

Senior four Home management

1. a) i) What do you understand by the term a furnishing?

A furnishing is an item used to improve, create beauty, interest and decorate a room.

ii) Explain the factors to consider when choosing a good site for a house.

- Security of the area: the area should be free from thieves and wild animals which would disrupt peace in a home.
- The cost of living: consider the prices at daily necessities of life in an area.
- Location of the home in relation to the trading centre i.e. the distance should be relatively small.
- Recreation centres should be available for members of the family to relax and have leisure.
- The distance between home and the bread earners work place should be small so as to make his or her work easy.
- Social services provided in the area should be favourable and accessible e.g. medical care, electricity, education etc.
- There should be room for expansion.
- Good Neighborhood

b) Describe the qualities of a good kitchen.

- A good kitchen should have adequate space for normal activities to be carried out in the kitchen.
- The work place should be at a suitable height to avoid over bending.
- It should be properly ventilated because there are food odours and heat given off.
- There should be good lighting to prevent accidents in the kitchen.
- Furniture in the kitchen should have smooth edges to prevent accidents.
- A good kitchen should be safe to work in terms of materials used for construction and design.
- It should be well planned to increase efficiency and to save labour.

c) Explain the factors to be considered when choosing floor coverings for a house.

- The floor coverings should be soft to walk on and warm to the feet.
- They should look attractive in order to improve on the beauty of the room.
- The floor coverings should be durable i.e. made from a strong material.
- They must be able to reduce on the sound produced in a room.
- The floor coverings must be easy to clean.
- They should be non slippery in order to prevent accidents.

2. a) Advantages of staying in employer's house.

- Pay little rent/accommodation is free.
- No need for repairs as it is taken care of by employer.
- Free services are offered to employer/some little money is requested.
- Accommodation is guaranteed as long as one works.
- The house may be furnished by employer.
- Reduces expenditure of employee to place of work.
- Security is guaranteed.

b) Methods of disposing solid refuse

- Donating
- Burning
- Burying
- Recycling
- Remodeling
- Using as animal feeds
- decomposing

Disposal of liquid refuse

- sprinkling in the compound
- collecting in tanks e.g. sewerage, rain water
- production of power from human refuse
- through trenches and drainages
- manure e.g. pig waste

c) Choice of kitchen bin

- Durable
- Flat base
- Round without corners
- Affordable price
- Large enough
- With two handles
- Slanting cover
- Light when empty
- Painted/galvanized

Care of kitchen bin

- Empty when full
- Liquid refuse should be poured in the bin
- Do not pour food in the bin
- Plastic bins shouldn't be put near fire
- Line up with newspapers or polythene bags
- Always wash with hot water and disinfectant
- Keep the bin covered to prevent pests and vectors
- Avoid throwing, banging or mishandling the bin

2. a) Advantages of living in an employer's house

- People who live in employer houses pay very little rent which is deducted from the salary by the employer/some accommodation is for free.
- They don't spend money repairing the things since they are not the owners.
- Sometimes the company may provide various facilities e.g. schools, hospitals e.t.c
- Accommodation is guaranteed as long as one remains in that employment.
- It reduces on the transport costs hence when moving to work.
- Security is guaranteed.

b) Methods of disposing refuse

Solid refuse

- Donating – clothes, shoes
- Burning – inorganic materials e.g. polythene bags
- Burying – organic refuse that can decompose e.g. peelings

- Remoulding – furniture like renewing it
- Recycling – e.g. plastics like bottles etc
- Use as animal feeds – e.g. peelings
- Decomposting

Liquid refuse

- Toilet water can be collected in a septic tank.
- Sprinkling water in the compound to reduce dust e.g. water used after washing.
- Production of power (biogas) from animal and human wastes.
- Dirty water e.g. rain water can be collected in trenches, drainages in streets.
- Animal wastes can act as manure e.g. urine from pigs and cattle.
- Some water like rain water can be collected in water bodies these near them.

c) Choices of a kitchen bin

- Durable that enables it to last longer.
- It should have a flat base to stand on the ground firmly.
- It should be round without corners for easy cleaning.
- It should be of an affordable price.
- It should be large enough to accommodate the rubbish.
- It should have two handles for easy lifting.
- It should have a slanting and fitting cover.
- It should be light when empty.
- It should be painted or galvanized to prevent rusting.

Care of a kitchen bin

- Should be emptied when filled.
- Should not pour liquid refuse in the bin, because it leads to easy decomposition of the rubbish.
- Should not pour food (left over) because when it rots it leads to pests that lead to diseases.
- Plastic bins shouldn't be placed near fire.
- The bin should be lined with newspapers or polythene bags for easy disposal.
- Wash the bin with hot water and disinfectants.
- Keep the on covered to prevent household pests.
- Avoid throwing, banging or mishandling the dust bin.

3. a) Define the term color

- **Color is what is seen when light is split into parts.**
- **The sensation of the eyes**

b) i) Importance of light in a home

- It provides vision which minimizes the occurrence of accidents and eases movement.
- It avoids contrast with the background which would cause a glare and strain the eye.
- It reduces fatigue and provides a pleasant atmosphere.
- It enhances interior decoration as it blends well with the colours present.
- It enables a person do his/her work effectively and efficiently because they see what they are doing.
- It prevents one from straining the eyes in case one is using deem light.
- It prevents accumulation of heat in a room from natural sources like the sun that produces heat and light.

ii) Importance of colour in decoration/furnishing

- When the colours blend well at the different furnishing, it looks attractive.
- It causes a feeling of calmness when using cool colours.
- It can make a feeling of excitement and stimulation when using warm colours.
- Same colours like warm colours make objects larger and closer.
- The colours can be used in different designs of furnishings in a room.
- When natural light falls on some colours, it reflects it making it look attractive.
- When using unique and beautiful contrasting colours, it makes the room stand out from the others.

c) How good ventilation can be introduced into kitchen.

- Place the cooking stoves near a well created part in the kitchen to allow cooking smells and smoke be removed easily.
- By placing ventilators and a chimney which can allow smoke that has risen out.
- Do not congest the kitchen to allow easy circulation of air in kitchen and keep it arranged.

- The kitchen should be placed to face a direction which will allow in plenty of air into it.
- One may use air-bricks fitted higher on the outer wall to let in air.
- Use ventilators.
- Use a hood.

d) Factors to consider when buying curtains

- They should be translucent to allow in some light but to also allow privacy.
- They should be of a nice colour that will blend with the other furnishing in the room.
- They should be easy to launder and not get dirty easily, shrink or felt.
- They should be able to allow in cool air during the day for circulation but at night able to prevent cool air to keep the room warm.
- They should create a feeling of calmness and rest when used in bedrooms but one of excitement when used in living rooms.
- Consider the maintenance costs of the curtains. Some need daily care and others will need occasional care but will still look good.

4. a) Describe two local methods of purifying muddy water for domestic use.

Decanting method

Put the water into a container

Leave the water to settle for thirty minutes

Pour off the clean water into a container with a sieve on top to trap the dirty particles which may be in the water.

Then boil the water to kill the germs.

Filtration method

Pour the muddy water into a container containing sand, small stone and charcoal powder, the container must have holes at the bottom covered with a porous cloth for the water to be filtered completely.

The water is collected in a container with a tap.

b) How is water in rural areas contaminated?

- By disposing rubbish in water bodies
- By urinating and defecating in water bodies
- By washing clothes in water bodies

- By using dirty containers to fetch water
- By grazing animals near water bodies
- Swimming in water bodies
- Bush burning can also lead to water contamination
- Use of fertilisers can also lead to water contamination

d) How is cholera spread from one person to another?

