

SECTION A (40 Marks)**This section is compulsory.**

1. -Zip.
2. -Oxidizing.
-Reducing.
3. -Asbestos.
4. -Substance taken $\frac{1}{2}$ to relief pain /ailment. $\frac{1}{2}$
5. - Written statement (1) by a seller/manufacturer that a particular item is of good quality (1) or in good working condition.
6. -Are not physical mature to carry pregnancy.
-It endangers her life and that of the baby.
-It interferes with their schooling.
7. I. Sterile galise - use to dress wounds.
II. Triangular sling - use to support fractures.
8. -Ribbons.
-Rick rag.
-Laces.
-Bras binding.
9. -Egg shells.
-Sand.
-Ash.
-Charcoal.
-Rough leaves.
-Maize cobs .
10. -The foods are easily digest / soft.
-Flavour not lost.
-Nutrients not lost
-Other dishes can be cooked at the same time.
11. - Wringing
-Drying.
-Airing.
-Ironing / pressing.

12. - Chimney.
 - Doors.
 - Windows.
 - Vents .
13. -Cooking
 - Preparing food
 - Serving
 - Storage
14. -Round.
 - Square.
 - Triangular
15. -They inform consumers on new products / services.
 - Create competition among firms.
 - Consumers are able to make informed choices when buying goods and services.
 - Consumers are able to identify products and services.
 - They increase the sales of goods and services.
16. -Substance eaten(1) to nourish(1) the body.
17. -Application of heat / sterilization.
 - Removal of water / moisture.
 - Exclusion of oxygen / exclusion of air.
 - Freezing / reduction of temperature.
 - Addition of microbial substances
18. -Gas.
 - Electricity.
 - Wood.
 - Charcoal .
 - Bio- gas .
 - Paraffin..
19. -Sea food .
 - Table salt.

- Vegetables .
- 20. -Waistline.
- Crowns of sleeve.
- Wrist of sleeve.
- Yokes of dresses / skirts.
- 21. -High temperature warms the mixture making the air raise before it is time to cook , thus it does not raise well on cooking.

SECTION B (20 Marks)

22. a) Explaining the procedure of cleaning a chopping board.
- Collect equipment and materials to save time.
 - Dust the surface to remove dirt.
 - Clean using water and a detergent to keep clean.
 - Clean using a brush following the grains to maintain the grains.
 - Rinse in warm water to remove detergent and dirt.
 - Finally, rinse in cold water to refreshen the wood.
 - Stand it to drain.
 - Leave to dry completely/ wipe with a cloth to remove further moisture.
 - Store well to keep away from dirt.
 - Clean equipment and store for future use.
- b) Procedure of cleaning an enamel mug that has been used to take porridge.
- Rinse $\frac{1}{2}$ the porridge
 - Wash $\frac{1}{2}$ in warm $\frac{1}{2}$ soapy water using a sponge.
 - Rinse $\frac{1}{2}$ with warm $\frac{1}{2}$ water well $\frac{1}{2}$
 - Dry $\frac{1}{2}$ with a clean cloth $\frac{1}{2}$
 - Store $\frac{1}{2}$ well.
- c) Procedure of finishing a white cotton handkerchief after washing .
- When slightly $\frac{1}{2}$ dry $\frac{1}{2}$ / (incase it is completely dry dampen $\frac{1}{2}$.
 - Use hot iron to iron $\frac{1}{2}$ the handkerchief.
 - Air $\frac{1}{2}$ out.
 - Fold $\frac{1}{2}$ well $\frac{1}{2}$
 - Store $\frac{1}{2}$

- Clear $\frac{1}{2}$ the equipment used and store $\frac{1}{2}$

SECTION C (40 Marks)

Answer only two questions

23. (a) Psychological changes which occur in the body of an elderly person affecting the diet.

- Loss of teeth.
- Low rate of metabolism.
- Reduced sense of taste and smell.
- Reduced physical activity.
- Decreased rate of absorption.
- Decreased level of acidity of gastric juice.

