**GRADE 4 HOME SCIENCE NOTES**

**HEALTHY PRACTICES**

**PLAY**

**Needs of a child**

* A need is something that is necessary to a child for a healthy life.
* A child has various needs for healthy development. A child needs food, shelter, clothing, play and rest.

1. **Food** provides us with energy to play, grow and remain healthy.

2. **Clothes** keep us warm and cover our bodies.

3. **Shelter** protects us from hot sun, rain, wind and danger.

4. **Playing** keeps us fit, strong and healthy.

5. **Resting** relaxes our bodies.

**Games in our Locality**

* Play is a physical activity which improves our health.
* We play games to keep healthy, for fun and enjoyment.
* There are different games that we play in our locality.
* Some games are played using play items while others are played without play items.
* Some of the games that we play in our locality include; football, hula hooping, hide and seek, sack race, riding tyres, playing using bean bags, rope skipping, computer games and singing games.
* Playing games keeps our bodies fit, strong and healthy.

**Play Items**

* Some games such as football, netball, rope skipping and hula hooping require play items.
* Other games like hide and seek do not need play items.
* Play items are things that we use when playing games. Examples of play items are bottle tops, balls, bean bags, skipping ropes, hula hoops, ropes, old tyres, slides and bouncing castles.

**Qualities of a Good Play Item**

* We should use good play items to play games.
* The items should be safe and should not hurt us.
* Use the right play items to play the right games.
* We should play games with the right play items.
* A good play item should be:
1. Of the right size so that we can use it safely.
2. Safe to use so that we can avoid injuries.
3. Easy to make using locally available materials.
4. Able to last long so that we do not have to keep replacing it.
5. Easy to carry to our playing field.

**Making Play Items**

* Different games require different play items.
* We can learn how to make some play items by ourselves.
* Some of the play items we can improvise are soccer balls, hand balls, skipping ropes and bean bags.

**How to Make a Bean Bag**

**You will need:** an old piece of cloth, a pair of scissors, a needle, a thread and dry beans.

1. Cut two pieces of cloth into a rectangular shape.
2. Place the two pieces of cloth face to face. The back of the cloth facing outwards.
3. Sew the two pieces together leaving an opening of about 3 cm.
4. Cut off the corners so that you get nice corners when you turn it inside out.
5. Fill the bean bag to about three quarters full with beans.
6. Sew to close the opening of the bean bag.

**How to Make a Skipping Rope**

**You will need:** pieces of old clothes, sisal strings and a pair of scissors.

1. Select old clothes which are long and light, for example, shirts or trousers.
2. Cut the old clothes to make long stripes.
3. Tie to join the stripes together to make a rope.
4. Use a sisal string to wrap the improvised rope to make it strong and smooth.
5. Make knots at both ends of the rope to create handles.

**How to Make a Ball**

**You will need:** Old clothes, paper shopping bags, newspapers and twine.

1. Crumple the cloth or newspapers into a small ball to make the centre of the ball.
2. Add more clothes and newspapers around the ball. Keep the ball round.
3. On the last layer, cover the ball with the thickest cloth or bag.
4. Wrap the ball with twine, pulling tightly and making a web of knots to cover the entire ball.
5. Bounce the ball on the ground a few times to test whether it is ready for use.

**Caring for the Environment**

* After making play items, collect waste materials and put them in a dustbin.
* Dispose the materials properly to keep the environment clean.

**Caution**

* Take care not to hurt yourself or your classmate. Use the play item to play games at home.

**Caring for Play Items in our Locality**

* We can take care of play items by doing the following:
1. Keep soccer balls inflated.
2. Store all play items in a dry place.
3. Do not leave play items in the sun or in a wet place.
4. Use each play item for the right purpose.
* It is important to take care of play items.
* This will make them last longer and safe for playing.
* When we store our play items well, we can easily get them when we want to play.

**Common Accidents During Play**

* As we play, accidents may occur leading to injuries. When accidents occur during play, we should report to our teachers, parents or guardians immediately.
* The common accidents that can occur during play include: falls, bruises, sprains and cuts.
* **Falls**- occur when moving from a higher to a lower level without control.
* **Bruise** - is an injury on the body.
* **Sprain** - is twisting of hands or legs causing pain and swelling.
* **Cut** - is an opening on the body caused by a sharp object.
* We should play safe games to avoid accidents.

**Causes of Accidents During Play**

* Causes of accidents during play include:
1. Playing in dangerous places like roads or near open pits.
2. Not following instructions and rules of the game.
3. Playing dangerous games.
4. Playing or walking on a slippery or wet ground.

**How do we keep safe during play?**

* We should keep safe when playing by:
1. Playing safe games and avoiding dangerous games.
2. Following rules of the game.
3. Playing in safe places. Our playground should be free from sharp objects like stones, glasses and sticks for our own safety.
4. Avoid playing games in dark places, forests or lonely places.

**HEALTHY LIVING**

**Common Illnesses in the Locality**

**Common Illnesses**

* An illness is a disease that affects the body.
* Some common illnesses in our locality include:
1. coughs
2. sore throat
3. cold
4. vomiting
5. earache
6. headache
7. diarrhoea
8. stomach ache
* When we are unwell, we can experience:
1. Pain in our body parts.
2. Stomach ache
3. Headache
4. Hotness or coldness in our body.

**How to Communicate to Others When Feeling Unwell**

* It is important to communicate with others when feeling unwell.
* We can communicate by telling how we feel and showing where the pain is.
* We should tell our parents, guardians, teachers or our friends.

**Causes of Common Illnesses**

**Causes of coughs**

* 1. Smoke, dust and bad smell.
	2. Some conditions such as asthma.

**Causes of colds**

* 1. Drinking very cold drinks.
	2. Taking sugary foods.
	3. Not dressing warmly during very cold weather.

**Causes of earache**

* 1. An injury or infection in the ear.
	2. Strange materials in the ear.
	3. Buildup of ear wax.
	4. Poor use of cotton swabs.

**Causes of sore throat**

1. Colds, allergies, smoke and throat infection.

**Vomiting and diarrhoea**

* 1. Eating too much food.
	2. Eating contaminated food.
	3. Drinking contaminated water.
	4. Eating fruits and vegetables that are not washed.
	5. Eating without washing hands.

**Healthy Practices That Prevent Illnesses**

* When we observe healthy practices, we prevent illnesses.
* Some practices that we need to observe to prevent the common illnesses include;
1. washing hands
2. using handkerchiefs correctly
3. drinking clean and safe water
4. covering the mouth when coughing and sneezing
5. using clean cutlery
6. washing vegetables and fruits.

**Importance of Healthy Practices**

* It is important to observe healthy practices.
* They promote good health at school and at home.

