

**FORM FOUR EVALUATION EXAM 2018**

**441/3 MARKING SCHEME**

**SECTION A ( 40MKS)**

1. State two advantage of convenience foods

- Save time
- Available throughout the year
- Are easy to cook
- Save energy
- Have a rich colour

(2x1 = 2mks)

2. Identify two precautions to take when cleaning glass utensils

- Don't knock against each other
- Avoid sudden change in temperatures
- Use non-fluff cloth when drying
- Avoid stacking them together
- Do not use harsh abrasives

(2 x 1 = 2mks)

3. State two advantages of steaming

- An economical method as cheap cuts of meat are used
- It needs little attention during the cooking period
- It can be done on top of stove or an oven
- A good method for cooking tough cuts of meat
- Nutrients and flavour are not lost

(2 x 1 = 2mks)

4. Give four reasons for blanching vegetables

- Stops the action of enzymes/denaturing
- Kills bacteria
- Retains nutrients
- Retains colour
- Reduces bulk
- To skin tomatoes

(4 x ½ = 2mks)

5. Mention the nutrition disorder associated with high consumption of

- i) Sugar - obesity  
-Diabetes mellitus
- ii) Fluorine - Dental Fluorosis  
-Decay

(4 x 1 =4mks)

6. Suggest 3 areas/centres of work of work that make the work triangle in a kitchen

- Cooking area
- Storage area
- Washing area

(any 3x1=3mks)

7. State two advantages of starching household articles

- To add body to stiffen
- To improve the appearance
- To make surface dirt resistant
- To give the article a glossy surface
- To make ironing easier

(Any 2 x 1 = 2mks)

8. Give the meaning of the word "counterfeit"

- It is a n imitation of what is genuine item with an intention to deceive/defraud

(1 x 1 = 1mk)

9. Give two reasons for using machine jell seam on children's garments

- Strong
- Flat
- Comfortable to the wearer
- Decorative

(2x1=2mks)

10. Identify two points to consider when

i) Sorting out clothes

- Degree of soilage
- Age
- Colour of garment

ii) Steeping clothes

- Type of fibre
- Type of colour
- Degree of solace

(4 x 1 = 4mks)

11. Differentiate between a need and want

- A need is a commodity a consumer cannot do without while a want is a product that may not be necessary at a particular time

( 2 x 1 = 2mks)

12. Give 2 reasons why batter is suitable for creaming in cake making

- Has high creaming power that is capacity to incorporate air
- Has good shortening power to shorten the gluten strands in the moistened flour
- It has rich flavor
- It is easy to cream at room temperature
- Contains vitamin A and D

13. State two remedies for morning sickness during pregnancy

- Take a cup of team and some snacks e.g. biscuits in bed
- Try and avoid greasy or fatty foods
- Consult the doctor if the problem persist after the third month

(2 x 1 = 2mks)

14. Name 3 points to consider when selecting the fabric to use when practicing stitching for beginners

- Should be strong because beginners keep on removing stitches
- Should not be slippery because it will keep on sliding
- Should not be one that frays because it will spoil when stitches are removed

(3x1=3mks)

15. Give two uses of facings in clothing construction

- To neaten raw edges
- To decorate the garment
- To provide enough thickness for attaching fasteners
- To shape and give body where applied

(2mks)

16. State two advantages of rechauffe foods

- saves on time
- Saves on energy
- It saves on labour
- It saves on cost
- It is economical no waste

(2x1=2mks)

17. Identify two factors that influence the choice of colour scheme of a room

- Orientation of the room
- The effect desired
- The use of the room
- Existing décor
- User's personal preference
- Size of the room

(2mks)

18. Name two textile fibres of plant origin

- Cotton
- Linen
- Jute

(2 x ½ =1mk)

## SECTION B

19.

a) Cleaning a neglected plastic bin

- Empty the dustbin ( ½ )
- Remove loose dirt ( ½ )
- Clean using cloth fibre/sponge ( ½ ) Using warm soapy water ( ½ ) with disinfected water ( ½ )
- Clean inside to outside ( ½ )
- Rinse in warm water ( ½ )
- Final rinse in cold water ( ½ )
- Dry upside down ( ½ ) under a shade ( ½ )

(10 x ½ = 5mks)

b) Launder a woolen skirt

- Collect all equipment and materials mend to prevent tears be coming worse take and record length and width measurement to prevent loss washing in warm
- Wash in warm water kneading and squeezing
- Use mild detergent and avoid lifting article out of water
- Rinse in warm water as many times as possible to remove soap traces and dirt
- Last rinse in cold water
- Squeeze out as much as possible then roll the article in a clean towel to remove excess moisture
- Lay flat on a protected surface under a shade to dry completely
- Confirm size and shape
- press indirectly using a warm iron

