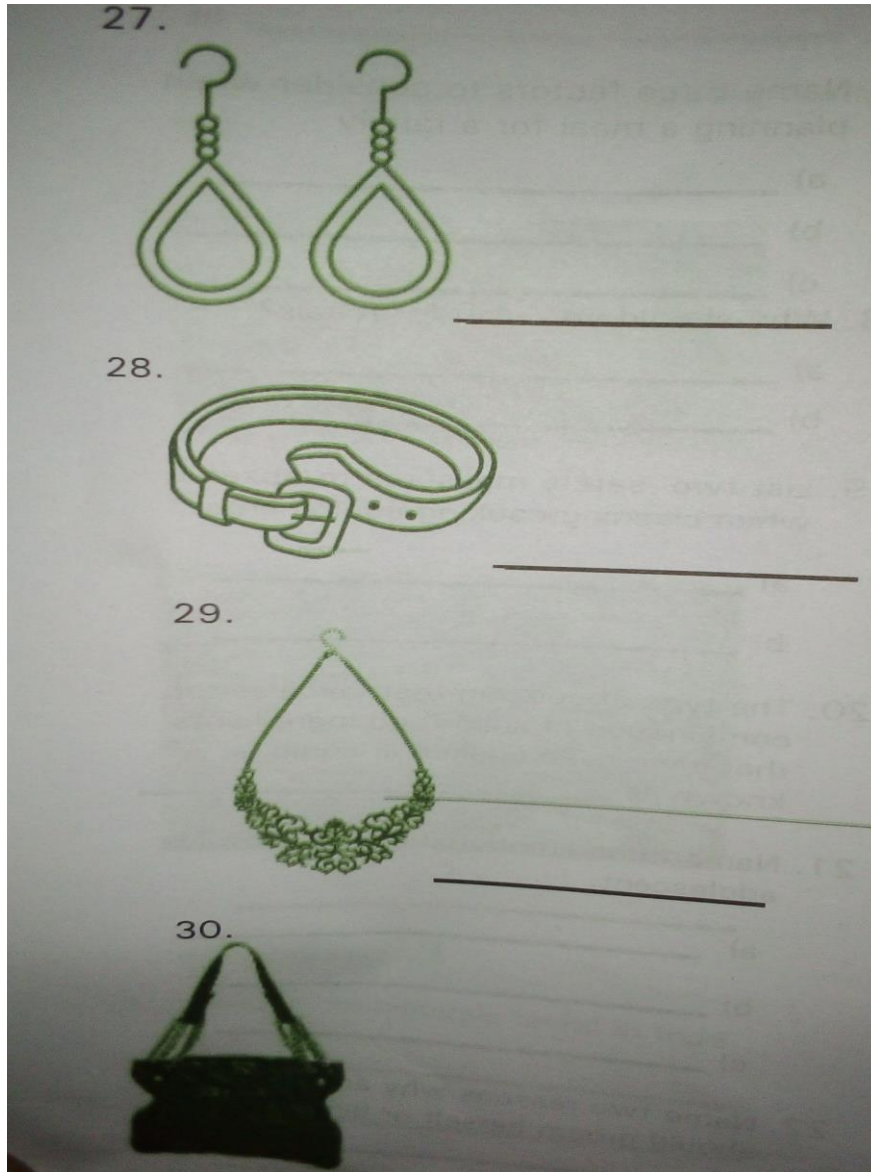
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Name the following accessories



27.

28.

29.

30.





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**ASSESSMENT 4**

1. What is puberty?
2. Explain two healthy eating habits an adolescent should have
  - a
  - b)

Write down the use of the following

3. Toilet soap
4. Body oil
5. Bangles\_
6. Explain two dangers of misusing cosmetics and accessories
7. Diseases that cannot be spread from one person to another are known as

Explain the following diseases and disorders

8. Asthma
9. Obesity
10. Cancer
11. Hypertension
12. List two importance of budgeting
16. Why do we need iodine in the body?

Explain the following nutritional deficiencies

17. Anaemia
- 18 Constipation
- 19 Goitre
20. List three signs and symptoms of marasmus



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21. Name three animals that give us meat

22. Name the following methods of preserving meat

22.



23.



23.

Draw and name three fruits and vegetables consumed everyday

25.

26.

27. What are the importance of preserving fruits and vegetables

a)



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28. Identify two cooking equipment used at home

2.

29. Which factors should you consider when planning a family meal

**ASSESSMENT 5**

Draw three cooking equipment found in your

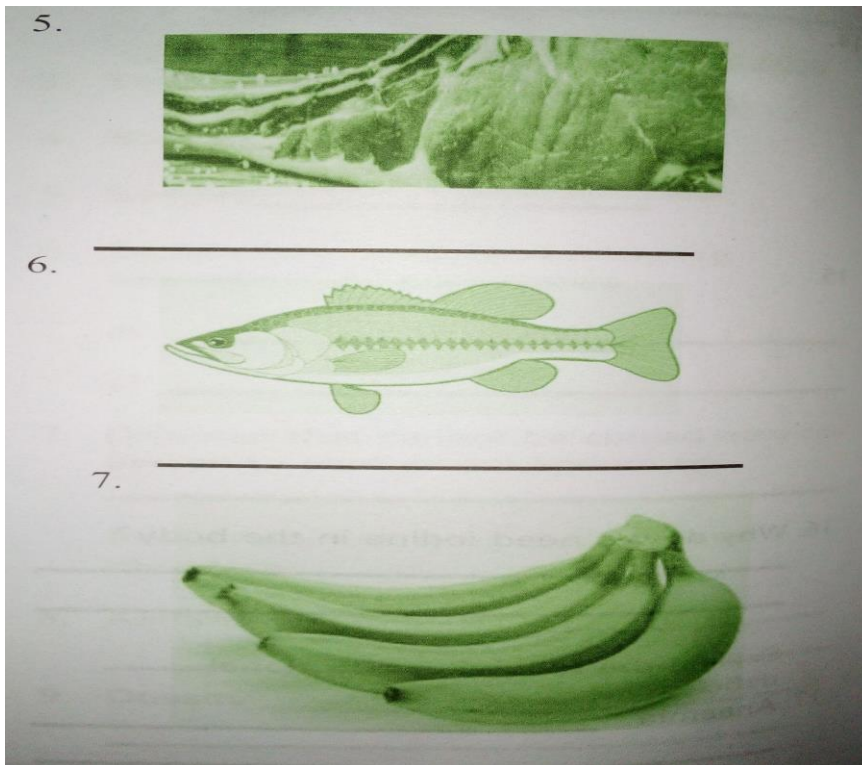
1.