**Care of the Home**

**Cleaning Materials and Tools Used at Home**

**What materials and tools do we use for cleaning at home?**

* Cleaning tools that we can use at home include: dust pans, mops, brooms, brushes, pieces of cloth, dustbins, dusters and rags.
* Some cleaning materials we use are water, detergents and polishes.
* A neat and clean home is comfortable to live in.
* It is our responsibility to ensure we live in a clean and safe home.
* Clean and safe homes promote good health.

**Improvisation of Materials and Tools Used for Cleaning**

* How can we improvise cleaning materials and tools?
* We can use locally available materials to make cleaning tools to save money.

**How To Make a Mop from Locally Available Materials**

* You will need old blankets or towels or Sweaters and a pair of scissors.
1. Cut the blanket or towel into square pieces of 40 cm by 40 cm.
2. Dip the blanket or towel in a basin with clean water.
3. Squeeze the water and use it to mop the floor.

**Caution**

* Take care when using a pair of scissors so that you do not hurt yourself or your friend.
* We can use locally available resources to make cleaning materials and tools. Example:
1. Sweeping tools can be made from twigs and reeds.
2. We can use an old rag when we do not have a mop.
3. We can use soft feathers for dusting.
4. We can make a dust bin from old buckets or cartons.

**Sweeping**

* How do you sweep your home?

**Materials and Tools for Sweeping**

* We use brooms for sweeping, dust pans for collecting waste and dustbin for disposing off waste into a compost pit.

**How to Sweep**

1. Hold the broom at the top with one hand.
2. Move the broom outward pushing dirt in the direction you are sweeping.
3. Gather dirt and debris into a central area.
4. Use a dust pan to collect the dirt and put it in a dustbin.

**Safety When Sweeping**

* 1. Take care when using an improvised broom. Do not use a lot of force while using the stick broom because it can break and hurt you.
	2. Wear a dust mask when sweeping a dusty floor. Always open windows to allow in fresh air after sweeping.
	3. Always sweep in the direction of the wind. This will help you not to breath in dust.
	4. If the floor is earthen, sprinkle water before sweeping to settle the dust.
	5. Wash your hands after sweeping.

**Care for Sweeping Materials and Tools**

1. Clean brooms and brushes by shaking off any dust or dirt after use.
2. Use a holder to keep brooms and brushes off the floor.
3. 2 Brooms and brushes should also be stored with bristles facing upwards.

**Mopping**

**Materials and Tools for Mopping**

* We use clean water, mop, soap, old pieces of clothes like blankets or towels to mop floors.

**How to Mop**

1. Clear the area you want to mop so that you reach every spot on the floor.
2. Sweep the floor before you mop.
3. Use water with soap to mop the floor.
4. Mop in sections. This will help you get rid of dirt easily.
5. Let the floor air dry.

**Safety Measures When Mopping**

1. Use safe detergent that will not damage your skin.

2 Use gloves to protect your hands where necessary.

3. Avoid moving furniture when the floor is wet to avoid falling.

4. Wear sandals with grip to avoid falls.

5. Hold and move the handle of the mop gently not to break it.

6. Wash your hands after mopping.

**Caring for Mopping Materials and Tools**

* We care for mopping materials and tools as follows:
1. Wash and rinse the mop well in clean water. Hang them on a hook to dry
2. Once dry store them well.

**Remember:** Caring for mopping tools makes them last longer.

**Dusting**

**Materials and Tools Used for Dusting**

* Dusting is the removal of dust from surfaces.
* We use old pieces of soft cloth, basin with clean water and swabs to dust surfaces.
* Feathers, dusters and lamb's wool are used to dust walls with corners and hidden places.

**How to Dust Surfaces**

1. Sprinkle a little amount of water on the soft cloth.
2. Use the damp piece of cloth to remove dust from surfaces of furniture, walls and ceilings.
3. Dip the soft cloth in a basin with water and rinse it. Squeeze excess water from the cloth and continue dusting.

**Safety Measures to Observe When Dusting**

1. Ask for help to reach places that are higher to avoid falls.
2. Wear a dust mask to avoid breathing in dust.
3. Dust the surfaces gently
4. Take care when dusting sharp edges to avoid getting hurt.

**Caring for Dusting Materials and Tools**

1. Clean dusting materials and tools after use.
2. Shake off dust from the and tools after use.
3. Keep dusting materials and tools dry.
4. Store them in a safe place where they are easily reachable.
5. Handle every duster with care and use it in the correct way.

**Disposing off waste**

**Which Materials and Tools Can we Use to Dispose off Waste?**

* We should Sort waste materials before disposal.
* Waste should be disposed off correctly.
* Correct disposal of waste makes our surrounding clean and free of diseases.
* Sorting waste before disposal enables us to dispose it appropriately, we will also be able to recycle waste such as plastic bottles.

**How To Dispose Waste**

* 1. Sort waste materials in different bins - food waste, plastic waste, paper waste and other waste.
	2. Put each type of waste in a different bin.

**Safety Practices When Disposing Off Refuse**

1. Wear protective clothing when handling waste.
2. Keep dustbins covered when not in use.
3. Place dustbins in correct places to avoid falls.
4. Dispose off waste regularly to avoid bad smell and flies.
5. Always wash your hands using warm soapy water after disposing off Waste.

**Caring for Materials Used for Disposing off Waste**

1. Dust bins should be kept covered all the time.
2. Wash dustbins with hot water to kill germs.
3. Disinfect dustbins. This helps to kill germs.
4. Keep dustbins away from direct sunlight.

**Benefits of a Clean Home**

* A clean home:
1. Is free from germs.
2. Promotes good health.
3. Reduces the effects of dust and bad smell.
4. Keeps pests away.
5. is safe and free from accidents.

**Care and Cleaning of Shoes**

**Materials used for Making Shoes**

* We wear shoes on our feet. Shoes protect our feet from injuries and some parasites.
* They are made from different materials.
* Different shoes are made of different materials.
* Shoes are made from leather, plastic or canvas materials.

**Materials Used for Cleaning Different Types of Shoes**

* Different materials are used to clean different types of shoes.
* We can also improvise some materials used to clean shoes.
1. **Leather shoes** can be cleaned using a soft brush, soft cloth, warm water, soap and shoe polish. We can also use improvised materials like old soft pieces of cloth.
2. **Canvas shoes** can be cleaned using materials like soap, scrubbing brush and water. We can also use improvised materials like sisal fibres, old toothbrushes and dry maize cobs.
3. **Plastic shoes** can be cleaned using brushes, soap, soft cloths or rags.
* We should always keep our shoes clean.
* We can take care of our shoes by cleaning them using the right materials.
* Clean shoes last longer. We can also prevent fleas and jiggers from our feet by wearing clean shoes.