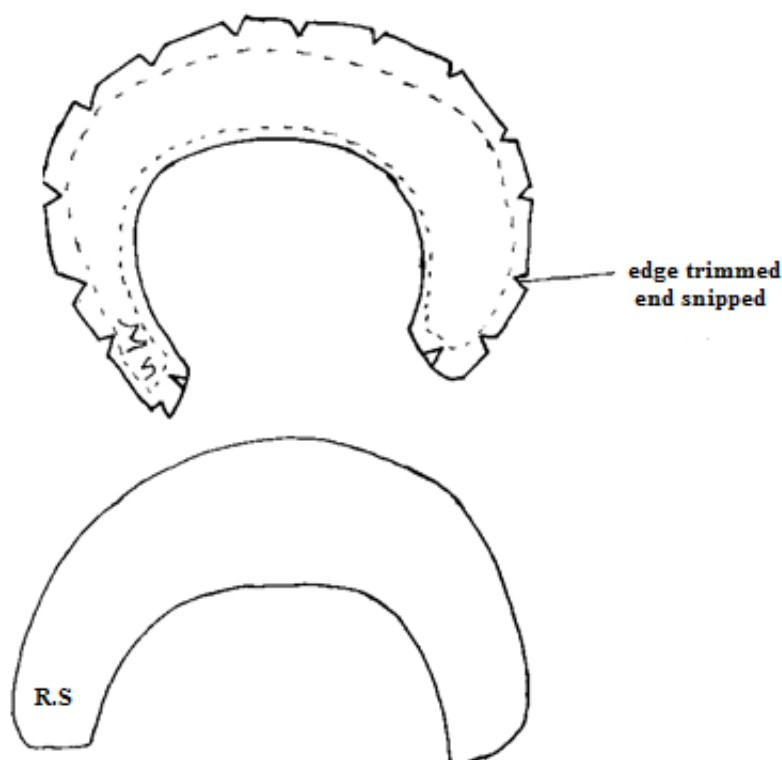
b) Qualities of a well made zip opening:

- It is neatened at the base.
- It is strengthened at the base.
- It is long enough to allow for removal and putting on.
- Both sides of the seam are equal in length.
- The zip lies flat onto the garment when closed.

(c) - Different ways in which a hemline can be finished.

- Hemming.
- False hem.
- Binding.
- Use of lace.
- Use of frill.
- Use of ribbon.
- Use of tape.

(d) Preparation of a peterpan collar without an interfacing and leaving it ready for attachment.



Explanation.

- Place the two pieces of collar R.S($\frac{1}{2}$) together.
- Matching($\frac{1}{2}$) the fitting lines, notches & edges.
- Pin($\frac{1}{2}$) and tack($\frac{1}{2}$) along the stitching($\frac{1}{2}$) line leaving the lower edge($\frac{1}{2}$) free.
- Remove pins($\frac{1}{2}$) and stitch along the tacking($\frac{1}{2}$) .
- Remove tacks($\frac{1}{2}$) and trim($\frac{1}{2}$) the seam allowance.
- Ship($\frac{1}{2}$) the cume.
- Turn collar R.S($\frac{1}{2}$) out ensuring a knife edge.
- Tack($\frac{1}{2}$) around the edge($\frac{1}{2}$) of collar.
- Press($\frac{1}{2}$) collar flat($\frac{1}{2}$).

24. a) Importance of breast feeding a baby

- Contain all nutrients in their correct quantities
- Colostrum (first milk) contains antibodies which protect the child against diseases
- Assist the mothers uterus to heal and come back to normal size and position
- Is clean and free from germs
- Readily available
- Always at the right temperature hence saves on time and energy