2.

3.

4. Mrs. Kamau was planning a week's meal for her family. Give two reasons whyshe was doing that

The following foods can be stewed. Name them





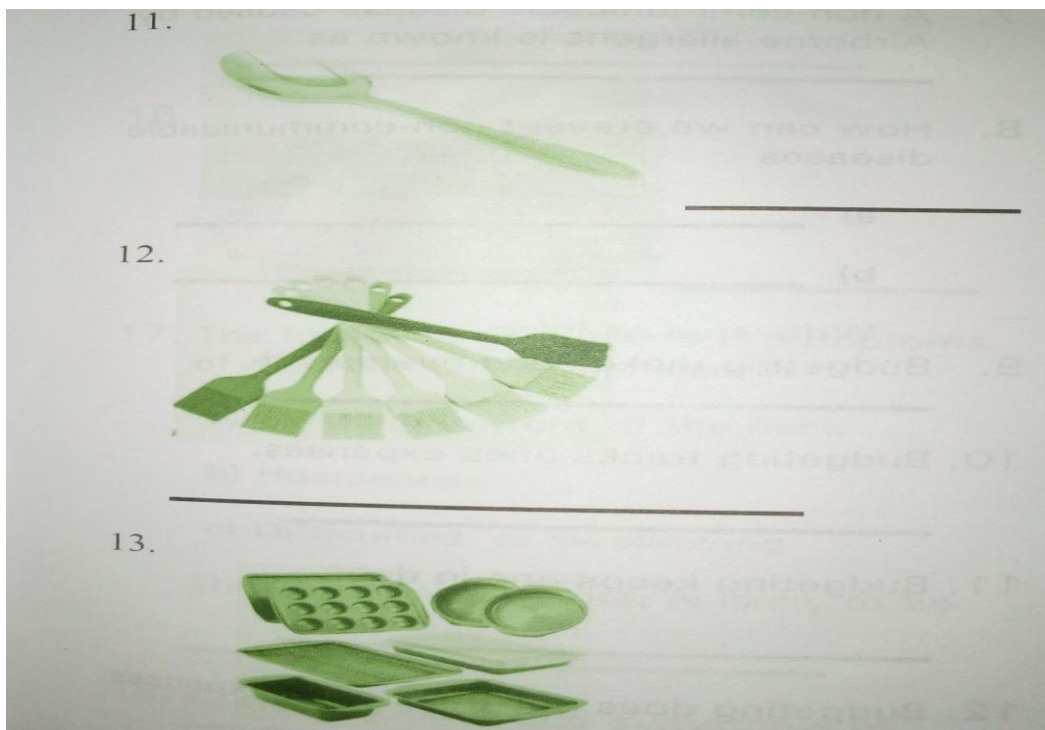
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- 5.
  - 6.
  - 7.
  8. Identify two safety measures when stewing food
    - a)
    - b)
  9. What is baking?
  10. Apart from using dry heat in an oven, what else can you use to bake
- Name the following equipment used for baking



- 11.
- 12.
- 13.



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14. Name two ingredients needed when baking a cake

a

15, What is a rubbed in method when making a cake?

Name the uses of the following items

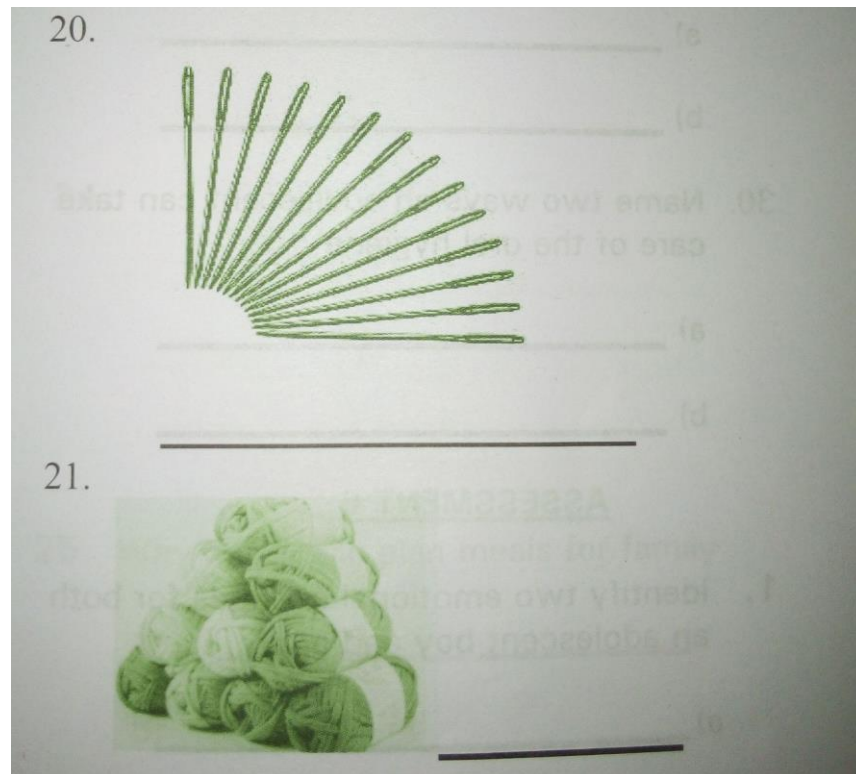
16. bodkin

17. Iron box

18 Name two tools and equipment used for weaving

19 A\_ is a textil weave where the warps and weft threads interlace to form a criss cross platform

Name the following tools and materials used for knitting.