- Air to dry, fold and store in clean dry place using naphthalene balls to prevent damage

(10mks)

- c) Outline the procedure of setting a table for a one course meal
- Spread the table cloth evenly ( ½ )
  - Place the plate on each cover ( ½ ) with the outer edge about 2.5cm from the edge ( ½ )
  - Place knife at the right of the plate with the sharp edge towards the plate ( ½ )
  - Place fork on the L.S ( ½ ) and table knife on the R.S ( ½ )
  - Place a napkin at the left of the fork or centre of the cover ( ½ )
  - Place a water glass at the tip of the knife ( ½ )
  - Place well-arranged flowers at the centre ( ½ )
  - Serving dishes should be placed appropriately on the table ( ½ )

### SECTION C (40MKS)

#### ANSWER ANY TWO QUESTIONS FROM THIS SECTION IN THE SPACE PROVIDED

20.

- a) Explain four factors that may affect normal foetal development (8mks)
- Sexuality transmitted infection (STI's) e.g. gonorrhoea and syphilis. Gonorrhoea can be passed from mother to baby during childbirth and handling with contaminated hands especially the eyes and the private parts. If passed on eyes and they are not treated, it might lead to blindness
  - Alcohol and smoking may cause the baby to be underweight during birth
  - HIV/AIDS may cause baby to suffer from full blown AIDS and die before the fifth birthday
  - Drugs have same effects as alcohol and smoking even prescribed medicines can lead to miscarriage
  - Trauma- any unpleasant experience that causes distress or anxiety, it causes miscarriage
  - German measles may deform the foetus if it occurs during first three months of pregnancy
  - Nutrient deficiency may cause the baby to be mentally and physically retardant

- b) Highlight four pieces of information found on a receipt of good sold (8mks)
- Name and address of the seller
  - The date of the sale and exact description of the goods
  - The price charged

- c) Outline four qualities of a well-made cuff (4mks)
- Both cuff and under cuff should be of the same size
  - Width should be even on both the cuff and the under cuff
  - The cuff should be flat
  - The cuff should have a good knife edge
  - The cuff should be of the right proportion to the rest of the garment
  - The cuff should fit the wearer well

21.

- a) Explain four properties of linen that make it suitable for bed sheets (8mks)
- Its strong – can be washed frequently
  - Its highly absorbent mixture evaporates quickly making it cool or hot .....
  - It's a good conductor of heat so suitable for warm weather
  - Its smooth so comfortable to sleep in

- b) Highlight four qualities of a well -made patch on a pillow case (4mks)
- Fabric for patching should match that of a garment in colour, weight, age and fibre
  - Patch must be inconspicuous unless a decorative effect is desired
  - Patch must be strongly fixed
  - Shape of patch should correspond to that of the hole or worn out area
  - Patch should wear in grain with the garment
  - Patch should be flat

- c) Giving a reason in each case, state four advantages of using a refrigerator in the home (8mks)
- Wastage is reduced as cooked foods can be kept for another day and perishable do not go bad

- Food can be stocked in bulk reducing the need for trips to the market
- Meals can be planned in advance
- Food remains safe to eat
- Cold dishes and beverages are available when they are ..... refreshing
- Some good models can use either electricity of gas

22.

- a) Explain five reasons why breastfeeding is important (10mks)
- Breast milk contains all the nutrients required by the baby in the right proportions
  - Breastfeeding helps the mothers uterus to return back to its normal position
  - The first milk (colostrum) contains antibodies which build the immune system of the baby
  - Breast milk is always at the right temperature
  - Breast-milk is easy to digest
  - Breast milk saves on time, energy and money because no preparation is done
  - The bond between mother and the baby is strengthened
  - Breast milk is free from any contamination
  - It may be used as natural family planning method as it may delay ovulation
- b) Give five signs of a child suffering from Marasmus (5mks)
- Extreme loss of weight
  - No fat under the skin
  - Child looks like an elderly person
  - Ribs can be clearly seen
  - Eyes protrude
  - Hair works normal but head is big
  - Child is weak
  - Child is alert and interested in his/her surroundings
  - Retarded growth
  - Child has appetite



c) Identify five networks of disposing fullness

(5mks)

- Elastic
- Darts
- Pleats
- Tucks
- Gathers
- Smocking
- Easing
- Shirring