- Sharing of clothes
- Drinking from the same cups as the infected person
- Close contact with the infected person
- Diarrhea
- Poor hygiene
- Drinking unboiled water

5. a) What is a family budget?

This is a plan or guide on how family income is spent over a period of time.

b) State the factors to consider when making a family budget.

- The source of income and social status of family members should be considered.
- How regular income is should also be considered.
- The number of people to be catered for by the budget to be made also matters.
- Needs of individual members in the family e.g. age, status, sex etc also should be considered.
- Location of the home i.e. if the home is far from the trading centre, some things may be bought in bulk to avoid transport expenses.
- Immediate needs e.g. clothing, shelter, food, fees, bills, health care should be put in mind too.
- Long term needs e.g. land, car, luxurious things should not be put in consideration before the immediate needs for they can wait.
- One should allow for emergencies and maintenance costs e.g. electricity bills etc.
- Items that are multipurpose should be considered to reduce costs.
- The rate of inflation which can affect quality and quantity of items to be acquired should also be considered to avoid losses.

c) Why is budgeting in a home important?

- The available resources are spent wisely without forgetting the necessary equipment.
- Budgeting also controls expenditure and facilitates saving.
- It also saves time when one sets out to do shopping as one knows exactly what to buy.
- Budgeting helps to keep accounts or records of expenditure.
- It minimizes sufferings because all the necessary things will be attended to.
- The budget helps to buy specific needs and this gives satisfaction to the person who has gone to buy the things.
- Budget helps one to plan ahead hence giving one peace knowing all things are catered for.
- It helps a family or an individual to live within a certain income rather than beyond the actual amount of the money.
- It discourages impulse buying.
- Considers necessities before luxuries.

d) What are the factors that would fail one in implementing their budget?

- Loss of job especially by the breadwinner i.e. this may force the family to encroach on the savings and later will end up living on credit.
- An increase on the income such as there is more than expected may make the family's life uncomfortable and the decrease in income will make life not easy for family members as well.
- Lack of determination or the ability to make decisions such that the percentages spent on basic needs are not changed at all.
- Poor planning as some costs will be incurred hence not following a budget.
- Excessive wasting of money as it leaves the person without any money to budget with.
- Lack of a steady source of income.
- Losses incurred in a home e.g. abrupt accidents.
- Sickness of the breadwinner as the person who brings income may not be able to hence following the income becomes hard.
- Single parenthood
- Lack of interest in implementing the budget.
- Price inflation/change also deters the implementation of the budget.
- Unexpected visitors

e) Discuss two types of reliable income for a family.

a) Money income

i) Earned income

This is income earned from labour, professional work or business like wages, salaries, royalties, income from sale of products.

ii) Unearned income

This is income from investments, interests, bonuses. Money, gifts etc

b) Income in kind

This is income received in form of goods and services rather than money. It comes from three sources which are an important factor.

i) Family contribution

Services given by the mothers or housewives i.e. they provide meals for the household, clean the house, they care for the children and other members of the family. They are not paid but their work should be recognized. Fathers help with shopping and caring for the children. They grow vegetables and other crops to supplement the income. Children wash clothes and dishes, help the house and take care of the young ones.

ii) Goods and appliances

Some of the goods and appliances bought and used by the family make a definite contribution to the real income e.g. refrigerators, deep freezers, sewing machines, life could be more expensive.

iii) School, roads, parks, fire services, police etc all add to real income.

6. a) Functions of a family house.

- To provide security to family members.
- A family home gives a sense of belonging.
- It creates a sense of ownership to family members.
- It is an address for the family members.
- It is for entertainment e.g. parties.
- It gives prestige or pride.
- It is where disputes can be solved e.g. among family members.
- It is a training ground.
- We can get basic needs e.g. food, water etc.

b) Should be clean

- Religion and neighbours to avoid conflicts.
- The place shouldn't be remote for services.
- Should be atleast near to your work place.
- Should be quite for a peaceful living.
- Should be free from wild animals.
- The site should be in reach of medical services.
- Should have enough space for the children to play.

c) What determines a good quality house?

- It should have a fence for security.
- Must have enough rooms for the members.
- It should be well ventilated.
- A good house should have a good foundation.
- It should have enough lighting to avoid accidents.
- It should have emergency doors in case of a fire.
- It shouldn't be in an open place.

7. a) Disinfection destroys microorganisms to a level not harmful to life while

- It does not destroy bacterial spores and it can be done by using Dettol, omo etc.
- Sterilization creates unfavourable conditions which doesn't allow growth and multiplication of micro-organisms and can also destroy the bacterial spores.
- It can be done by using 'dry heat' moist heat, by using hot water.

b) Factors that determine the level of removing germs from surfaces.

- i) Design of material should facilitate the removal of germs from surfaces e.g. soft surfaces are easier to clean than hard surfaces.
- ii) Nature of material and surface; It should be easy to clean without absorbing reagents e.g. woolen carpets than hard surfaces.
- iii) Conditions of material to be cleaned shouldn't be worn out, scratched or chipped.
- iv) Intensity (energy use) of the method used should be adequate. One should use enough strength and energy while cleaning a given surface e.g. temperature at which reactions take place and this should facilitate dirt removal e.g. high temperatures can destroy micro-organisms and dissolved dirt easily.

Time allowed (attention paid) for interaction between method and the micro organisms to be removed it should be adequate to clean the surface thoroughly.

c) Common methods used to remove dust from surfaces.

- Sweeping – The removing of dirt from surfaces by using a broom in a continuous movement.
- Dusting – this involves removing loose dirt from surfaces with a dry cloth or duster.
- Suctioning – this method of dirt removal makes use of a machine with a device called vacuum cleaner.
It only removes loose dirt from surfaces.
- Scrubbing – this is done mainly to remove fixed dirt from surfaces and a hard bristled brush scrubbed over with water and detergent.
- Mopping – this is done with warm soapy water to remove both fixed and loose dirt that can easily get off from the surfaces.
- Wiping – this is the removal of fixed and loose dirt from surfaces using a damp piece of cloth.
- Washing – the removal of dirt from surfaces by using the friction method or rubbing method with water and detergent.
- Polishing – the application of floor polish onto the floor after all the cleaning processes have been done.

8. a) Action of detergents on washing process.

A detergent works by emulsifying the dirt/grease and increasing the cleansing power of water by improving its wetting power/power to penetrate the fabric.

Since dirt is difficult to remove from surfaces, using water alone, a detergent must be used.

Dependents are made of two parts which are opposite in nature and behaviour they include:

- a) Head: This is liked by water but repelled by grease/dirt.
- b) Tail: It is repelled by water but attracted to grease/dirt. The head part is like a pin head in shape and the tail is long and thin, and together they form a detergent molecule.

When a detergent is put in water, molecules gather the water surface with the hating part above the water surface and the water loving part under the surface.

When detergent molecular gets under the surface of water, they clump together, with tails inside and heads outside i.e. molecular surround the dirt/grease with the tails inside and heads outside i.e. molecular sorrounds the dirt/grease with the tails because they are water hating and heads remain in water as they are water loving.

It is these clamped molecular which break up the dirt in the fabric and keep the dirt suspended in water and never to cling back to the fabric.

b) Mercerization process

the fabric is treated with caustic soda to increase on its lustive and make it strong, such cotton absorbs more dye and it is readily available in many colours.