20.



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21.

22. A knitting stitch where its right side looks like a bump is known as

23. Identify two safety precautions when knitting

Who has the following physical changes

Write boys or girls

24 They will have wet dreams

25. Hips widen

26. Beards will grow

27. They will develop deep voice

28. Menstrual flow will begin

29. Identify two good grooming practices that an adolescent should practice

30. Name two ways an adolescent can take care of the oral hygiene



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**ASSESSMENT 6**

1. Identify two emotional changes for both an adolescent boy and a girl

b)

2. List two healthy habits an adolescent should practice

Name the use of the following accessories

3. Handbag

4. Belt

5. Caps

6. List two non-communicable diseases

7. A non-communicable disease caused by Airborne allergens is known as

8. How can we prevent non-communicable diseases

9. Budgeting makes one overspend

Write true or false

10. Budgeting tracks one's expenses

11. Budgeting keeps one in debt

12. Budgeting does not track one's expenses

Which minerals do the following foods have?



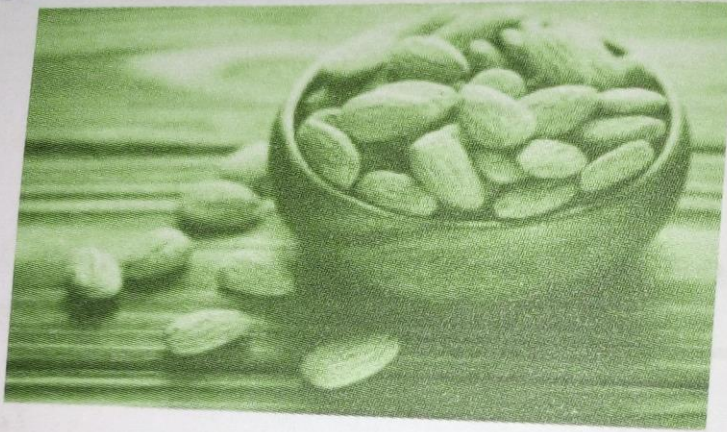
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13.



14.

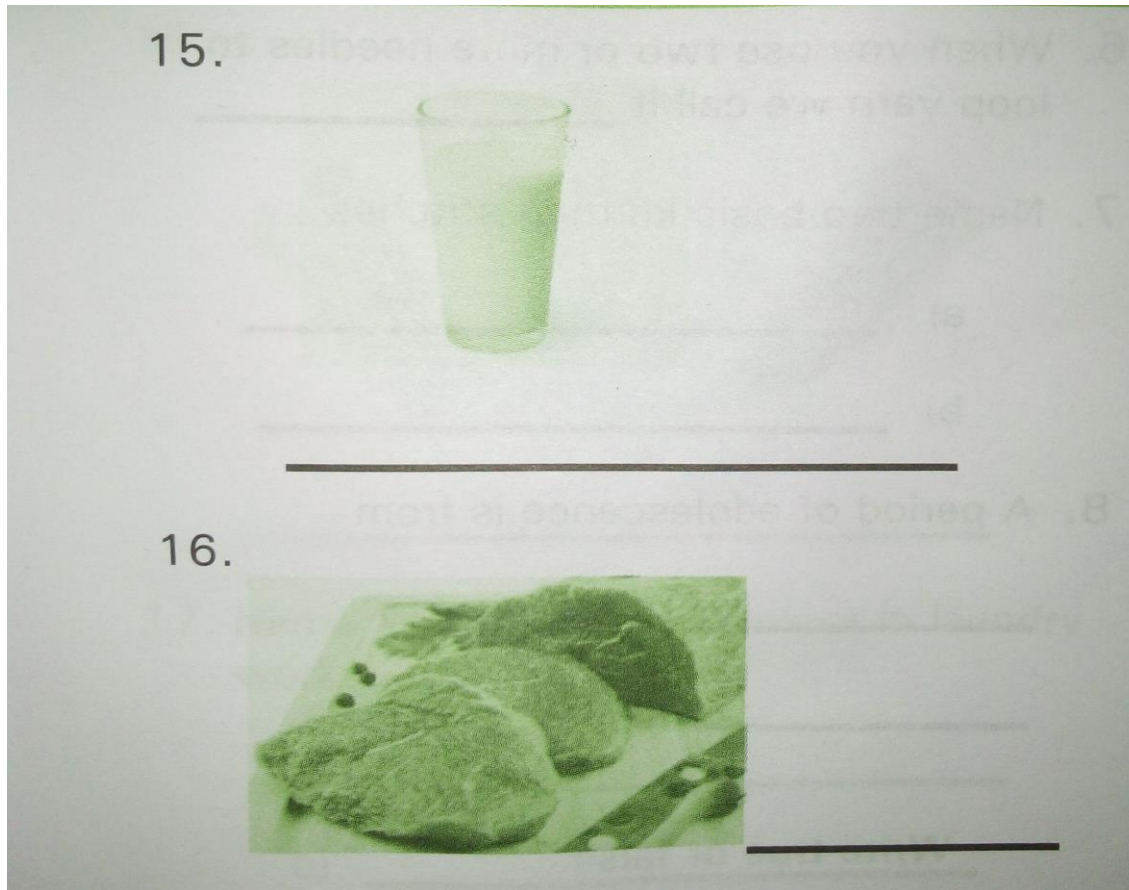






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13

14.