**How To Clean Leather Shoes**

**Which Materials do we Use to Clean Leather Shoes?**

**How do we Clean Leather Shoes?**

* **You will need:** A soft brush, soft cloth, old toothbrush, water, soap, shoe polish, old newspaper and a blunt object to remove mud.

**How to do it:**

1. Set up a cleaning area by covering the surfaces using an old newspaper.
2. Remove the shoe laces.
3. Brush off the loose dirt using a brush.
4. Remove mud if necessary, using a blunt object to avoid damaging the shoe.
5. Wipe inside and outside using a damp cloth.
6. Let your leather shoes dry in the open air.
7. Apply polish with a soft brush.
8. Leave the shoes for a few minutes for the polish to set.
9. Shine the shoes using another shoe brush.
10. Stuff the shoes with pieces of papers.
11. Store the shoes in a cool dry place.

**Safety measures to be observed**

1. Do not put soap or shoe polish in your eyes or mouth. Soap and shoe polish can be poisonous.
2. Do not use sharp objects when removing mud. Sharp objects can cause injuries.

**How to Clean Canvas Shoes**

**Which Materials do we Use to Clean Canvas Shoes?**

**How do we Clean Shoes Made from Canvas?**

* **You will need:** Soap, scrubbing brush or maize cob, water and an old newspaper.

**How to do it**

1. Set up the cleaning area by covering the floor using an old newspaper.

2. Remove and wash the shoelaces.

3 Remove the loose dirt by hitting the shoes against each other.

4. If they have mud, remove using a blunt object.

5 Clean in warm soapy water and scrub using a hard brush or a maize cob or sisal fibres.

6. Rinse them well with clean water and put them out to dry under shade.

7. Replace the shoe laces and store in a clean and dry place.

**Safety When Cleaning Canvas Shoes**

1. Do not put soap or shoe polish in your mouth.
2. Use blunt objects carefully because they can hurt you.

**How To Clean Plastic Shoes**

**Which Materials do we Use to Clean Plastic Shoes?**

**How Do we clean Shoes Made from Plastic Materials?**

* **You will need:** An old toothbrush, soap, soft cloth or rag and an old newspaper.

**How to do it:**

1. Set up the cleaning area.
2. Remove loose dirt using an old toothbrush.
3. If the shoes have mud, remove using a blunt object or stick.
4. Wash with clean warm soapy water, a soft cloth or sisal fibres.
5. 5 Rinse the shoes in clean cold water.
6. Dry them in a shade.
7. Store in a clean dry place.

**Safety When Cleaning Plastic Shoes**

1. Do not use sharp objects when removing mud. Sharp objects can cause injuries.

2. Do not put soap and old tooth brushes in your mouth.

**Daily log**

* A daily log is a record showing how often something is done.
* We can record how often we clean our shoes.

**Shoe Storage**

* The following should be observed when storing shoes;
	1. Store your shoes in a clean dry place.
	2. Shoes should be stored in a safe place to avoid theft.
	3. Keep your shoes off the floor.
	4. Avoid storing shoes in wire racks.
	5. Sort shoes by materials they are made of.

**Remember**

* When shoes are not in use, they get smaller.
* Always stuff papers or rags inside the shoes to maintain their shape and size.

**Cleaning and Storing Materials Used for Cleaning Shoes.**

* We should take care of our cleaning materials.
* They should always be kept clean and dry after use.

**Materials for cleaning shoes are cleaned and stored as follows:**

* 1. Shoe brushes, soft cloths and rags should be hanged and stored in a cool dry place.
	2. After using soap, keep it in a soap dish and away from water.
	3. Always close the shoe polish tin. Keep it away from direct heat or sunlight.

**Importance of Wearing Clean Shoes**

* Keeps the feet safe from jiggers, fleas and hook worms.
* Keeps the feet smelling fresh.
* Keeps the feet safe from sharp objects.

**Fuels Used at Home**

**Types of fuel**

* Fuel is any material that is used to produce heat or light in our homes.
* We use wood, charcoal, paraffin, gas and electricity for cooking, heating and lighting.
* Different homes use different fuels.

**Uses of Fuel at Home**

* In our daily lives, we use fuels for various activities.
* In our daily lives, we use different fuels for different reasons.
* We can use fuel for cooking, heating and lighting in our homes.
* Some fuels can be used in more than one activity. Example, electricity and gas can be used in cooking, lighting and heating.
* Firewood and charcoal can be used for cooking and heating. Paraffin can be used in lighting and cooking.

**Uses of Firewood at Home**

**How do we Use Firewood?**

* Firewood is used for:
	1. Cooking food.
	2. Lighting a room.
	3. Keeping us warm when it is cold.

**How to Use Firewood**

**You will need**: A matchbox, small pieces of dry firewood, pieces of papers or dry twigs.

**How to do it:**

1. Prepare the fire place by removing the ashes.
2. Put small pieces of paper or dry grass in the fire place.
3. Criss cross the small pieces of split firewood.
4. Use a match box to light the papers to start the fire.
5. Add larger pieces of split wood to create a stable fire bed.
6. Use the fire to cook, for lighting or warming yourself.

**Observing Safety When Using Firewood**

* 1. Keep a safe distance away from fire when cooking or warming yourself.
	2. Ensure that the room is well ventilated with open windows.

**We can conserve firewood by:**

1. Putting out fire when not in use.
2. Avoiding using wet firewood.

**Challenges Faced When Using Firewood**

1. Firewood produces smoke which can affect our health.
2. Requires big storage area.
3. It requires time to collect.

**Uses of charcoal**

**Charcoal is used for:**

* + 1. Cooking food.
		2. Warming.

**How to use charcoal**

**You will need:** A matchbox, charcoal, a charcoal jiko, pieces of papers or dry twigs.

**How To Do It**

* 1. Prepare the jiko by removing the ashes.
	2. Put small pieces of paper or dry grass at the bottom part of the jiko.
	3. Put the charcoal on the top part of the jiko.
	4. Use a match box to light the papers to start the fire.
	5. Use the charcoal jiko for cooking or warming yourself.

**Observing Safety When Using Charcoal**

1. Do not use charcoal in a poorly ventilated room to avoid suffocation.
2. Do not touch the metallic part of the jiko when it is hot.

**We Can Conserve Charcoal By:**

1. Putting out fire after use.
2. Using an improved jiko.

**Challenges When Using Charcoal**

1. Charcoal produces smoke that affects our health.
2. Charcoal is expensive to buy.
3. It takes long to light a charcoal jiko.

**Uses of paraffin**

**Paraffin is used for:**

1. Lighting a house.

2. Cooking.

**How To Use Paraffin**

* + 1. Pour enough paraffin in the lamp.
		2. Close the lamp and tighten the cork.
		3. Light the lamp and adjust to enough lighting.