Sanforisation process

This is when cotton is given a pre-shrunk treatment and it will not shrink frequent washing.

c) Dent soak

- Remove stains using simplest method possible.
- Use a mid detergent during washing
- Wash as quickly as possible by kneading and squeezing and gently rub the dirty parts.
- Rinse in warm water until all soap is removed.
- Add vineager to the last rinsing water and starch to the last rinsing water.
- Squeeze articles dotly and out them in the shade on the flat surface.
- When articles are half dry, roll them up, reading from ironing iron with a moderately flat iron.

- If the colours are likely to move, put the article under an old cloth and iron on top of the cloth and don't iron the two surfaces together.
- Air thoroughly, fold and store.

9. a) Define the following terms and give their importance.

i) Damping

Damping is the use of warm water in the finishing process to allow easy ironing. Hence damping helps to spread moisture evenly.

ii) Steeping

Steeping is preparation process done on articles which are heavily soiled hence help in the washing since dirt is removed.

iii) Starching

Is the application on some cotton and linen fabrics to make them stiff. To restore body, improve appearance.

b) Explain how to prevent felting during laundering of woolen articles.

- Avoid high temperatures for example boiling, use of hot water or pressing with a hot iron.
- Wash by kneading, do not rub.
- Even or some temperatures of all washing and rinsing waters and this should be luke warm water.
- Avoid using alkaline reagents during laundry e.g. use of soda to soften hard water and avoid strong soaps.
- Squeeze out water but do not wring the woolen articles.
- Use of soft water
- Quick and careful cleansing and handling
- Avoid sudden changes of temperatures
- The article should not be wet for a long time.
- Dry in warm moving air so that long retention of moisture is avoided.
- Dry flat in a shade.

c) Describe the procedure of laundering a pair of cotton bed sheets used by a person suffering from chicken pox.

- Mend torn parts if any.
- Remove stains if any.
- Soak in cold salty water

- Pour out soaking water and wring garment.
- Wash using friction method with soapy water.
- Boil the garment.
- Rinse in warm water.
- Blue if white article and starch.
- Dry on a clothline in the sun

d) Outline the methods of removing the following stains from a cotton fabric.

i) Blood stain

Soak in cold water when still fresh.

Use an enzyme washing powder. After treatment rinse well or wash in normal way.

ii) Ink

Remove immediately using a pad of cotton wool or cloth dipped in surgical spirit or any other available grease solvent. Rinse well and washing according to fabric. Application of salt or lemon solution followed by a final sponging using hydrogen peroxide.

iii) Perspiration

On cotton, the stain can be treated with sodium hypochloride bleach. Rinse several times in cold water as final treatment and dry in the sun.

10. a) i) Qualities of soft water

- Soft water should form lather easily with soap.
- Soft water should have a flat taste (not good is drinking).
- Soft water should not form sticky scum
- Does not Decolorize clothes.
- Soft water does not leave marks on clothes.

ii) **Qualities of a good soap**

- A good soap should be easy to rinse out.
- A good soap should be firm to touch to avoid wastage.
- A good soap should produce good lather with little rubbing agitation both in cold and warm water.
- A good soap should leave no marks/spots on the skin and clothes.
- A good soap should be readily soluble in water.

- A good soap should contain no harmful substance which will affect the fibres and colour of fabrics.
- A good soap should help dissolve and hold dirt in suspension until removed from fabrics.
- A good soap should be suitable for use when hand washing.
- A good soap should not cause discolouration to light coloured fabrics.
- A good soap should be durable.

c) Preparation of boiling water starch

Starch , water, borax, candle wax

- i) Mix starch, water and borax together in a cup. Mix to smooth paste.
 - ii) Pour the starch mixture into the boiling water and stir continuously to ensure that no lumpsum are formed.
 - iii) Continue stirring until the mixture looks clear.
 - iv) Pour into hot water in a basin the amount of water depends on the strength of the starch required and this is determined by the type of article to be starched.
 - v) Cover and leave till required.
- d) The strength 1:1 which means equal starch is added to equal starch which is strong starch is used to launder articles like caps and belts to make them stiff.

The strength 1:2 which means medium water is added to a small amount of starch (1 starch) to form medium starch which is used for laundering articles like table clothes.

The strength 1:4 which means that a lot of water is added to a small amount of starch which is called thin starch and it is for laundering articles like bed sheets.

- e) Give the differences between ironing and pressing
- More energy is used during pressing while little energy is used during ironing.
 - Pressing is done on the wrong side of the article while ironing is done on the right side of the article.
 - In pressing, the iron is never moved but it is lifted up after pressing one area to the next place while in ironing, the iron is moved on the surface of the article while exerting pressure to remove creases.

- Pressing is used for woolen materials mainly but ironing is used for other materials
- Pressing is done with a cloth in between the article and the iron box, if you are pressing a damp material use a dry cloth and viceversa, and its used on woolen material

11. a) Differentiate between dust and dirt

Dust is a substance that consists of organic and inorganic particles that are very lights and small usually blown away by wind while dirt is anything that causes the appearance of the surface to look unattractive.

b) Keeping clothes clean

- To prevent extra costs in buying new clothes
- To prevent them from decolourising
- To maintain their attractive look
- To prevent breeding of pests e.g. bugs, lice, flees.
- To prevent them from smelling.
- To prevent spread of diseases
- To look smart
- To enable tem as longer
- To enhance personal feelings as cleanliness
- Boasts confidence.
- To remove dirt and dust from cloth.
- For sake of health, as dirt clothes are unhygienic attract germs.
- To last, prolong life of fabric. When cherroeals in the sweat and from fabric combine they make fabric.
- To fabric stains.

ii) Wearing shoes

- To protect the feet from damages and injuries
- Shoes provide warmth to the feet
- Shoes shape the feet
- Shoes are an additional accessory enabling one to look smart
- Protect feet from parasites
- They also add up to one's fashion standards when put on
- They are functional
- They correct faults e.g. for the lame

- c) i) - Regular care and cleaning of the house and compound.
 - Proper disposal of wastes
 - Clearing the bush around the homes
 - Cleaning and breeding places
 - Spraying insecticides
 - Avoiding dampness and dirtiness of the house as they are breeding places for them
- ii) - Damage of property e.g. furniture
 - Electric shocks due to damage of wires by cockroaches
 - Diseases such as dysentery
 - Bad impression
 - Food poisoning
 - Insecurity i.e. terror because of pests like rats
 - Accidents
 - They make the place insightful

12. a) rules for preparing meals for children

- The meal must be balanced.
- It must provide proteins to support rapid growth and carbohydrates for boosting energy in place.
- The food served should be in small quantities i.e. serving food bowls and plates to capture their interest.
- The food should be soft. Children in different stages require food prepared in different ways.
- Serve food attractively and avoid monotonous meals. Originality and good immigration should be applied in garnishing and decorations.
- It should not be too seasoned, spiced or over-steamed. Fats and oils should be used minimumly.
- New flavours and textures should be introduced but gradually.
- The food should generally look attractive to bring appetite.

- Use coloured foods like tomatoes and carrots, coloured plates and crops and they should not be breakable.
- Consider the health status of the child.
- Meals should be served at regular intervals and punctually and a feeding schedule must be followed well.
- Food must not be sweet for many sweet foods may blunt the appetite for essential foods.
- Serve the children when they are neither too tired nor too hungry because such contributions to poor appetite and eating.

b) Good habit training for children

- Bathing and washing clothes
- Good eating habits
- Being God fearing
- Making your bed daily
- Being a role model
- Following good advice from others
- Admiring what others do
- Have plenty of sleep in a well ventilated room
- Wash hands and face as required
- Encourage upright standing walking and sitting
- Wear clean clothes
- Do plenty of exercises
- Be polite and cheerful
- Encourage the child to be responsible
- Good communication skills
- The child should be trained to be appreciative
- Avoid using the word DONOT when training children. Punish and reward whenever necessary

c) Food is a substance which can either be solid or liquid but can provide the body with nutrients that can help in its proper functioning.

i) Boiling method

This is the cooking of food directly in water at 100°C with a covered pan so as to maintain the temperature of cooking water.