15.

16.

17. The following are signs and symptoms of a certain nutritional disorder;

- a) Swelling in front of the neck
- b) Hoarseness
- c) Difficulties in swallowing

The nutritional disorder is likely to be



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18. Name two signs and symptoms of constipation

b

19. A nutritional disorder that is caused by inadequate proteins, calories, carbohydrates, vitamins and minerals in the body is called

20. Name two methods of preserving fish

a

b)

21. Name the advantages of smoking meat

Draw and name three cooking equipment found in your home

22.

23.

24.

25. Why do people plan meals for family

a

b

26. Explain how one can make a chicken stew

a

b

27. Name foods that can be baked

a

b)



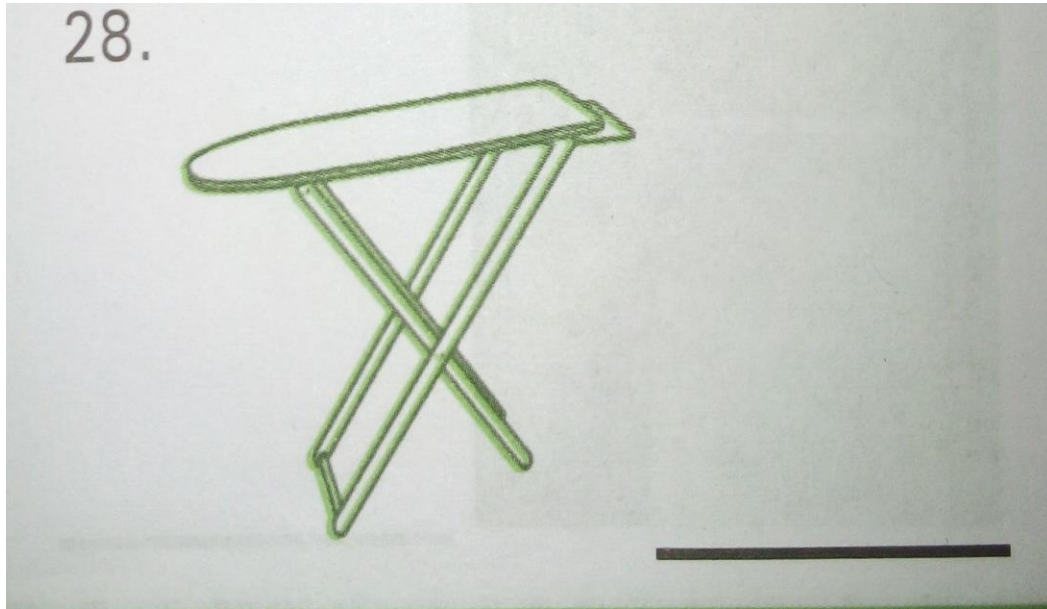
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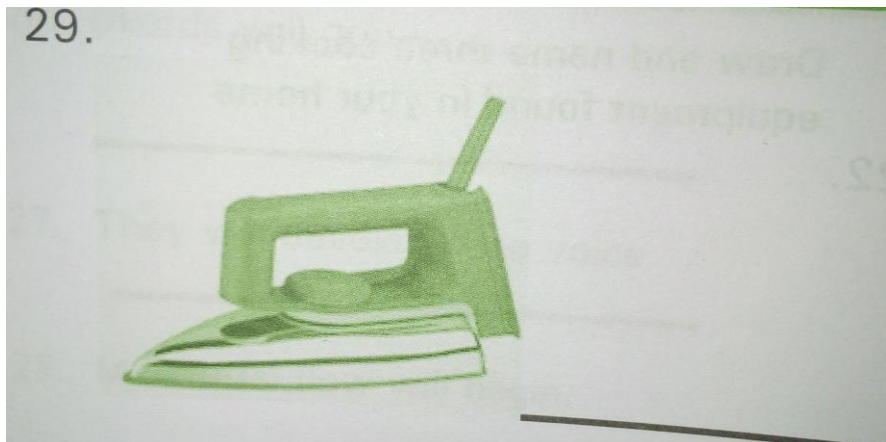
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Name the following pictures



28.

29.





