**F1 HOME SCIENCE MARKING SCHEME**

1. Factors one should observe when caring for the hair
* Wash hair regularly with suitable shampoo on good quality toilet soap.
* Always use a clean towel to dry hair.
* Avoid extreme heat while drying hair this tend to remove natural oils from hair.
* Incase of dandruff use medicated shampoo.
* Dry hair may need as frequent washing as greasy hair.
* Avoid sharing headgear, pillow, combs and brushes, they may transmit dandruff and hair parasite – nits (1x2=2mks)
1. Aspects of good grooming
* Eating a balanced diet.
* Getting sufficient rest and exercise
* Developing clean body habits and maintaining a good posture.
* Wearing clean clothes whose style and colour suits one’s body shape and complexion.
* Developing optimistic and positive attitude toward self (1x3=3mks)
1. Problems related to the feet
* Bunions
* Corns
* Athlete feet
* Jiggers
* Cracked feet (1x2=2mks)
1. Definition of the following
	1. A hatch – an opening between the dinning and kitchen wall used for passin over food or utensils (1x1=1mk)
	2. Accessories – items other than outfits which are worn to complement outfits (1x1=1mk)
	3. Baking – a method of cooking using hot dry air usually in an enclosed space e.g. an oven. (1x1=1mk)
2. Difference between bruises and cuts

Bruises – injuries in which tiny blood vessels beneath the skin are ruptured but skin itself is left unbroken causing internal bleeding seeping through the tissues. (1x1=1mk)

Cuts – penetration of the thickness of the skin by a sharp object e.g. knife, razor etc cuts can be minor or serious (1x1=1mk)

1. Fainting – is a sudden, brief loss of consciousness that occurs when there is temporary reduction of blood flow to the brain. (1x1=1mk)
2. Disadvantages of living in multiple storeyed house
3. Can be strenuous to climb up and down the stairs elderly and physically challenged.
4. Houses are too close to provide adequate privacy.
5. Not easy to clean shared space e.g. staircase or compound (1x2=2mks)
6. Method of providing family with shelter
* Building
* Buying
* Renting (1x3=3mks)
1. Importance of work triangle in the kitchen

It operates on the principle that there are tree man areas of activity storage – sink cooker for efficiency and time saving without retrieving steps. (1x2=2mks)

1. Kitchen plans
* L-Shaped plan
* U-shaped plan
* Corridor plan
* One wall plan (1x2=2mks)
1. Classification of dirt
* Loose dirt
* Fixed dirt (1x2=2mks)
1. Qualities of a good duster
* Should be able to hold dust
* Should be soft
* Should be fluffy
* Should be colour fast (1x3=3mks)
1. Areas in the house referred as wet areas
* Bathroom
* Toilet
* Kitchen (1x2=2mks)
1. Use of mackintosh spread before sheets in a bed

To prevent the wetting of the mattress e.g. in children’s beds (1x2=2mks)

1. Advantage of sunction method of removing dirt
* Dust is sucked unto a bag attached to the vacuum cleaner without raising it in the room to irritate occupants on settle on furniture surface.
* One does not need a dust pan to gather and collect dirt, t is sucked by the vacuum cleaner, bag can later be emptied. (1x2=2mks)
1. Precaution to take when cleaning China cups
* Avoid subjecting to extreme temperature, sudden change of temperature damages items.
* Avoid chipping, should not be stack together when cleaning e.g. pilling cups together (1x1=1mk)
1. Use of bodkin during clothing construction used for threading elastic, ribbon, cords and tapes through casings and eyelet holes and for turning out loops. (1x1=1mk)
2. Type of scissors used in garment construction
* Cutting out shears
* Pinking shears
* Paper scissors
* Embroidery scissors
* Buttonhole scissors (Award each ½ x 4 = 2mks)
1. Classification of fibres
* Natural fibres
* Manmade fibres (1x2=2mks)
1. Elasto fibres are

Mineral fibres – minerals extracted from rocks they are soft, white and silky. They are resistant to liquid except strong acids. (1x1=1mk)