Tight fitting lid

A handle

Boiling food

heat

Suitable foods – rice, eggs, sweet potatoes and cabbage

ii) Poaching method

This is the boiling of food directly in water at a temperature at 85°C – 90°C. Just below simmering point.

Food is covered by the liquid. The food is cooked with hot liquid from time to time.

The water should be trembling but not bubbling flavour and salt is added to water before food is added to the liquid. It is used for foods that require low temperature for example fish.

13. a) List the common sources of income in a home.

- Businesses
- Dancing
- Kiosks
- Savings
- Farm produce
- Allowances
- Salaries and wages
- Rent from properties
- Zero grazing
- Gifts and presents
- Dividends/profits

b) Define impulse buying?

Impulse buying is the buying of items without a plan and without a budget.

c) What are the dangers of impulse buying?

- It leads to over spending – creates wastage money
- It leads to buying unnecessary items – leads to poor budgeting
- It leads to time wastage while looking for what to buy since you don't have a budget to follow – important things may be left
- It leads to wastage of transport – leads to out debts
- It discourages the saving power

d) List the different ways of saving money.

- Buying goods which have multiple uses i.e. goods that can be used for more than one purpose.
- Buying durable goods i.e. goods that can last for a long period of time – buy food that is in season, bargain, always set goals.
- Through banking the money because money is safe when kept in banks – through meal planning, buying food in bulk which last for a long time.
- Through use of a saving box – through backyard saving e.g. growing Nakatti.

14. a) Identify the qualities of a flat iron that you would buy for home use.

- A good flat iron should have a smooth sole and surface.
- The parts of a good flat iron should be firmly fixed.
- A good flat iron should not rust easily.
- A good flat iron should have a well insulated handle.
- A good flat iron should be flexible.
- A good flat iron should have a durable metal.
- Should have a guarantee length.
- Should have a pilot indicator to show power in operation.

b) How would you clean a dirty flat iron?

- Heat iron to warm it slightly and switch off
- Rub sole slightly with fine steel wool and detergent water
- Wipe with a damp cloth to dry
- Avoid pouring water over the iron

c) What care would you take to maintain a flat iron in good working order?

- Avoid dropping iron
- Never over heat iron, witch off after use

- Clean when dirty
- Avoid scratching surface while cleaning
- Keep iron dry
- Store in a clean dry place on its heel
- Carry out repairs with competent person in case it gets spoilt
- Avoid ironing wet clothes

d) Describe the process of ironing an embroidered cotton chair back

- Remove article from line when still damp
- Warp threads should be parallel to edge of the table
- Iron double parts around the chair back
- Iron the thin parts

15. a) Define natural bleaching?

This is mainly outdoor drying where the fabric is put outside to be bleached by the sunlight on the grass.

b) How natural bleaching can be applied

- Soak the article in soapy water
- Spread it onto the grass to expose it to natural light
- Sprinkle with soapy water as often as possible
- When the article has gained the desired colour, continue to wash in usual way. This kind bleaching can be quickened by crushing pawpaw leaves and mixing them with soapy water before sprinkling

c) Working principle of application of natural bleaching

- The air in the atmosphere contains oxygen and so the oxygen is absorbed by the dirt in the fabric when hanged outside and in so doing the dirt is bleached out.
- The plants give off oxygen and take in carbon dioxide and so when the fabric is hanged outside on the grass, the dirt absorbs the oxygen given off by the grass and hence bleaches it out.

d) Differentiate between oxidative and reductive bleaching

- Oxidation bleaching is when the chemicals give off oxygen which gets into contact with the yellow tint in a fabric and bleaches it out e.g. hydrogen peroxide, sodium perborate etc whereas reductive bleaching is when the chemicals produce hydrogen bleaches it out e.g. sodium hydro-sulphite etc.

16. a) A good home should be near a trading/urban centre for easy accessibility to social services.

- A good home should consist of father, mother and children; this helps them to have full support since both parents are available.
- Also a good home should be built in a well-drained area in order to avoid poor sanitation.
- A good home should be near a road for easy transportation from place to place.

b) i) Advantages of having mud floor

- It is cheap to install
- It absorbs heat and this keeps the house cool
- Mud is easy to access

ii) Disadvantages

- It needs occasional repair
- It can become dusty when dry
- It easily gets spoilt when water is added

c) Wood floor finishes

Advantages

- It attractive when well placed
- Wood does not make noise when walked on

Disadvantages

- It is very expensive
- It can be eaten by pests
- Water makes it to rot
- Also, it can be spoilt by some type of shoes e.g. stillets

d) Spread of cockroaches can be controlled by

- Covering cracks which they may hide in
- Using insecticides to kill the cockroaches
- Introducing light in dark corners to stop them from breeding there
- Cleaning the house thoroughly to avoid keeping dust which they may make a habitat.

17. a) How do you launder a black T-shirt?

- First shake the black T-shirt to remove loose dirt
- If it needs mending, carry out the mending.
- Wash the shirt in warm soapy water, taking care not to use detergent, as this can cause the article to fade.
- When washing pay attention to the collar and the cuffs of the shirt.
- Rinse as many times as possible until no traces of soap appear in water.
- If necessary, starch the collar and cuffs in appropriate starch solution.
- Hung to dry under a shade.
- Iron on the right side of the article, air and store.

b) Procedure of starching an apron

- Prepare the starch solution using;
 - 1 Table spoon starch powder
 - 2 Tablespoons cold water
 - 1 Pint boiling water
- These ingredients form the concentrated starch solution, which you thin to the appropriate strength with warm water.
- For an apron, you use one part starch and 4 parts warm water.
- Launder the apron in the normal way. After the last rinsing water, immerse the apron in the starch solution, and leave for a short while. Remove from the starch solution, wring and hung to dry

c) Removing stains from the apron.

i) A soap stain

Rub the fresh stains with a solvent e.g. paraffin or turpentine; and afterwards wash normally. For dried stains, remove with a piece of lemon dipped in salt, then pour boiling water on the stain. Afterwards, wash normally.

ii) Grass stain

Use colorless spirit or surgical spirit to rub or soak the stained part of the garment. After treatment, rinse or wash the apron in the normal way.

20. a) What is hard water?

Hard water is the type of water which does not easily form lather.

b) Give the disadvantages of using hard water for laundry.

- It does not easily form lather.

- It leaves dirty marks on clothes.
- It causes yellowing
- It causes collusion
- It forms scum with water.
- It leaves marks on the skin of the user.

c) How can you remove water hardness?

- By addition of Calcium Carbonate.
- Through boiling the water.
- By addition of Sodium carbonate
- Through distillation.

d) Give the functions of the following in laundry.

i) Fabric softness

- They give clothes a nice smell
- They soften clothes
- They remove the remaining dirty marks in clothes.
- They don't cause stains on clothes.

ii) Silk

- It is a stain remover
- It helps in bleaching.
- It helps in brightening of colors of clothes like white.