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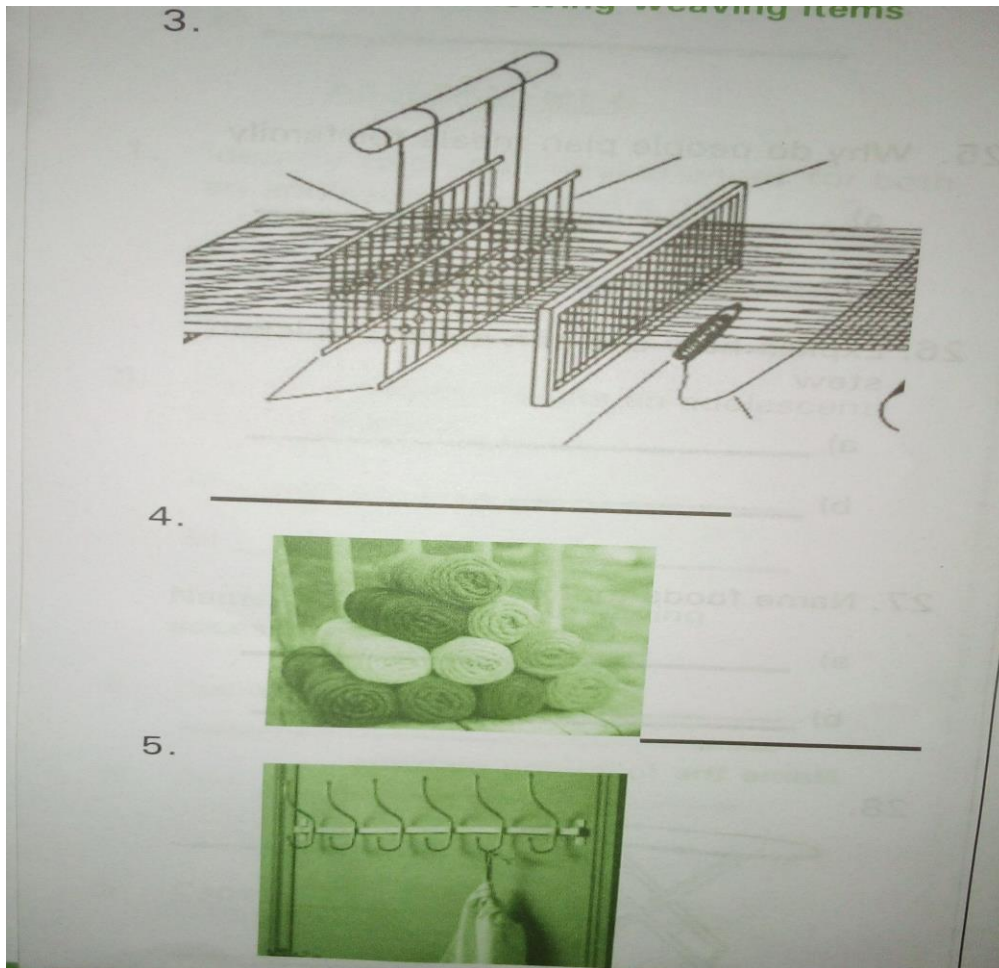
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**ASSESSMENT 7**

1. Name two factors to consider when choosing tools and equipment for sewing
2. Where should you store a bodkin.

Name the following weaving items



- 3.
- 4.
- 5.



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6. When you use two or more needles to loop yarn we call it

7. Name two basic knitting stitches

a

8. A period of adolescence is from\_to\_age

Write true or false

9. A girl will start having wet dreams

10. An adolescent boys height and weight will increase

11. Breast will start developing for both boys and girls

12. Hair will start growing under the girls armpit

13. State the steps to be used when laundering a colored shirt

Name the following materials and equipment used for laundry

14.



15.



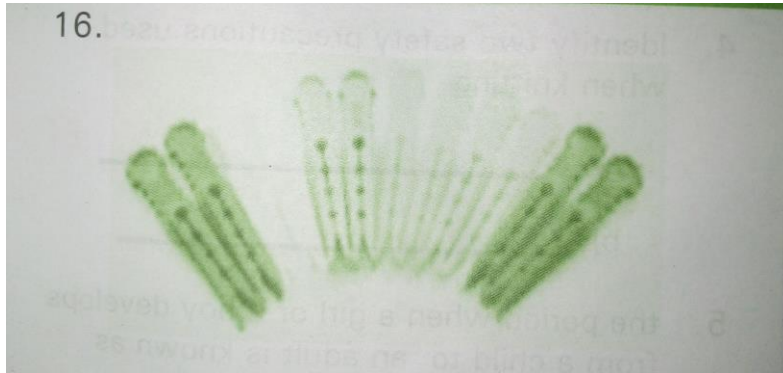


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14.

14.

16.

17. Name three special treatment in laundry work.

a)

b)

c)

18. Name the importance of bleaching in laundry work

b)

19. What are the safety precautions to observe when carrying out special treatment in laundry

a)

b)

C)

20. Why do we disinfect clothes?

a)

b)

21. Why should loose colored items be dried under the shade?



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a

b)

22. What is the importance of salt when rinsing loose colored items

23. What is a budget?

24. Make a simple budget of an income of 5000 for a month.

25. Which factor do you consider when repairing a pocket?

a)

b)

26. Give two types of special treatment during a laundry work

28.

a)

b)

27. Name two items made from wool or acrylic

a

b)

Draw two materials used for crocheting

28.

29.