**We Should Observe Safety When Using Paraffin By:**

1. Storing paraffin in clearly marked containers.
2. Allowing paraffin stoves and lamps to cool before refueling.
3. Avoid moving a paraffin stove when it is lit.

**We Can Conserve Paraffin By:**

1. Using a funnel to fill paraffin in stove and lamps.

2. Putting off lamps when not in use.

3. Using natural light during the day

**Challenges Faced When Using Paraffin**

1. It produces a bad smell.
2. It can cause fire if not carefully used.

**Use Of Electricity**

**How do we use electricity?**

* We use electricity for:
1. Cooking.
2. Heating a room.
3. Ironing clothes.
4. Lighting a room.

**How to Use Electricity**

* Your teacher will show you how to use electricity for ironing.

**Safety Rules When Using Electricity:**

1. Never put your fingers or objects in a power socket.
2. Obey warning signs.
3. Never touch power switches with wet hands.

**We Can Conserve Electricity By:**

1. Switching off light when not in use.

2. Using natural light during the day.

3. Using energy saving bulbs.

**Challenges Faced When Using Electricity**

* + 1. It causes electric shock.
		2. Sometimes there is no power supply.

**Use Of Gas**

**How do we use gas?**

* We use gas for:
1. Cooking.
2. Lighting a room
3. Warming a room.

**How To Use Gas**

* Your teacher will show you how to use gas for cooking and lighting.

**We Should Observe Safety When Using Gas By:**

1. Putting off gas after use.
2. Always checking the burners and pipes for possible leaks.
3. Not lighting fire or switching on lights in case of gas leakages.

**We Can Conserve Gas By:**

* + 1. Regulating the gas when cooking.
		2. Putting off gas when not in use.
		3. Using natural light during the day.

**Challenges Faced When Using Gas**

1. It is expensive to buy and maintain.
2. Gas is dangerous when not used properly

**Importance Of Conserving Fuel**

1. We save money when we conserve fuel.
2. We reduce pollution when we conserve fuel.
3. We protect the environment when we conserve fuel.

 **TERM 2 WORK**

 **CONSUMER EDUCATION**

**Consumer Awareness**

**Shopping List**

* A shopping list is a list of items you want to buy when going for shopping.

**Importance of a Shopping List**

* Shopping list is important because of the following reasons:
1. It shows the items we need to buy.
2. It helps us to save time during shopping.
3. When we choose to buy only what we need, we become responsible.
4. It helps us save money.

**Places To Shop**

* We can shop from different places depending on what we need and where we live.
* We can shop from kiosks, markets and supermarkets.
* Other people may shop from shopping malls and also directly from farmers.

**Making a Shopping List**

**Steps for Making a Shopping List**

* When making a shopping list, we should:
1. Consider what we need.
2. Write down the items to buy on a piece of paper.
3. Arrange the items in the order of priority. Start with the items you need most.
4. Consider the amount of money you have.
5. Ensure that you do not spend more money than what you have.

**FOODS AND NUTRITION**

**Choosing Foods**

**A General Grocery**

* A general grocery is a place where we can buy a variety of foods.
* These include; meat, grains, oil, milk, fruits and vegetables.

**Importance Of Grocery Shops**

* A general grocery can be found near our home and school.
* We buy different foods from the grocery.
* Groceries are normally near our homes and schools and they help us save time when shopping.

**Factors To Consider When Choosing Food**

* When buying foods, we consider the following; type of packaging, information on the package, correct weight, freshness, price and expiry dates.
1. We should consider the type of packaging to ensure that the foods are well packaged and easy to carry.
2. Information on the package helps us to know whether the foods contain the nutrients we are looking for.
3. We should check on the freshness of the food to ensure they are good for use.
4. Weight of the food is checked to ensure that we buy foods of the correct weight.
5. Expiry date helps us to identify foods that are good for use. Expired foods are not safe for use and are harmful to our health.
6. Price helps us to budget and compare with other groceries.

**Variety in Diet**

**Foods in Our Locality**

* We can find different foods in our locality. These foods depend on crops grown around our locality.
* The foods available also depends on what is brought from other areas.
* Some of the foods available in our locality include; sweet potatoes, cassavas, yams, arrow roots, maize, beans, peas, fruits and vegetables.
* Animal products like milk, meat and eggs are also available.

**Functions of Food in Our Body**

* Different foods provide our body with different nutrients.
* These nutrients have different functions in our bodies.
* Foods contain nutrients which:
1. help our body to grow
2. give us energy
3. fight diseases
4. help the body to repair the worn out tissues.

**Classification of Food**

* Foods are classified into three groups namely:
1. Body building foods also known as proteins. They help our body to grow, develop and repair the worn out body tissues. Examples of proteins are beans, groundnuts, fish, eggs, meat, milk and peas.
2. Energy giving foods also known as carbohydrates. They provide us with energy to do work. Examples of carbohydrates are cassava, potatoes, maize, yams, arrowroots, millet, sorghum, green bananas and wheat.
3. Protective foods also called vitamins. Vitamins protect the body against diseases. The main sources of protective foods are fruits and vegetables like watermelons, oranges, pineapples, apples, mangoes, carrots, cabbages, tomatoes and kales.

**Importance of Variety of Food**

* Variety in a diet means eating different types of food.
* The variety should contain an energy giving food, a protective food and a body building food.
* A healthy diet is very important in our lives.
* A variety of foods in good portions make a healthy meal. This helps the body to:
1. Gain lost energy.
2. Be protected against diseases.
3. Grow, develop and repair worn-out tissues.
4. Be healthy and active.
5. Move, work, play, think and learn.

**Preservation Of Milk**

**Sources of Milk**

* There are different sources of milk within our locality.
* We can get milk directly from farmers who keep dairy animals.
* These animals include cows, goats and camels.
* We can also buy milk in packets from shops or milk vendors who sell milk in desired quantities.

**Reasons for Preserving Milk**

**Why do we Preserve Milk?**

* Milk can go bad very fast if it is not well preserved.
* Preserving milk enables it to remain fresh for a longer time.
* Milk should be preserved so that it can remain fresh for a long time.
* If milk is not preserved, it goes bad. Spoilt milk smells bad.
* Bad milk is dangerous for our health and can cause diseases.
* It also causes wastage to farmers, milk vendors and shopkeepers.

**Methods Of Preserving Milk**

* We can preserve milk at home using different methods.
* Some of the methods include: boiling, fermenting, use of home coolers and refrigeration.

**How to Preserve Milk at Home**

**1. Boiling**

* Boiling kills germs in milk.
* This helps it to stay for long without going bad.