21. a) Food spoilage is the change in taste, smell, colour, flavor and texture of food which makes it unpleasant to eat it.

b) Causes of food spoilage

- Keeping food under unfavourable temperature i.e. some foods require high temperatures while others require low temperatures.
- Time for which food is kept i.e. food can easily get spoilt if kept for a long period of time.
- Micro -organisms e.g. bacteria and fungi which feed on food and make it get spoilt.
- Enzyme that bring about decay of food may also cause food spoilage.
- Environment in which food is kept i.e. a dirty environment can lead to food spoilage.
- Moisture in some foods can also cause it to go bad/ or get spoilt.

- Presence of pests e.g. insects and rats i.e. when they bite on food, they may cause food spoilage.
 - Combining cooked food with uncooked food may also cause food spoilage i.e. Uncooked may be dirty.
 - Physical mishandling of food may also lead to food spoilage.
 - Some foods e.g. milk is easily spoilt by light i.e. it brings out coagulating of milk.
- c) Give 4 explained methods for extending shelf life of foods in a home.
- Salting- it drains out the water that causes decay.
 - Smoking- It removes fat in some foods e.g. meat.
 - Refrigerating –it prevents micro-organisms from decomposing food
 - Drying- it also remove water that increases decay.
 - Sun drying
 - Ash
 - Burying e.g. Cassava
- d) Show how cross contamination of food can occur in the kitchen.
- Mixing uncooked food with cooked food.
 - Serving food on dirty utensils e.g plates, forks etc.
 - Cleaning of the kitchen with uncovered food in the kitchen.
 - Lighting a charcoal stove with milk in the kitchen i.e this will go bad.
 - Cooking food in dirty utensils may also cause cross contamination.
 - Sneezing without covering the mouth while in the kitchen also causes cross contamination.
 - Cooking food without a hair net causes cross contamination as hair can fall into food.

22. a) Explain the nature of soiling matter on fabrics.

- When a person is eating food without covering him/herself with a table napkin can-end soiling himself when he hasn't eaten carefully.
- While peeling banana without covering the cloth scum can go on the clothes.
- If a person gets a wound and it bleeds by mistake the cloth touches there and it contains blood stain.
- Children can soil the fabrics when they are refilling the pens.

b) List the reagents and equipment needed for laundry and give the uses of each.

Reagents	Uses
Liquid soap Soapless detergent	It forms lather in hard water easily
Equipment Basic Stain remover Cloth line	It is used for washing fabric It is used to remove stains It is used to hang fabrics

c) How are fabrics cleansed of their dirt?

- When a detergent is put in water, molecules gather the water surface with the water hating part above the water surface.
- When detergent molecules get under the water the water surface they clamp together with the heads outside and tails inside.
- It is these clamped molecules which break up the dirt in fabric and suspended in water and never to cling back to the fabric.

d) Why is it advantageous to use soapless detergents?

- They dissolve readily than soap both in hard and soft water
- Soap detergents long.
- They form no scum when used within hard water.
- They don't affect the colour of the fabric and no acid rinsing is required.
- They have greater emulsifying powers than soap.
- They are especially good for cleansing very dirty and greasy articles.
- They are cheaper in a long run as there is no need to use extra agents like borax, ammonium

23. a) What advice would you give to a young pregnant mother regarding the following;

i) Feeding habits

- I would advise her to feed well on a balanced diet rich in iron, vitamins e.t.c
- I would advise her to reduce salt intake to avoid retention of water in the body.

- I would advise her to avoid stimulants like smoking, strong coffee, strong tea, alcohol e.t.c
- I would advise her to eat less Carbohydrates and less fats.
- I would advise her to take in more fluids and roughages to aid digestion.
- I would advise her not to drink unboiled water to avoid water borne diseases e.g. typhoid.
- I would advise her to eat small crunchy food to avoid nausea

ii) Dressing

- I would advise her to avoid wearing tight clothes which interfere with the movement of the baby.
- I would advise her to wear clothes which are easy to wash, hard lining, strong and highly absorbent.
- The inner garments should not be tight e.g. the bra should be firm and not tight to avoid interference with enlargement of the breasts.
- They should avoid wearing high heeled shoes and shoes worn should be comfortable to the feet.
- Shoes should not be so tight to interfere with the flow of food.
- Bad shoes add to the already strained back, venicase pains and bad posture.

iii) Resting

- I would advise her to balance between rest and exercising
- She should rest about one hour during day and eight hours at night.
- She should avoid prolonged standing during work
- She should rest in well ventilated rooms
- I would advise her to rest with legs up to prevent
- I would advise her to avoid overworking and carry heavy things to avoid bleeding.
- I would advise her to avoid travelling for very long distances.

Signs and symptoms of pregnancy.

- a. The woman misses her periods.
- b. The breasts become bigger.
- c. Morning sickness or nausea
- d. The belly becomes bigger
- e. Frequent urination at the beginning of pregnancy
- f. Swelling of feet and.....

- g. Weight gain or weight loss
- h. Changing moods
- i. Widening of the pelvis
- j. Over sleeping
- k. Over spitting
- l. Development of likes and dislikes

24. a) Launder the following articles.

- i) A uniform skirt demonstrating the use of the boiling water starch.
- ii) School sweater
- iii) Thoroughly clear a pair of leather shoes and a cemented floor.

Values of the following in child care

- i) Breast feeding
 - The milk that comes from the mother's breast for the first few days is thin, sticky and yellowish and has antibodies that protect the baby against infections.
 - Breast milk contains all the nutrients a baby requires in balanced form.
 - Breast milk is also clean and free from infections which are likely to occur during preparation and handling of bottled milk.
 - Mother's milk does not require preparation before hand
 - It is always ready and can be taken on demand.
 - Breast milk is always at the right temperature ie body temperature so it doesn't require warming.
 - Breast feeding creates a bond between the mother and a child as the baby breast feeds, it develops a closer relationship.
 - It is the cheapest method of feeding since it is always there and doesn't require money.
 - There is less risk of contamination, artificial feeds are likely to be contaminated during preparation or drying equipment.
 - Time is saved for other activities.
 - The baby is less likely to suffer from constipation
 - Sucking encourages the return of the mother's uterus to its normal size earlier than would otherwise the case.
 - Also due to economic factors less of the powder may be used a little bit longer.

Artificial feeding

- It is a better alternative for feeding babies whose mothers cannot produce enough milk.
- A mother has time to relax and to go out to work
- It's easy to feed the baby in case of absence of the mother
- It is also done anywhere by anyone
- Milk is always available since it has many sources.

Post-natal clinic

- The baby is examined, given immunization and its growth is monitored.
- The mother is examined to make sure that the uterus is back to normal
- The breasts are checked to ensure that breast feeding is without problems and advice is given as required.
- The mother is advised on good nutrition, child care, cleanliness and methods of family planning.
- Advice is given on how to ease the soreness caused by stitches and how to ensure quick healing.
- Counseling is given to the first time mother on how to cope with child care.
- The blood pressure is checked to ensure that it is regular

Baby's layette

- Unisex garment
- Vests
- Bib
- Outer garment
- Bonnet
- Matinee coat (baby cot)
- Baby shawl
- Napkins (diapers)
- Disposable Diapers
- Sweaters
- Baby shoes
- Towel
- Safety pins

Functions of a family house

- Reunion
- Security
- Socialization
- Settlement of family disputes

- Basic needs

b) points to Consider when choosing a house

- Well drained soil
- Easy access to the road
- In reach of social amenities
- Secure location
- Large enough
- Determination of a good quality house
- Constructed on good quality soils
- Floors should be furnished
- Light source
- Good supply of water
- Sizable

Causes of common accidents

- Open fires
- Sharp knives and other implements
- Safety matches
- Hot water
- Petrol and paraffin
- Gas taps
- Open pits
- Wet and slippery floors
- Electricity
- Insects
- Dogs

Damping

- Out the article back to see
- You are left in charge of your best friend, prepare a snack that you will eat with him.
- Clean the dining room and arrange
- Launder a selection of the table linen that you will use.