30. The process of using two crochet hook to interlock loops of yarns is known as



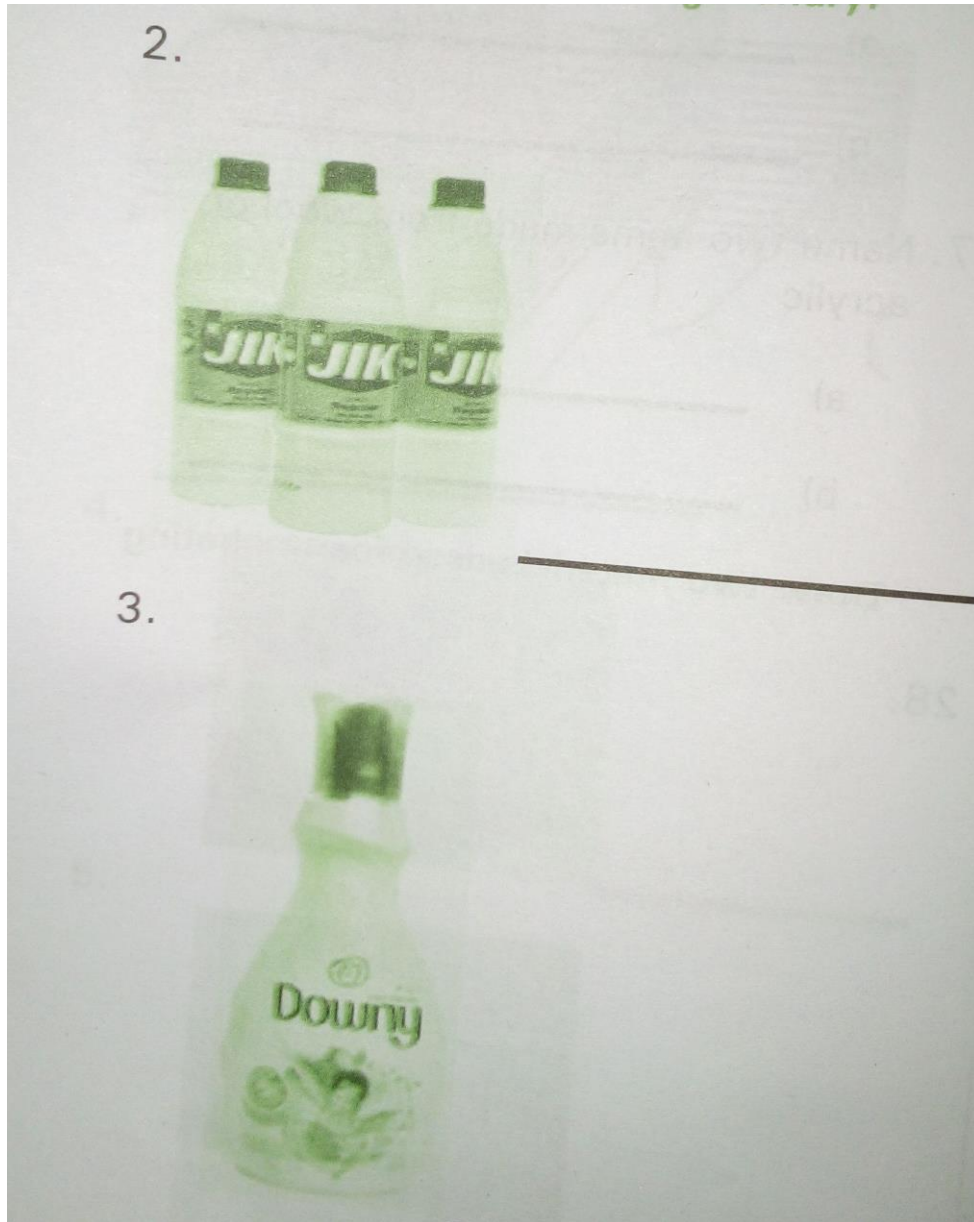
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**ASSESSMENT 8**

1. Name two items you can use to improve a crocheting hook

Name the following materials used for special treatment during laundry.







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- 5.
- 6. Identify two safety precautions used when knitting
- 5.the period when a girl or a boy develops from a child to an adult is known as
- Sort out the physical changes of a boy and girl separately
- 6.They will have wet dreams
- 7. Menstrual flow will begin
- 8. Hips will widen
- 9. Beards will grow
- 10. They will have deep voice

Boy	Girl

- 11. Explain three ways an adolescent should groom herself or himself
- 12. List two healthy habits for an adolescent
- Draw four accessories worn by an adolescent and name them
- 13.
- 14.
- 15.



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- 16.
17. List two dangers of misusing cosmetics.
- b)
18. Write two non-communicable diseases
- b)
19. An abnormal fat accumulation in the  
body is known as
20. A disorder in which nerve cells in the brain becomes abnormal is known as
21. Name two causes of cancer
22. How do you prevent and manage non-communicable diseases
23. List two importance of making a budget
24. Which minerals do the following foods give us?



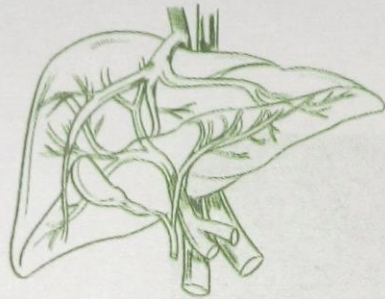
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24.



25.



26.



24.



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a)

25.

b)

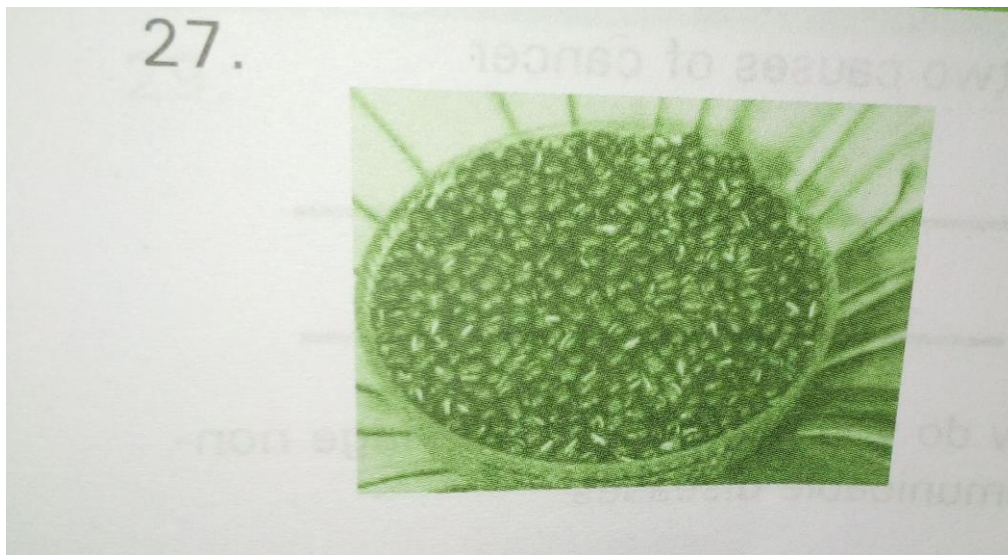
26.

a)

25.

26.

27.