**SECTION B: COMPULSORY SECTION (20MKS)**

1. a. Soak in cold (½) water with disinfectant (½) to kill the germ (½). Wrng out soaking water (½) to get rid of dirt and avoid cooling the washing water (½). Wash in hot (½) soapy (½) water by friction (½) method to remove all dirt (½). Rinse in hot (½) water severally to remove dirt and detergent (½). Final rinse in cold water (½) to which laundry blue has been added (½) to freshen and whiten the towel (½) can boil (½) to whiten (½) or soften using a fabric conditioner (½). Wring out (½) as much water as possible to hasten drying (½). Hang (½) the towel straight with pegs (½) for support under direct sunlight (½) to bleach (½) and dry (½). Press (½) when it slightly damp (½) using a hot iron (½) to remove creases. Air (½) fold (½) and store appropriately (½). (½ x20=10mks)
2. Cleaning a plastic plate

Clean in warm (½) soapy (½) water using a soft cloth / sponge (½). Rinse (½) thoroughly in warm (½) water. Dry (½) completely with a cloth drip dry (½) buff (½) with a soft non-fluffy cloth (½). (4mks)

1. Filter (½) clean water (½) into a clean sufuria (½) to kill (½) harmful micro-organism and insects (½) as their eggs could be in the water cover water (½) to cool (½) when cooled store (½) it in a clean container (½) with a well fitting lid (½) chemical water sterilizer e.g. water guard (½) can be used (½) where water has not been boiled (½). (6mks)

**SECTION C: CHOOSE AND ANSWER (ONE IN THIS SECTION)**

1. a. Qualities of a good kitchen knife
* Choose size that are suited to work they are intended for.
* Should be made of non-rusty material e.g. stainless steel.
* Should be made of material which is easy to keep sharp.
* Handle should be comfortable and well shaped.
* Knife can be multipurpose to perform more than one task to save time. (1x4=4mks)

b. Important things one should observe when cleaning an earthen floor pit latrine

* Sprinkle with water which has a disinfectant and then sweep, sweep litter into the pit.
* Sprinkle with ashes and cover the opening on the floor.
* Smoke the latrine by burning twigs to fumigate and conceal bad smell.
* Pour ashes around the latrine in order to discourage growth of flies. (2x4mks)

c.Use of a thimble in a sewing kit is

A metallic or plastic capping worn on the middle finger to protect it from harm when sewing by hand. (1x2=2mk)

1. a. Name four moist method of cooking
* Boiling
* Stewing
* Steaming
* Deep frying / shallow frying (1x4=4mks)

b. Ways of improvising abrasives

* Sieve ash until it is soft can be used for scouring sauce pans and sufurias.
* Fine sand can also be used as an abrasive
* Crashed charcoal
* Sisal fibre and rough leaves.
* Dry maize cobs can also be used to scour calabashes enamel or wooden vessel without scratching or making the surface rough. (3x2=6mks)

c.Rules to observe when using a refrigerator

* Set it up where there is ample air circulation for efficiency.
* Regulate temperature to suite wide range of food stuff.
* Wrap food or put in closed containers to avoid loss of moisture.
* Aid leaving fridge door opened to avoid warm air entering and raising temperature of stored item.
* Cool all food before storing in the fridge.
* Avoid overcrowding the chamber as this prevents free air circulation.
* Wipe any spills as soon as they occur and defrost often.
* Avoid storing food with strong aroma e.g. dhania, garlic this night affect flavor of other foods e.g. milk (2x4=8mks)
1. High dusting is: type of dusting of high places that are above the elbow from walls ceiling using high dusting broom, vacuum duster (1x2=2mk)
2. a. Advantages of using a wooden cooking spoon when cooking
* Wood is a poor conductor of heat so it does not burn the hand when cooking.
* Does not scratch the saucepan.
* Does not make noise when stirring the food.
* It does not bend. (1x4=4mks)

b. Precaution to observe when using electric appliance in the kitchen.

c. Factors to consider when selecting a frying pan

* Select according to the desired size and purpose. Tinned frying pans are not desirable because tin has a melting lining.
* Select pans with a thicker base because they prevent food from burning.
* Should have a smooth base to case cleaning.
* Handle should be made of a bad conductor of heat.
* It should have a flat base for easy conduction of heat and for stability.
* Omelets pan usually has rounded inner edges and it is very smooth inside so that the food does not stick to it. (2x4=8mks)

d. Food spoilage is – when food is contaminated with toxin they produce on micro-organism such as yeast, moulds and bacteria which need the presence of air to multiply. (1x2=2mks)