**How To Boil Milk**

**You need:** a clean pot or sufuria, milk, a source of heat such as jiko, stove or cooker.

* 1. Put the milk in a clean pot or sufuria.
	2. Place the clean pot or sufuria on a source of heat. Let the milk heat until it starts to bubble.
	3. Stir the milk so that it heats and boils uniformly.
	4. Let the milk boil for two or three minutes.
	5. Remove the milk from the source of heat.
	6. Store the milk in a cool place.

**2. Fermenting**

**How To Ferment Milk**

**You need:** Milk and a jug or gourd, sufuria and source of heat.

* 1. Boil the milk and allow it to cool.
	2. Put the milk in a jug or gourd and let it stay for some days.
	3. The milk will change its state and taste when it ferments.
	4. Fermented milk can be used to make yoghurt and butter milk.
	5. Once the milk is well fermented, it can be kept safely or refrigerated.

**3. Use of Home Cooler**

* We can keep milk in a cool place so that it does not go bad.

**How To Cool Milk**

**You need:** milk, a clean pot, bottles, cold water, a sufuria and source of heat.

1. Boil the milk and allow it to cool.
2. Put the milk in a clean bottle.
3. Fill a sufuria or pot with clean cold water.
4. Place the bottle with milk in the cold water inside the sufuria or pot.
5. Keep the sufuria or pot in a cool place.

**4. Refrigeration**

* Refrigeration keeps the milk cold or frozen in order to stay longer.

**How To Refrigerate Milk**

**You need:** A refrigerator, milk in a jar or bottles, a sufuria and a source of heat.

1. Boil the milk and allow it to cool.
2. Put the milk in clean containers.
3. Keep the milk on the cooler shelves of the fridge.

**Hygienic Practices When Preserving Milk**

**Which Hygiene Practices Do You Observe When Preserving Milk?**

1. Ensure that your hands are clean before handling milk.
2. Use clean containers when preserving milk.
3. Clean milk containers using soap and hot water.
4. Always wear clean protective clothes to prevent milk contamination.

**Fragile Kitchen Utensils**

**Uses Of Kitchen Utensils at Home**

* Items found in the kitchen that are used for cutting, cooking, serving and eating food are called utensils.
* For example,
1. A knife is used for cutting.
2. Sufurias and cooking sticks are used in cooking.
3. Bowls, spoons and trays are used in serving.
4. Utensils used for eating include forks and plates.

**Fragile Kitchen Utensils**

**What Are Fragile Kitchen Utensils?**

* Kitchen utensils are made of different materials.
* Some utensils are made of glass, earthen ware, ceramic, gourd, wood and plastics.
* Some of these utensils can break easily.
* The utensils that can break easily are called fragile kitchen utensils.

**Materials Used for Cleaning Fragile Kitchen Utensils**

* When we use utensils, they get dirty.
* Dirty utensils may have stains like oil, milk, juice or food remains.
* We use different materials to clean different kitchen utensils.
* We clean fragile utensils using soft cleaning materials like sisal fibre, sponge or a piece of cloth and soap.
* The utensils are then stored in a clean and dry place.

**Glass Utensils**

* Glass utensils are made of glass.

**How To Clean a Glass Plate**

**You will need:** Water, soap, a soft piece of cloth and sponge or a soft brush

**How To Do It:**

* 1. Remove food remains from the plate and put them in a dust bin.
	2. Use a soft sponge and soap to clean the plate.
	3. Rinse the plate in warm water.
	4. Rinse the plate in running water and remove all the soap.
	5. Put the plate in a rack so that the drip can dry.
	6. Store the plate in a clean, dry and well aerated cupboard.

**Precautions To Observe When Cleaning Glass Utensils**

1. Hold glass utensils carefully.
2. Clean the utensils one by one.
3. Use clean and steady racks to dry the utensils.
4. Store the utensils in lockable cupboards.

5. Do not stack glass utensils.

**How To Dry Glass Utensils**

* Glass utensils should be arranged on a firm rack to dry.
* You should not wipe them with a piece of cloth.
* Some small pieces of cloth remain on the surface of the glass.

**How To Store Glass Utensils**

* Glass utensils should be stored in a clean, dry, well aerated and lockable cupboard.
* **Remember:** Glass utensils should not be stacked

**Earthen Ware Utensils**

* Earthen ware utensils are made of clay.

**Materials For Cleaning Earthen Ware Utensils**

**You will need:** hot water, soft brush and salt.

**How to do it:**

1. Remove food remains from the pot and put them in a dust bin.
2. Use a soft brush and salty water to clean the pot.
3. Rinse the pot in warm water.
4. Place the pot on a firm rack with its mouth facing downwards.
5. Once dry, store the pot in a clean, dry and well aerated area.

**Precautions To Observe When Cleaning Earthen Ware Utensils**

* + 1. Always hold earthen ware utensils firmly to prevent them from falling and breaking.
		2. Clean the earthen wares one by one.
		3. Do not use soap to clean earthen wares as the soap will soak into the clay.

**How to Store Earthen Ware**

* Store your earthen wares with the lid inverted.
* Make sure they are completely dry before storing.

**Ceramic Utensils**

* Ceramic utensils are also made of clay but they are baked to make them beautiful, long lasting and durable.

**Materials for Cleaning Ceramic Utensils**

**You will need:** hot water, sponge and soap

**How to do it:**

1. Remove food remains from the pan and put them in a dust bin.
2. Soak the ceramic pan in warm water to remove burnt food.
3. Use a soft sponge and soap to clean the pan.
4. Rinse the pan in warm water.
5. Air dry the pan on a drying rack.
6. Store the pan in a clean, dry and well aerated area.

**Precautions To Observe When Cleaning Ceramic Utensils**

* Hold the ceramic utensils firmly to avoid falls.

**How to Store Ceramic Utensils**

1. Ceramic utensils should be stored in a clean, dry, well aerated and lockable cupboard.
2. Avoid stacking other utensils directly on top of ceramic utensils.

**Gourds**

* Gourds are grown and can be turned into many utensils.

**Materials for cleaning gourds**

**You will need:** hot water, sponge and soap

**How to do it:**

1. Remove food remains from the calabash.
2. Soak the calabash in warm water.
3. Use a soft sponge and soap to clean the calabash.
4. Rinse the calabash in warm water.
5. Air dry the calabash on a drying rack.
6. Store the calabash in a clean, dry and well aerated area.

**Precaution to observe when cleaning gourds**

1. Wash the calabashes one by one.
2. Do not stack calabashes.

**How to store gourds**

* Gourds should be stored in a clean, dry, well aerated place.

**Thermos Flasks**

* Thermos flasks are also fragile utensils.
* They come in different sizes.