28. Which minerals is used to make thyroid hormones

29. A condition caused by lack of iron is known as

30. Swelling in front of a neck, coughing, difficult swallowing is a symptom of \_disorder.



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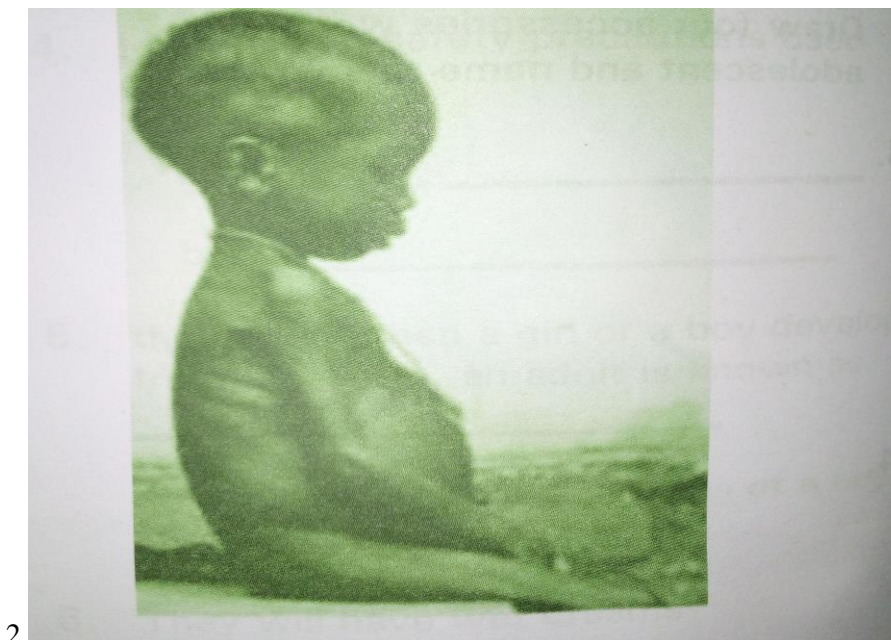
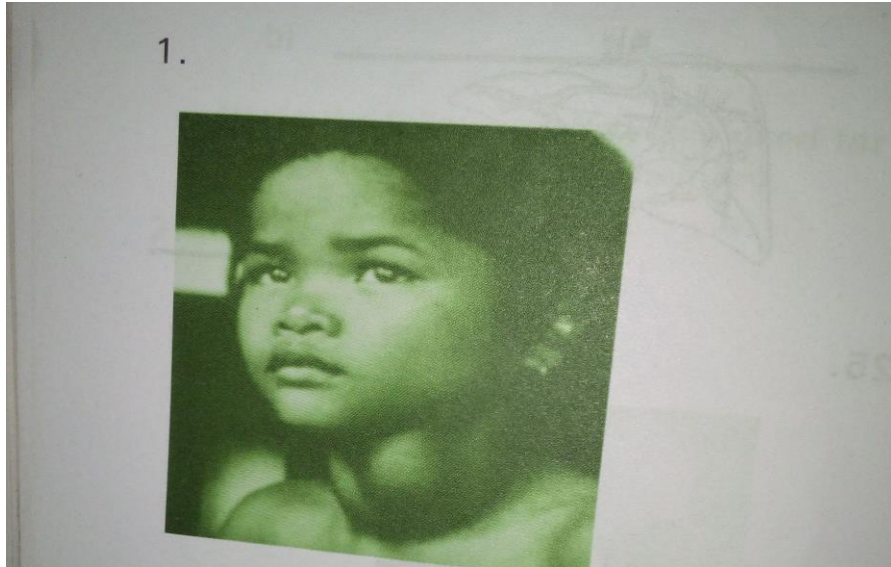
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**ASSESSMENT 9**

Which nutritional disorder are the following children suffering from

1.





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3. List two signs and symptoms of constipation

Draw two animals that give us meat

4.

5.

6. List two importance of preserving meat

b

7. Write two methods of preserving meat

Name the following cooking equipment's

8.



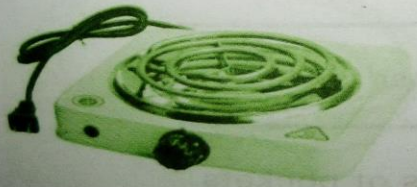
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9.



\_\_\_\_\_

10.



8.

9.

10.



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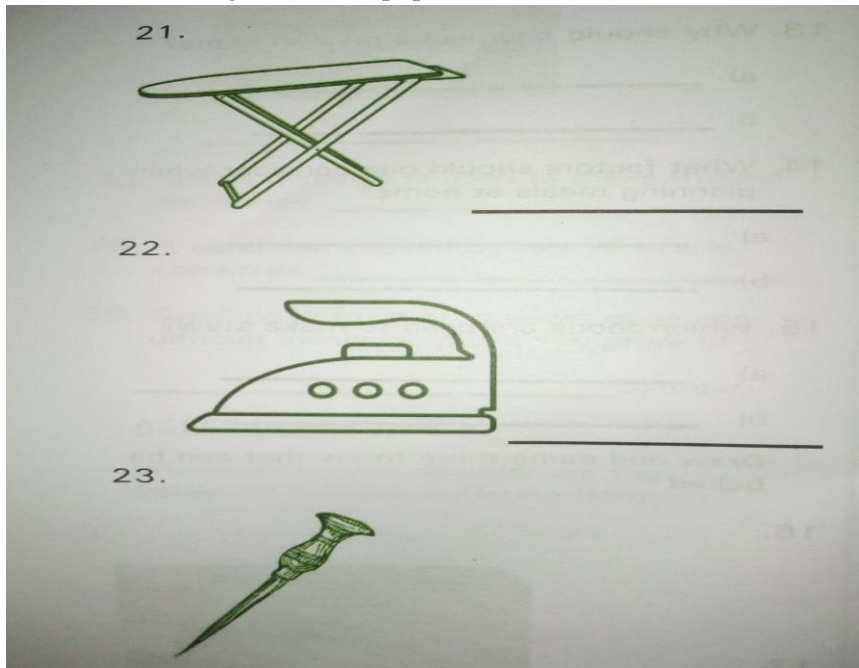
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11. Explain how you can clean a paratfin stove.
12. What are the safety measures when cleaning cooking equipment you should observe
13. Why should one plan a meal at home?
14. What factors should one consider when planning meals at home?
15. Which foods are used to make stew?