25. a) What is first aid?

First aid is the first help given to an injured person, or someone taken ill suddenly, before he or she is taken to a health centre, clinic or hospital.

b) List the items that are commonly found in a first aid box and mention their uses.

1. Cotton wool- for cleaning wounds
2. Bandages- for dressing wounds and also making slings in case of a fracture.
3. Adhesive dressing- for covering minor cuts and wounds
4. Disposable gloves- for protection when dressing wounds.
5. Scissors and tweezers- for cutting bandages.
6. Petroleum jelly- for applying on minor burns and stings.
7. Ointment- for massaging in case of swelling.
8. Dissecting strips- for removing thorns or small pieces of steel wool.
9. Black stone- to treat snake bites (if in a snake area)
10. Thermometer- for taking temperatures.
11. Surgical blades- for cutting bandages and shaving areas affected by injury.
12. Surgical spirit or antiseptic- for cleaning wounds.
13. Pain killers such as Panadol.

c) Describe the first aid given to someone who has;

i) A sprained ankle

Apply cold water or soak the joint in very cold water for 20 minutes

Apply a firm bandage

Give some pain relievers

Raise the sprained ankle until swelling goes down

If the sprain seems serious, take the casualty to hospital for an X-ray and further more treatment.

ii) A cut finger

Clean a small cut with a weak solution of antiseptic or salt to prevent infection.

Allow it dry then cover with sterile dressing.

Press a pad on a large wound and raise the limb

If a foreign, e.g. glass is present in the cut, try to remove it then apply a ring pad round the wound and bandages tightly.

Decide on the seriousness of the wound and get help from the nearest health centre.

Reassure the casualty.

iii) A poisonous substance

- If the casualty is conscious, find out from him or her what they took.
- Keep the remains of the poison as evidence and present it to the doctor or police.
- If the lips show signs of burning, give large quantities of water and milk or barley water to dilute the poison.
- If the signs of burns are seen, induce vomiting by touching the back of the mouth down the throat.
- Get the casualty to nearest health centre immediately.

26. a) What determines the nutrient needs of an individual?

- The genetic makeup of the individual e.g. some are fat while others are thin.
- The age group if one is elderly, young
- The sex and gender of an individual
- The work done
- The health status e.g. if one is diabetic.
- If an individual is using drugs or on medication

b) What factors affect the quality of food cooked for consumption?

- The nutritional content in the food.
- The flavours and aroma in the food.
- The colour i.e. it should have an attractive colour.
- The skills used for cooking e.g. boiling method.
- The equipment to be used.

c) Explain the factors that increase appetite.

- Doing physical exercises as these help to burn the calories in the body.
- The taste and preference of an individual.
- One should limit beverages during a meal.
- The taste of the food.
- The environment should be favorable.
- Make a meal enjoyable
- One should follow regular time table.
- Serve small meals frequently which increase one's appetite.
- The colour of food should be attractive.
- The nice kitchen equipment should be attractive.

27. a) Explain the care of the following to a nursing mother;

i) Umbilical stump

- Keep the umbilical stump clean to avoid the harbouring of germs which may cause diseases.
- Avoid playing with it to avoid infections.
- Keep it covered to prevent flies from falling on it.
- Use a soft cloth when cleaning to avoid wounds.
- Seek for medical attention in case of any pain felt.

ii) The skin

- Wash the body daily to remove sweat.
- Eat a balanced diet containing more of the nutrients.
- Avoid sitting under direct sunshine because it may cause dryness of the skin
- Keep your hands clean to avoid contaminating the baby.
- Avoid putting on tight clothes to ease breastfeeding times
- Wear clean clothes in order to keep the baby free from germs.

iii) Respiratory passage

- Check or remove the bones from the food to avoid choking which might affect your respiratory passage.
- Seek for medical attention in case of flu
- Take enough water to maintain your respiratory passage wet to ease circulation.
- Avoid breathing from the mouth because air taken through the mouth is not clean.
- Avoid use of strong fumes.

Baby feeds

- They should be soft and well cooked.
- They should be rich in food nutrients.
- They should be prepared in clean containers
- Wash your hands well before preparation.

The feeding equipment

- Should be thoroughly washed with warm water.
- Should be stored in a clean dry place.
- Avoid touching the feeding equipment like cups with dirty hands
- Boil them in order to disinfect.

28. a) State the value of sleep in the life of a child.

A baby should have plenty of rest and sleep as this promotes growth.

b) Qualities of ideal bedroom for a newly-born baby

- The room should be prepared by making sure it is clean and warm enough.
- The room should be well ventilated to prevent the cold draught from coming in.
- The room should be comfortable for the baby to have a good rest.
- The room should be big enough to accommodate the baby for some years.
- The room should be sizeable to the baby for the baby to have enough space to play.

c) Value of sleep in the life of a child

- It promotes growth of the baby.
- It helps the baby to live a healthy life
- It increases the baby's immunity to resist the diseases
- Sleep enables the baby to gain energy for the next day.

d) Effects of little sleep to a child

- It deteriorates the growth of the child.
- It reduces the baby's energy for the next day.
- Little sleep makes the baby lazy for the next day.
- Little sleep also reduces the immunity of the baby.

29. a) The baby's food is milk.

- Breast milk contains all the nutrients required by the baby.
- It contains anti-bodies.
- Body shape is kept by the mum.
- Babies which are fed do not take in wind.
- There is a closer relationship between a mother and baby.
- Yellow substance called frustum is good for the baby.
- Breast feeding is time saving for the baby and the mother.

b) Diet of the breast feeding mother.

- The mother should have a lot of rest in order to secrete more milk.
- Handle the head of the baby collectively.
- Feeding the bay 5 minutes for the five days.
- A mother should do enough exercise in order to secrete more milk.
- A mother should be loved by the husband.

- The mother should be relaxed in order to secrete more milk.

d) procedure of breast feeding

The mother should wash the nipples with warm water to ensure cleanliness.

- The mother should sit on a firm stool
- The mother should hold the baby in a comfortable position.
- The mother should fix the nipple into the baby's mouth and the baby should feed for five minutes.
- After suckling one breast after 5 minutes the mother should change the other breast for better feeding.
- For the first five days the mother should feed the baby for at least 5 minutes and go on increasing to 11 minutes and so on.
- After breast feeding the baby should be put on the shoulder to remove the wind from the baby.
- Afterwards the baby is left to rest and sleep to get enough rest.

30. a) Complications during pregnancy.

- Swelling of the legs
- Persistent pains, aches
- Bleeding of any kind
- High blood pressure
- Weight gain or weight loss
- Persistent vomiting
- Heart burn

b) Food taboos whereby pregnant mothers need some nutrients.

- Eating soil
- Smoking the pipe may toxify the baby because it has nicotine.
- Eating some herbs which may bring labour before
- Refusing to go to hospital and they go to traditional dealers.
- Taking a lot of alcohol may cause them to produce low weight babies.
- Refusing to eat some healthy foods and they become malnourished.

c) Growth of the baby in the womb

- Health of the mother and baby
- Sanitation/ personal hygiene of the mother
- Mothers are encouraged to feed on a balanced diet i.e. food with enough nutrients.

- To know the expected date of birth.
- Avoid any complications during birth during birth.
- Treatment of any sickness detected
- Advice of what preparations to make.

d) It helps in proper planning of the children i.e provide needs

- To get extra support after next birth
- Save time and money or income
- Increase proper prospects of the future needs.