**Materials for cleaning thermos flasks**

**You will need:** Hot water, sponge, liquid soap

**How to do it:**

* 1. Remove food remains from the thermos flask.
	2. Use a soft sponge and soap to clean the thermos flask.
	3. Rinse the thermos flask in warm water.
	4. Air dry the thermos flask on a drying rack.
	5. Store the thermos flask in a clean, dry and well aerated area.

**Precaution to observe when cleaning thermos flasks**

* Do not put your flask in dish water.

**How to store thermos flasks**

* Store thermos flasks in clean, dry and lockable cupboards with the stopper off.

**Cooking Food**

**Reasons For Cooking Food**

**Why do we cook food?**

* Some foods need to be cooked before they are eaten. Others can be eaten raw.
* Some foods like fruits and some vegetables can be eaten raw.
* Other foods like beans, maize and arrowroots have to be cooked before they are eaten. We cook food to:
1. make it soft and easy to digest, for example meat.
2. kill germs, for example in milk.
3. make it taste better, for example arrowroots.

**Hygiene Practices to Observe When Cooking Food**

* When we observe hygiene when cooking, we prevent contamination of food.

**a) Personal Hygiene**

* The following are personal hygiene practices that should be observed when cooking:
1. wash hands with soap and warm water before handling food.
2. wear clean aprons and closed shoes.
3. cover your head and keep nails short and clean.

**b) Food Hygiene**

**How do we prepare food before cooking?**

* Food comes from different sources.
* We get food from farms, markets, groceries and shops.
* We need to ensure that they are free from contamination before they are prepared and cooked.
* The following are food hygiene practices:
1. Use clean and safe water when preparing food.
2. Use clean water when cooking.
3. Keep the kitchen surfaces clean.
4. Clean utensils before preparing, cooking and serving food.
5. Cook the food properly to kill all germs.
6. Food should be well covered in clean containers.

**c) Hygiene practices in the kitchen**

**Which hygiene practices do we observe in the kitchen?**

* Most foods are handled in the kitchen.
* Proper hygiene needs to be observed to prevent food contamination by pests like rats, flies, ants and cockroaches.
* Proper hygiene is good for our health.

**The following are hygiene practices to observe when cooking food.**

* 1. The kitchen must be kept clean and free from spilt food and scraps. This will keep away cockroaches, flies, ants, mice and rats.
	2. Food storage equipment such as refrigerators, kitchen store, vegetable racks must be kept clean.
	3. The kitchen refuse bin should be emptied and cleaned well.
	4. All the equipment, utensils and storage facilities must be kept clean.

**Safety precautions to observe when cooking food**

**Which accidents can happen when cooking?**

* Accidents can occur if we do not observe safety precautions when cooking.
* These can lead to burns, falls, cuts and electric shocks.
* We need to be very careful to avoid accidents.

**We should observe the following safety precautions when cooking food:**

1. Roll up long sleeves and remove long scarves.
2. Always use a stool to reach surfaces that are high.
3. Wipe up spills as soon as they happen.
4. Always hold the handle of pots on stove.
5. Ensure that ovens and burners are turned off before you leave the kitchen.

**Methods of cooking food**

**Which methods do we use to cook food?**

* There are many methods of cooking food.
* Some methods of cooking food are boiling and shallow frying.

**Boiling Method**

**Which foods can you boil?**

* Boiling is a simple method of cooking.
* We can cook many types of foods by boiling.
* Foods that can be boiled include maize, eggs, cassava, sweet potatoes and arrowroots.

**How to Cook Food by Boiling**

**How do we boil food?**

1. Wash the food to be cooked and put it in a clean pot.

2. Make the fire ready.

3. Add enough clean water into the pot.

4. Cover the food well.

5. Add salt if necessary.

6. Serve the food in clean containers when ready.

**Boiling Sweet Potatoes**

**You will need:** Sweet potatoes, clean water, a clean pot, a covering pan and a source of heat.

**How to Do it**

* 1. Wash the sweet potatoes and put them in a clean pot.
	2. Make the fire ready.
	3. Add enough clean water in the pot and cover it.
	4. Boil the sweet potatoes until they are ready. Well-cooked sweet potatoes are soft and a knife can easily go through.
	5. Serve food in clean utensils.

**Safety Precautions to Observe**

* 1. Do not touch the boiling pot or water.
	2. Do not step on the firewood when cooking.
	3. Take care when removing the lid.

**Shallow Frying Method**

* In shallow frying, we cook food in small quantities of oil in a shallow pan.
* Shallow frying can be used to cook eggs, chapati, vegetables, meat and fish.

**How to Cook by Shallow Frying**

* How to shallow fry food
1. Clean the frying pan with warm water.
2. Heat the frying pan with oil.
3. Add the food to the oil and do not overfill the pan.
4. Turn over the food as soon as the right crust has formed.
5. Remove the food as soon as it is ready.
6. Allow it to drain excess oil on an absorbent paper.
7. Sprinkle with salt if necessary.
8. Serve.

**Safety Precautions to Observe When Shallow Frying Food**

1. Always pour cooking oil carefully when shallow frying.
2. Hold the frying pan by the handle.
3. Do not touch the hot frying pan with your finger.

**Shallow Frying an Egg**

**You will need:** two eggs, oil, salt, pan, a turner a fish slice and source of heart.

1. Heat enough oil or fat to cover the base of the pan.

2. Break egg carefully into a cup and gently slide into the hot oil.

3. Fry until the white part hardens.

4. Flip the egg gently over the pan.

5. Remove it carefully into a plate and sprinkle with salt.

6. Serve the food on clean utensils.

**CLOTHING**

**Needlework Tools**

**Tools Used in Needlework**

**Which tools do we use in needlework?**

* We use various tools and materials in needlework.
* Some needlework tools include; needles, a pair scissors, thimble, pins, tape measure, rulers and threads.

**Needle**

* A needle is a thin metal rod with a sharp pointed end. It has an eye on one of its end.
* It is used for sewing.

**How To Use a Needle**

1. Thread the needle.
2. Make a knot at one end of the thread.
3. Make equal marks measuring 1 cm wide on a fabric using a chalk.
4. Pass the needle in and out of the fabric through the chalk marks.

**Safety Measures When Using a Needle**

* We should observe the following safety measures when using a needle:
1. Never put a needle in your mouth.
2. Sharp ends of needles should be directed away from your body.
3. Keep safe distance away from your friend when using a needle.

**How To Store a Needle**

* Needles should be stored in a pin cushion.

**Thimble**

* A thimble is a small metal cap with a closed end.
* It is used to protect the finger while sewing.
* It is also used to push the needle and thread through pieces of fabric.