Draw and name three foods that can be baked

- 16.
- 17.
- 18.
19. Sugar, flour, baking soda, milk are ingredients used to make
20. What is a rubbed in mmethod in baking

Name the following tools and equipment



21.



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- 22.
- 23.
24. What is another name of a weaving frame?
25. Name two methods of weaving
26. A process of using two or more needles to loop yarns is known as
- Write true or false
27. Store pieces of broken needles.
28. We use jick to whiten fabrics.
29. What are the importance of special treatment during laundry work
- b)
30. Identify materials Used to launder loose coloured articles.

**ASSESSMENT 10**

Write the importance of the following materials used for special treatment

1. Disinfecting material
  2. Bleaching material
  3. Fabric conditioner
  4. Name two types of pockets
  5. Identify two ways a pocket can be damaged.
  6. Adolescenitse is also known as
  7. Identify the physical changes that happen for both boys and girls
- a





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b

8. What is an importance of good grooming

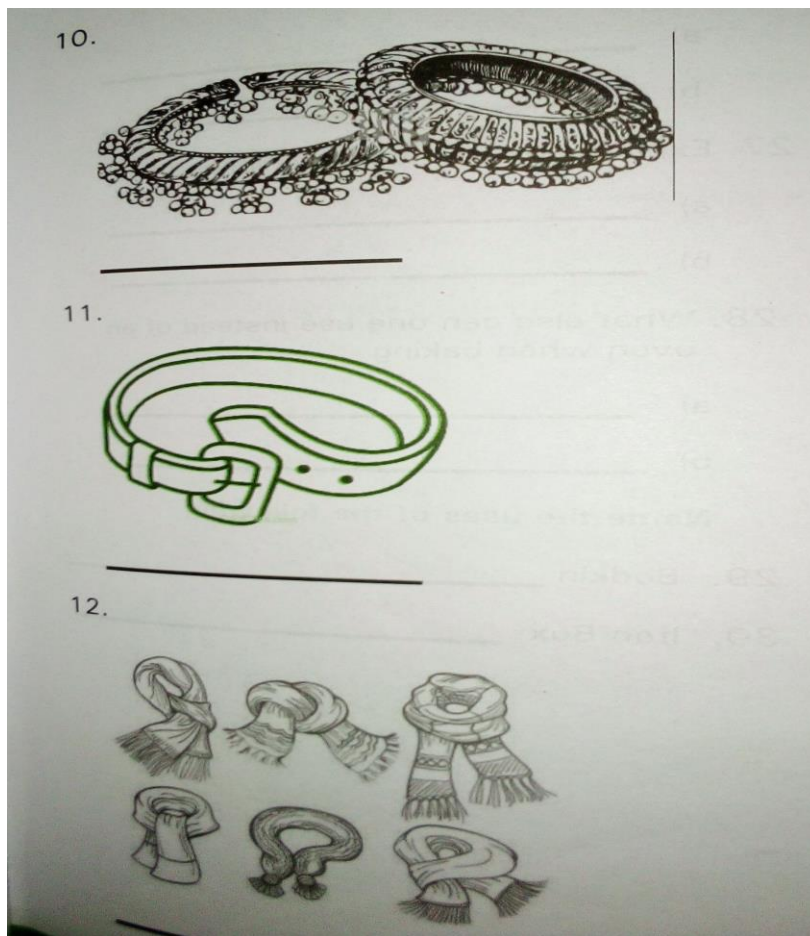
a

9. Explain two importance of exercise

a)

b)

Name the following accessories below





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10.

11.

12.

Write down the uses of the following

13. Body oil

14. Handbag

15. A disease that occurs when your blood sugar is high is known as

16. Write two things that causes hypertension

a)

b)

17. How will you prevent non-communicable diseases

a)

b)

18. Name the importance of iodine in the body

a)

b)

19. Inadequate amount of proteins in the diet causes

20. Name signs and symptoms of marasmus

a)

b)



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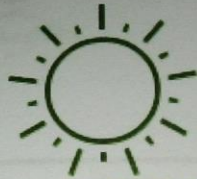


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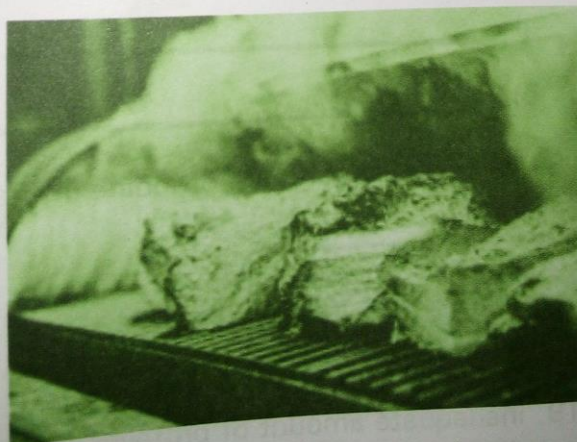
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Name the following ways of preserving meat

21.



22.





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- 21.
  - 22.
  23. Explain why salt is applied to meat
  24. What is the disadvantage of storing vegetation in a fridge?
  25. Explain how you would clean up an open fire place
  26. Why is proper planning of meals important at home
  27. Explain how to make a chicken stew
  28. What else can one use instead of an oven when baking
- Name the uses of the following
29. Bodkin
  30. Iron Box