31. a) Discuss the suitability of the materials below in making house-hold equipment.

i) Aluminium

- Light in weight
- Long lasting
- It acts as a good conductor
- Has a silver appearance therefore is fairly attractive.
- It is resistant to moisture and acids
- It is easy to clean
- It is safe with food because it is not poisonous
- It is preferred to other metals because it can easily be shaped into the required shape

ii) Stainless steel

- It will not rust under ordinary conditions
- It is easy to clean
- It is a good conductor
- It is long lasting

iii) Glass

- It is attractive to use in making house-hold equipment
- It is able to stand some degree of temperature
- Is safe with food because it is not poisonous.

iv) Plastics

- They come in a variety of attractive colours
- They are durable

- They are easy to clean
- They are light in weight
- They do not make noise compared to metals when being used
- They have a smooth texture depending on the design.

b) Outline how to clean the following.

i) Aluminium pans

Wash in warm water to remove the dry breeze

Clean using soft steel wool, nylon husks, axion etc and pay attention to handles if there is any.

Rinse the aluminium product thoroughly and leave it to dry.

ii) Stainless steel cutlery

Use warm soapy water with material when cleaning and rinse properly

Dry the material while using a clean cloth as water leaves bad marks if allowed to dry on the surface.

Polish it with a clean dry cloth using metal polish.

iii) A set of glasses

Glass should be washed separately in warm soapy water

Never use abrasives as it scratches

Rinse the set of glasses very well

Should be dried on a rack, dusted with clean tea towel and stored.

c) Outline the effects of colour, texture and design of furnishing a room.

- We select colour according to the purpose of the room.
- The design of the furnishing should not be complicated to have difficulty in cleaning.
- The colour of the furnishing should be in harmony with the colour of the room
- The texture of the furnishing should communicate the emotions in the room.
- Soft furnishings like pillows reduce excessive sound and lightning.

32. a) How to clean;

i) linoleum

- Using a clean cloth wrung in clean water and a detergent wipe the surface.

- If dirt is stubborn, a mild detergent for example can be used carefully to avoid scratching the surface.
- Rinse using a clean cloth wrung from clean water
- Finally wipe to dry the surface

ii) Terrazzo

- Scrub from the furthest and towards the door to ensure you do not have to soil and repeat already cleaned sections.
- Overlap sections as you scrub to ensure none of the sections is left unattended
- After scrubbing, rinse the surface well by wiping with a cloth wrung from clean water.
- Rinse using clean water until all detergent and dirt is removed
- Dry the surface to prevent formation of water streaks and dust settling on the wet surface.

iii) Tiles

- Vinyl tiles
- Sweep the floor
- Clean with floor clean with soapy lather and leave for a few minutes
- Wash, rinse and dry.
- Polish with special polish.
- Avoid using harsh abrasives because they ruin the floor.
- Cronic tiles (made out of modernized clay) mainly in bathrooms and toilets
- Sweep them often
- Wash with warm soapy water
- Rinse well and mop dry
- Wipe of spills immediately. (stubborn stains be removed by abrasive powder e.g Vim)
- In case of discolourisations, use chlorine bleach

b) How to clean a cement floor.

- Should be often swept
- If soiled, wet thoroughly and scrub with hard bristled brush with water and a mild detergent like liquid soap.
- Rinse well and thoroughly

33. Write briefly on the following.

a) Thorough cleaning of the refrigerator.

- i) Defrost accordingly i.e for the push button model, and non-automatic defrosting models
- ii) Switch off, empty the refrigerator completely.
- iii) Wrap frozen foods in newspapers to minimize thawing out until replaced.
- iv) Place a bowl of hot water on a shelf to speed up the melting of the ice. Allow the ice to melt naturally and do not attempt to chip off.
- v) When the ice has all melted, remove the shelves and wash over with warm water.
- vi) Wash out the inside of the cabinet with warm water or in which a little bicarbonate of soda has been dissolved.
- vii) Rinse with cold water. Dry thoroughly.
- viii) Reset the controls
- ix) Half fill the ice trays,
- x) Replace the contents of the cabinet.
- xi) Wash the outside of the cabinet with warm soapy water.
- xii) Dry and rub the chromium trims with a soft cloth.

b) Care for furniture and fixtures.

- This depends on the material of construction
- They should be dusted and dry mopped or wiped dry.
- The varnished furniture, hot items should not be placed on them directly because varnish melts and leaves ugly marks on them.
- For the unplastered furniture, they should be shampooed frequently but care should be taken not to over wet them.
- In case of wooden furniture, should keep on checking it for attack of pests and treat by rubbing paraffin in the hole.

c) Choice of shoes and hand bags.

- The shoes and hand bags should match the outfit.
- Price should be considered
- The brand name
- Durability of the shoes and hand bags.
- Trend of the and handbags
- In choice of shoes the season should be considered either wet or dry.
- The material of the shoes and hand bags should be considered.
- Shoes and hand bags should be easy to repair in case of any fault.

d) Weekly cleaning of an electric cooker.

- Remove all the removable parts of the cooker to give room for easy cleaning.
- Wipe over the inside of the oven with a damp cloth.
- Remove linings if necessary and use mild abrasives on more stubborn stains.
- Clean shelf bars with fine steel wool, soap and hot water.
- Dry well before returning oven.
- Make sure the whole cooker is dry.
- Leave the door open for a little while to let fresh air.

34. a) Weaning

Is the gradual introduction of other feeds into the baby's diet to supplement mother's milk.

b) Guidelines to follow when weaning a baby/ factors to consider when weaning a baby.

- If weaning is done prematurely, the baby may behave malnourished and the mother's milk insufficient.
- The baby should be weighed regularly during weaning to be certain that growth rate is acceptable.
- The nursing mother should continue to get a heavy diet to stay healthy.
- Give food before breast feeding, if the baby is reluctant, try to breast feed.
- Initially, the food should be moist, gradually becoming less soft.
- Start with a few spoonful and gradually increase the amount once a type of food is accepted, give it fairly frequently and gradually increase the amount.
- As the baby grows, allow him/her to handle food and feed himself.
- Start by feeding her once in a day in a clean environment using clean utensils.
- If the child reacts to food with stomach cramps, discontinue and put her under strict observation

- Let milk continue to be a very important part of the diet throughout the weaning period.

c) i) Causes of constipation

- Eating dry foods.
- Lack of water in the body
- Eating food hard particles that cannot be easily digested.
- Lack of roughages.
- Over concentrated feeds.

ii) Colic

- Nervous system is still developing
- Hormones that cause stomach ache- after administering injection to the over sensitive to light and noise baby.
- A moody baby who gets annoyed quickly
- Activities a mother can initiate to enhance the development of a child in the following.

i) Physical

- Making the child do exercise
- Taking her for immunization.
- Encourage the child to play with water in the basin.
- Playing pretence games.
- Dancing to music with a child- playing goal games such as kicking.

ii) Social

- Allowing the child to play with others.
- Introducing the child to relatives.
- Ensuring cleanliness of the child
- Showing child parental love.
- Teaching a child to greet people.

iii) Intellectual

- Allowing the child to learn on her own- creating a conducive environment.
- Doing what you want a child to do.
- Punishing the child if he has done something
- Buying play toys

35. a) Isolating the child so that he doesn't spread the disease to the other children.