**How To Use a Thimble**

1. Wear the thimble in the correct finger.

2. Use the thimble to push the needle through the piece of fabric.

3. Use the thimble until you finish sewing.

**Safety Measures When Using a Thimble**

* 1. Never put a thimble in your mouth.
	2. Wear the thimble on the correct finger.

**How To Store a Thimble**

* A thimble should be stored in a needlework box.

**A Pair of Scissors**

* A pair of scissors is used to cut out pieces of fabric.

**How to Use a Pair of Scissors**

* 1. Hold the pair of scissors firmly with your fingers.
	2. The sharp edges should face away from your body.
	3. Cut along the marked line.

**Safety Measures When Using a Pair of Scissors**

1. Never put a pair of scissors in your mouth.
2. Do not use the scissors when the central fastener is loose.
3. When using a pair of scissors, cut away from your body.

**How to Store a Pair of Scissors**

1. Scissors should be stored in a needlework box and out of reach of children.

2. Scissors should be wiped and stored with the blades closed.

**Tape Measure**

1. A tape measure is a plastic strip which has numbers marked on it.
2. It is used to take measurements of fabrics.

**How to Use a Tape Measure**

1. Hold one end of the tape measure and place it on the edge of the fabric.
2. Stretch the tape measure until the end of the fabric.
3. Mark the fabric with a tailors chalk.
4. Record the measurements.

**Safety Measures When Using a Tape Measure**

1. Never put a tape measure in your mouth.
2. Avoid grabbing the sides roughly with your fingertips to avoid being cut.
3. Do not use the tape measure for skipping.

**How to Store a Tape Measure**

* A tape measure should be folded and stored in a needlework box.

**Ruler**

* A ruler is also used to take measurements.

**How to Use a Ruler**

1. Hold one end of the ruler and place it on the edge of the fabric.

2. Align the fabric with the ruler.

3. Mark the fabric with a tailors chalk.

4. Record the measurements.

**Safety Measures When Using a Ruler**

* Do not play with the ruler.
* It can easily break.

**How To Store a Ruler**

* Store the ruler in a needlework tool box.

**Thread**

* A thread is a thin strand of cotton used in sewing.
* It is used for making stitches to hold fabric together.

**How To Use a Thread**

* 1. Straighten out the thread from the roll.
	2. Pass the thread through the eye of the needle.
	3. Make a knot at both ends of the thread.
	4. Sew the garment.

**Safety Measures When Using a Thread**

* 1. Never put a thread in your mouth.
	2. Do not unroll the thread when not in use.

**How to Store a Thread**

* A thread should be stored in a needlework box.

**Stitches**

**Types of Stitches Used on Clothes**

* There are different types of stitches that are used in sewing.
* A **tacking stitch** is a temporary stitch. It is used to hold pieces of clothes together.
* These stitches are later removed after sewing. **Sewing stitches** are permanent.
* These stitches include; **running stitch, back stitch, Oversewing stitch** and **hemming stitch.**

**Uses of stitches on clothes**

**Why do we use stitches on clothes?**

* Stitches on clothes are used for different purposes.
* The stitches on clothes and household articles are used for:
1. Holding pieces of fabric for sewing for example, tacking stitch.
2. Joining pieces of clothes together.
3. Decorating pieces of clothes.
4. Hemming clothes.
5. Finishing unhemmed clothes.

**Safety precautions during needlework**

**Which safety precautions do we observe during needlework?**

* In needlework, we need to observe safety precautions.
* This helps to avoid injuries when sewing.

**Threading a Needle**

**How Do We Thread a Needle?**

* Threading a needle is putting a thread through the eye of the needle.
* Before we make a stitch, we must thread the needle.
* You will need a pair of scissors. a needle, a thread and water.

**How to thread a needle:**

* 1. Using a pair of scissors, cut the tip of the thread in a slanting way
	2. Hold the thread between the thumb and the index finger while holding the needle in your other hand.
	3. Hold the needle steady and pass the thread slowly through the eye of the needle.
	4. Once the thread is through the eye, pull it to create a tail.

**Safety Precautions When Threading a Needle**

* 1. Keep the needle pointed away from yourself and other people.
	2. Do not bend the needle.
	3. Keep your fingers away from the tip of the needle.
	4. Keep the needle in a pin cushion.

**How to Use a Needle When Sewing**

* We will use a needle to make tacking stitches.
* **You will need:** a needle, a thimble, a thread, a pair of scissors, a tailor's chalk and fabric.
* Use a needle to make tacking stitches on a piece of cloth as follows:
1. Hold two pieces of fabric together using pins.
2. Thread your needle.
3. Make a knot at one end of the thread.
4. Make equal marks measuring 1 cm wide on the fabric using a chalk.
5. Pass the needle in and out of the fabric through the chalk marks.
6. Use your ruler or tape measure to confirm.
7. Remove the pins after tacking.

**Making a Handkerchief**

**How Do We Make a Handkerchief?**

**Activity**

* You will need a needle, a thread. a pair of scissors, a thimble, fabric and pins.

1. Make a handkerchief using tacking stitches as guided below:

* Choose a fabric for a handkerchief.
* Measure the fabric 33 cm square and mark.
* Cut the fabric along the marks.
* Fold, pin and make tacking stitches along the edges
* Remove the pins.
1. Observe safety precautions during needlework.
2. Share your work with the teacher.

**Fixing a Button**

**Uses Of Buttons**

**What Are the Uses of Buttons?**

* Some clothes and household articles have buttons.
* The buttons have different uses.
* Different clothes have different buttons.
* The buttons have different uses. Buttons can be used for:
1. **Decoration**- Buttons used for decoration are placed on cloth to make a certain pattern.
2. **Fastening**- Buttons used for fastening are used to hold pieces of the clothes together.
3. **Closing and opening** clothes like shirts, dresses and trousers.

**Choosing buttons for garments**

**What do we look for when choosing a button?**

* We consider different factors when choosing buttons for a garment.
* What we need for one garment may not fit in another garment.
* Example, a heavy and tough garment may require strong and big buttons.
* Light and small garments like shirts may need small buttons.

**Factors to consider when choosing buttons:**

* 1. Colour - buttons should match the garment.
	2. Size - The button size depends on the size of the garment.
	3. Shape- buttons with a good shape decorates a garment.
	4. Material- buttons made from a good material lasts longer.

**Fixing a Button**

**How do we fix a button on a garment?**

**You will need:** A button, needle, thimble, a pair of scissors, thread, tailors chalk and fabric.

1. Thread your needle about 60 cm of thread.
2. Put a mark where to fix a button using a pencil or tailors chalk.
3. Starting on the back side of the fabric, pass the needle through the fabric.
4. Place the button on the mark as you pass the needle from the back side of the fabric up through one of the button holes.
5. Position a spare needle or toothpick across the button before returning the needle and thread through the opposite hole as you tighten.
6. Continue sewing through the button holes, passing through opposite holes each time.
7. Remove the toothpick or spare needle. Wrap below the button with the thread as you tighten.
8. Pass the needle to the back side of the fabric and make a knot.
9. You will have successfully fixed the button.