-Enhance the bond between the mother and the child

b)Factors leading to mother's inability to breastfeed

- Inverted nipples

-Successive births

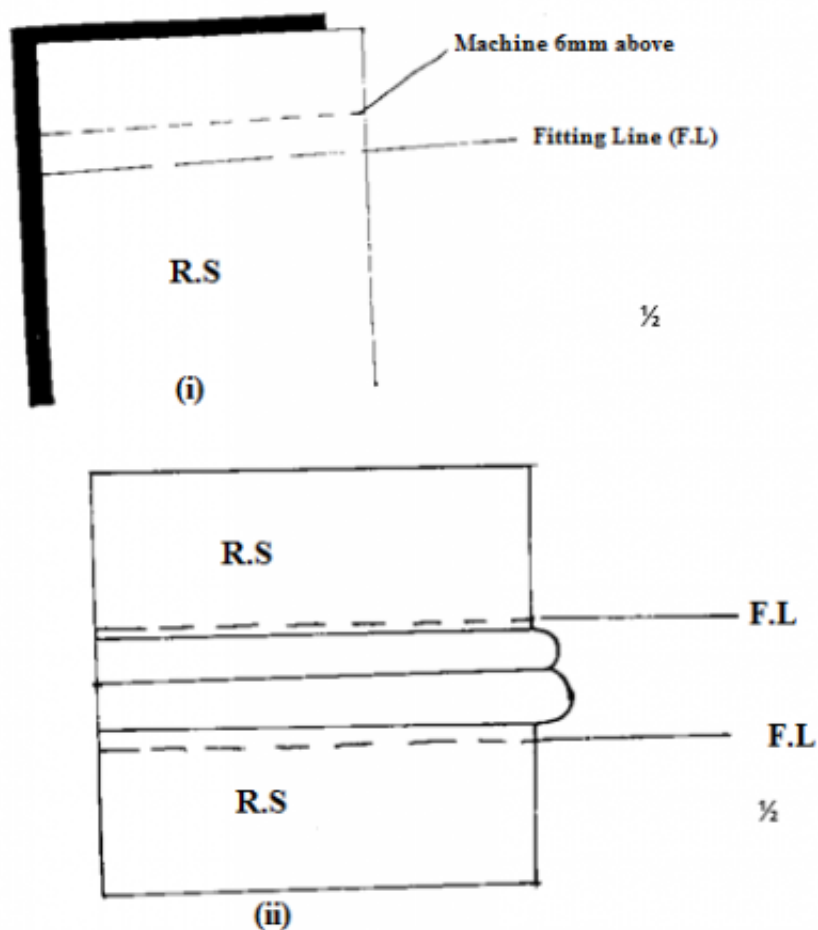
-Unavailability due to work

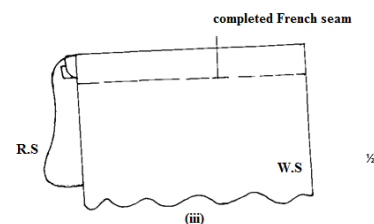
-HIV / AIDS positive

-Multiple births

-Severe illness

c)marking a French seam





- Place($\frac{1}{2}$) two pieces W.S facing while R.S($\frac{1}{2}$) out
- Tack($\frac{1}{2}$) matching($\frac{1}{2}$) raw edges and fitting lines
- Machine($\frac{1}{2}$) along the tacking
- Trim($\frac{1}{2}$) turning to 3mm
- Press($\frac{1}{2}$) open
- Turn($\frac{1}{2}$) work to W.S($\frac{1}{2}$) and knife edge
- With R.S($\frac{1}{2}$) together ,pin($\frac{1}{2}$) and tack($\frac{1}{2}$) along the fitting lines
- Remove($\frac{1}{2}$) pins
- Stitch($\frac{1}{2}$) along the tacking
- Remove tacking($\frac{1}{2}$) and press($\frac{1}{2}$) over ice back of garment

25. a)Method of neatening an open seam

- Machine edge stitching
- Loop stitching
- Overcastting
- Binding
- Overlock
- Machine zig zag
- pinking

b)Habit training taught to a child of between 2 – 5 years

- use of toilet
- use of polite language e.g “excuse me,” “may I,” “please,” saying “thank you”
- washing hands after visiting the toilet
- washing hands before eating
- Being considerate and polite

c)Main colour scheme used in interior decoration

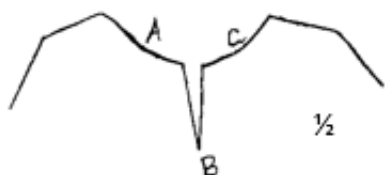
- i)Monochromatic colour scheme - Use of one colour plan together with their shades and tints e.g

blue , navy blue or sky blue

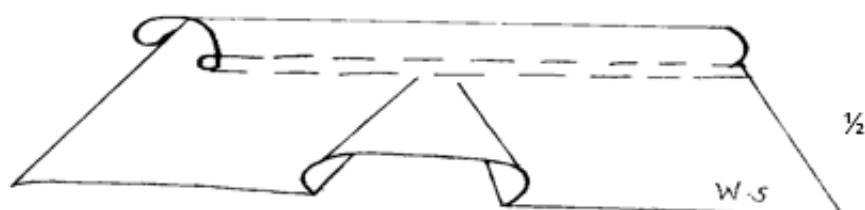
ii)Analogous colour scheme - Is the use of colour next to each other in the colour wheel e.g violet and yellow , green and red

iii)Triad harmonies -Use of colour which are equidistance from each other in the colour e.g blue , violet , green ,yellow and orange

d)Making a continuous wrap opening



Edge of opening pulled apart



Strip placed on R.S of the opening

Strip hemmed in positions

-Make a slash($\frac{1}{2}$) at the position of the opening

-Cut a strip($\frac{1}{2}$) of fabric.