- Giving the child a balanced diet to restore lost nutrients.
- Give the child lots of drink to restore lost fluids.
- Allowing the child enough sleep and rest.
- Cleaning the child's clothes separately to prevent easy spread of diseases.
- Allowing the child enough sleep and rest.
- Cleaning the child's clothes separately to prevent easy spread of diseases.
- Allowing the child a bed bath in case is too weak.
- Clean the child's clothes and utensils after disinfecting them.
- Separate the utensils of the child from the other utensils.
- Ensuring that the child's room is well ventilated for proper healing.
- Do not let too much light in the child's room to prevent eyestrains.

b) In Uganda, there are a few trained medical workers to carry out immunization.

- Shortage of enough equipment to carryout immunization e.g vaccines, injections, etc.
- Negative attitudes of some parents towards immunization.
- Some parents are too ignorant about immunization programs.
- Other areas in the country are too remote to reach and this hinders immunization programs.
- Some mothers who give birth at home find it hard to take their children for immunization.
- Some cultural beliefs conflict with immunization programs and hence people who believe in them don't take their children for immunization.
- Some government officials are corrupt and they embezzle funds which are to be used for immunization.

c)

- Cholera
- Typhoid
- Dysentry
- Influenza
- Cough
- Malaria

d) Feeding the baby when it's cold on breast milk because it's warm

- Dressing the baby in light clothes when it's hot to give off excess heat.

- Dressing the baby in a sweater in case it is cold to provide it with enough warmth.
- Covering the baby in very warm clothings when it is very hot.
- Putting the child in a well ventilated room when it is very warm to provide proper aeration.
- Do not expose the child to too much coldness or heat because it cause discomfort for it.

36. Care for tea towels

- Use for the right purpose.
- Don't keep it damp for it may develop mildew stains.
- Use separate cup tea towels from sauce pan towels.
- Wash in hot water to make it strong and also remove stains easily.
- Dark coloured tea towels should be used for saucepans.
- Should be hangered out in the hot sun for efficient drying.

Laundering a coloured table cloth.

- Remove any stain using appropriate methods
- Soak for about 30 minutes to soften starch and other dirt.
- Wash in hot soapy water by criction method
- Starch according to the required strength.
- Finish with a hot iron, starting with edges first.
- Iron embroidered parts on the wrong side.
- Fold table cloth into a three-screen fold length wipe and twice across.

Ironing a dark cotton skirt.

- Damp from the wrong side
- Iron from the wrong side
- Iron while lapping the already ironed part.
- Take emphasis on double parts like hems.
- Side on which to start depends on the hand of the person ironing.
- Turn to the right side but a cloth should be placed on it to only allow minimum heat to avoid burns.

Laundering table coloured cloth

- Remove any stain using appropriate method
- Steep for about 30 minutes to soften starch and other dirt.
- Wash in hot soapy water by friction method.
- Don't use bleaching agents.

- Starch according to the required strength.
- Finish with ironing according to fabric starting with embroidered parts on the wrong side.
- Fold table cloth into a three-screen fold, length wise and twice across.

Ironing a dark cotton skirt.

- Iron from the wrong side.
- Damp from the wrong side.

37. a) Identify the different forms of artificial lighting used in a home.

It is good to have good lighting in the home. It is given off by natural and artificial forms. The artificial forms include;

- Candles

These are usually made of a mixture of paraffin, wax, stearin and cotton wick. They can be used decoratively for example for candle light dinners. They are usually cheap and easy to light.

- Oil lamps

These have a variety as follows; They are usually used when electricity is not available and use Kerosene (paraffin) except the tilley (pressure) lamp. They include the following:

a) Tin lamp

This is the simplest form of a kerosene lamp and is not quite safe to use for reading as its naked flame tends to flicker causing eye strain. It also pollutes the air in the room besides blackening surfaces with smoke. It is advantageous in a way that they are cheap and can be.

b) Hurricane lamp.

It is popular in rural areas, no electricity, it has an oil reservoir, air vents for the flame and a metal chimney for collecting soot. It has a glass chimney to protect the frame from drought and to filter light.

c) Tilley or pressure lamp.

Gives very bright light, it is constructed more or less like the hurricane lamp but the difference in a hurricane lamp, a wick dipped into

kerosene is used whereas in the tilley lamp uses incandescent mantle which glows brightly as it burns vapourized kerosene under pressure.

d) Gas lamps

They are efficient and don't require much preparation and cleaning like kerosene lamps. Similar to tilley lamps use.....

Electric lights.

Environment friendly, efficient.

2-types

Filament bulb

Made of glass bulb filled with an inert gas e.g neon fluorescent.

Made of fluorescent tube.

e) Precautions to take when using electricity at home.

- Before using electricity, check all electric wires because exposed wires are dangerous therefore must all be insulated.
- Prevent young children from playing with electric switches and sockets.
- Make sure that all electric switches are turned off after use.
- Hands should be dry when handling electric appliances and switches
- When ironing, never stand on a wet floor; it is best to wear slippers with rubber soles because water is a good conductor of electricity.
- Avoid hanging wet clothes on electric wires or cables.
- Avoid fixing metals in the sockets when plugging in electric appliances.
- To check that electricity equipment is in good order and do not try to repair faulty equipment if you have enough knowledge of it.
- Faulty appliances should be repaired.
- Turning off the appliances before cleaning especially when you are going to see water etc.

37.a) Identify the different forms of artificial lighting used in a home.

1.Candles

2.Oil lamps e.g Tin lamps, Hurricane lamps, Tilley lamps.

3.Electric lamps.

4.pressure lamps

5. fire

b)

Filament lamps	Fluorescent lamps
Bulbs <ul style="list-style-type: none">• Electric current passes through coiled wire (filament) that gives off light by glowing.• Filament is enclosed in sealed glass• The sealed glass contains no air• Filament offers resistance to amount of current that flows through bulbs• It produces glare• Uses a lot of electricity	Tubes <ul style="list-style-type: none">• Contains mercury gas at low pressure• Produces invisible ultra violet light that is converted to visible light.• Tube is coated with fluorescent power inside.• Produces greater light than bulbs.• Does not produce glare• Uses less electricity

Importance of good lighting.

- Good lighting provides clear vision which minimizes the occurrence of accident and promotes clear easy movement.
- It reduces fatigue and provide a pleasant atmosphere.
- It enables work to be done efficiently and effectively.
- It enhances interior decoration blending well with the colours present.
- Show your skills in cleaning the following
 - A paraffin stove.
 - A wooden chopping board
 - A stainless steel serving tray.
- Prevents accidents in the kitchen
- prevent pest breeding

- b) Launder the following articles.
- A T-shirt
- An embroidered table cloth
- A crotchet chair back

38.a) High biological value/ 1st class proteins foods/ complete protein foods

- These are proteins that contain all essential amino acids e.g.
- They are mainly animal protein e.g. beef, fish etc.
- Low biological value proteins/ 2nd class protein foods/ incomplete protein food.
- They are mainly plant proteins e.g. they have less than 10 essential amino acids.

b) Uses of proteins

- They provide the chemical substances needed for building up of all and tissues to promote growth.
- They repair and promote replacement of worn out cells in the body.
- They form enzymes which speed up chemical reactions in the body.
- Form many structures in a cell of an organism e.g keratin; a fibrous protein which forms hair, nail.
- They form antibodies which defend the body against infecting organisms.
- They are secondary sources of energy.
- Proteins in blood stabilize blood pH useful in normal functioning of enzymes.
- Some proteins acts as receptors.

c) Indicators of protein deficiency diseases.

Deficiency

- Kwashiorkor

Indicators

- Stunted growth
- Lower abdomen becomes swollen
- Loss of appetite and diarrhea

- Pale hair

END

Please use your book and try out all these questions.