**Safety Precautions When Fixing A Button**

* When fixing a button on a garment:
	1. use a thimble when pushing the needle through a garment.
	2. keep your fingers away from the tip of the needle.
	3. use a pin cushion to store the needle.
	4. When sharing a sharp tool, put it on a tray and pass the tray to your friend.
	5. Do not put the buttons in your mouth.

**Laundry Work**

**Importance of Laundry Work**

**Why is laundry work important in taking care of clothes and household articles?**

* When we wear clothes, they get dirty.
* We should always wash clothes to keep them clean.
* Laundry is washing of clothes and household articles.
* We carry out laundry Work to:
1. Make the clothes clean and fresh.
2. Make clothes look attractive.
3. Kill germs and insects that can cause and spread diseases.
4. Remove bad smell caused by sweat and dust.
5. Remove stains.

**Resources For Carrying Out Laundry Work**

**Which equipment and materials do we use for laundry work?**

* The following are some of the equipment and materials used in laundry work:
* **Clean water** - We should use clean water to carry out laundry work.
* **Soap** - Soap will help you get rid of stains on your clothes.
* **Water containers** - For keeping clean water.
* **Clothes line** - This is a rope or a string where you hang clothes to dry.
* **Clothe pegs** - For holding clothes on the clothes line.
* **Hanger**s- Hangers are used to hang clothes.
* **Iron box** - For removing creases on clothes.

**Steps For Laundering Personal Items**

**What are the steps for laundering different personal items?**

* Clothes and household articles are of different colours, sizes and materials.
* When laundering personal items, we need to follow the right steps.
* The following are steps for laundering personal items:
1. **Mending**
* Check the personal item and identify any torn clothing.
* Mend the torn items before washing them.
1. **Sorting**
* Sort different personal items in terms of colour, use, materials and how dirty they are.
1. **Soaking**
* Soak the clothes in clean Water. You can add detergent if necessary.
1. **Washing**
* Wash the personal item using a safe detergent.
1. **Rinsing**
* Rinse the personal item in clean water to remove traces of soap.
1. **Hanging**
* Hang the personal item on a clothes line to dry.
1. **Ironing**
* Iron and air the personal item.
1. **Storing**
* Store the personal item safely in a lockable and well-ventilated wardrobe.

**Safety Measures When Laundering Personal Items**

* We should observe safety measures when laundering clothes and other household articles to prevent injuries and accidents.
* When we are carrying out laundry work, we need to observe the following safety measures.
1. Avoid eye contact with soap.
2. Use comfortable heights for the working area.
3. Launder the personal items according to fabric.
4. Do not use hot water.
5. Use safe detergents that will not damage your fabric and skin.
6. Leave your working area clean and tidy.
7. Always wash your hands after laundering.
8. Keep inner wears and other personal items separate from other clothes.

**Laundering a White Handkerchief**

**How do we launder a white handkerchief?**

**You will need:** A white handkerchief, soap, water, basin, pegs, clothes line, iron box, iron board and a drawer.

* Put the white handkerchief in clean salty water to soak.
* Wash the white handkerchief in warm soapy water by rubbing.
* Rinse the white handkerchief using clean warm water and squeeze out excess water.
* Hang the white handkerchief on a clothes line to dry
* When almost dry, iron the white handkerchief.
* Fold and store it in a clean and well aerated drawer.

**Laundering A Coloured Handkerchief**

**How do we launder a coloured handkerchief?**

1. Use the following steps to launder your coloured handkerchief.

* You will need: salt, a coloured hand and cold-water soap, an iron box and an ironing surface.
1. Soak the coloured handkerchief in cold salty water for three to five minutes then remove it from the salty water.
2. Wash by rubbing it in warm soapy water.
3. Rinse well to remove all soap and dirt.
4. Rinse finally in cold salty water.
5. Dry the coloured handkerchief under a shade.
6. When almost dry, iron the handkerchief from the wrong side.
7. Fold and store the handkerchief.

2. Observe safety when laundering.

**Laundering Socks**

**How do we launder a pair of socks?**

* **You need:** Dirty socks, clean water, soap. pegs, clothes line and a towel
* The following are steps for laundering a pair of socks.
1. Shake off loose dirt from the socks.
2. Wash in warm soapy water by kneading and squeezing.
3. Rinse well in warm clean water until all traces of soap and dirt are removed.
4. Roll in a towel and squeeze to remove excess water.
5. Use pegs to hang socks by their toes on the clothes line to dry.
6. When dry, fold each pair neatly and store well in a drawer.

**Laundering stockings**

**How do we launder stockings?**

* **We will need:** A pair of stockings, basin of water, soap, pegs and clothes line.

**How to do it:**

1. Sort stocking of different colours.
2. Prepare warm soapy water.
3. Turn a pair of stocking inside out.
4. Soak for a short time. Wash by rubbing gently.
5. Rinse the stockings in cold water till all the soap is washed.
6. Gently squeeze out water then hang them or lay them flat to dry.
7. When dry, fold each pair neatly and store in a drawer.

**Laundering Inner Wear**

**How to launder inner wear**

* **We will need:** An inner wear, soap, water, basin, pegs and clothes line.
1. Sort inner wears according to colour.
2. Soak in cold water to loosen dirt.
3. Use warm water with mild soap to wash the inner wears.
4. Rinse very well in warm water to remove all the soap.
5. Finally rinse in cold water.
6. Hang under a shade without squeezing the inner wears.
7. When dry, fold and store them in a clean and dry drawer.

**Caring for and Storing Laundry Equipment and Materials**

* Examples of laundry equipment and materials are water, soap, basins, buckets, pegs, clothes line, drawers, hangers and iron box.
* The following are some of the ways we can care for and store laundry equipment and materials:
1. Close water taps when not in use. These conserves water.
2. Keep bar soaps in a dry soap dish.
3. Clean, dry and store basins and buckets after use in a cool and dry place.
4. Store iron boxes after cooling. The ironing surface should not be placed facing downwards.
5. Use pegs appropriately and keep them safe to avoid getting lost.
6. Replace worn out wires, strings or sisal of the clothes line.
7. Support saggy clothes line using Wooden prop that has a notch at the end.
8. Use hangers correctly to hold clothes of the right weight.

**Importance Of Laundering Personal Items**

* We launder personal items in order to:
	1. Keep them clean and fresh.
	2. Prevent getting skin diseases.
	3. Maintain proper hygiene.
	4. Prevent stains from sticking on clothes.