-Pull($\frac{1}{2}$) apart the edges of the opening to lie on a straight line

-Place($\frac{1}{2}$) R.S of strip to the R.S of opening raw edges($\frac{1}{2}$) together

-Pin($\frac{1}{2}$) , tack($\frac{1}{2}$) and stitch 6mm from the raw edges

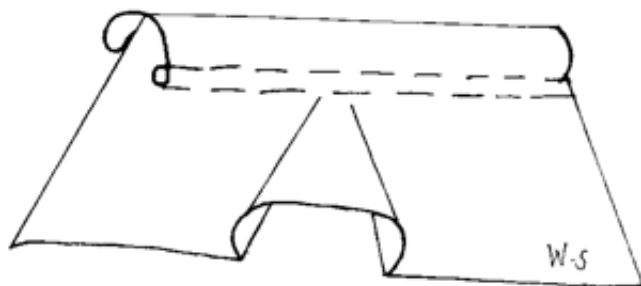
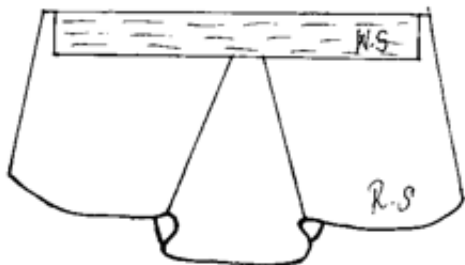
-Tack($\frac{1}{2}$) on the W.S tapening towards the base of the opening

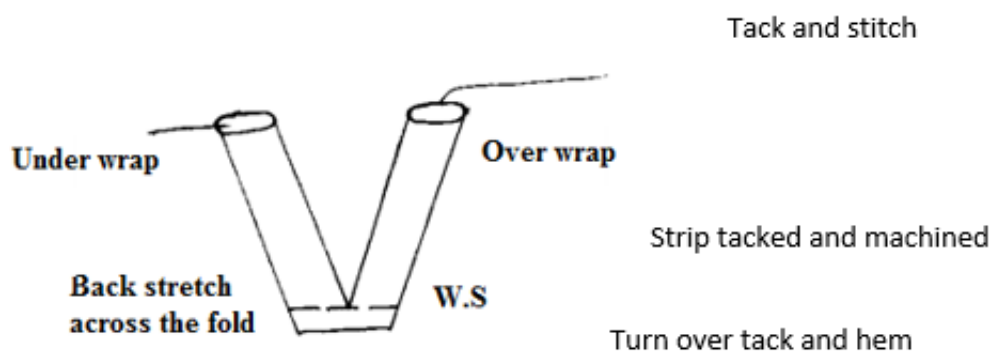
-Remove($\frac{1}{2}$) tacking and press($\frac{1}{2}$)

-Neaten($\frac{1}{2}$) the free edges of the strip and fold($\frac{1}{2}$) over the raw edges

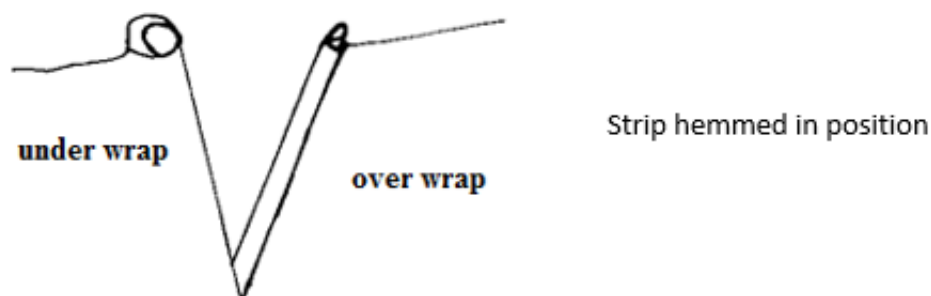
-Hem($\frac{1}{2}$) on the row of stitches or machine into position

- Fold($\frac{1}{2}$) back the finished strip to the W.S of the garment
- Leave($\frac{1}{2}$) the collect side of strip to lie flat($\frac{1}{2}$) to form an overwrap
- Top stitch($\frac{1}{2}$) the base to reinforce it





Strip turned to w.s and stitched at the base



Finished opening
(Mark any one diagram)