441/1
MARKING SCHEME
SECTION A (5O MARKS
<u>**Answer all the questions**</u>

1.   -   Melts
      -       Smokes - produces blue haze/smoke. Can flash
      -       ignite i.e catch fire.   1 x 3 = 3mks*Trk*

2.   -   Can only be used where there is piped water.
      -   Expensive to install
      -   Careless use may make maintenance difficult.   1 x 2 = 2mks*Trk*

3.   -   Remove natural oils from hair hence causing the hair to break.   1 x 1 = Imk. *Trk*

4.   -   Gourds
      -   Calabashes
      -   Cooking stick (mwiko)
      -   Wooden spoons
      -   Wooden sugar dishes
      -   Flower roses made from wood   etc.   1 x 2 = 2mks*Trk*

5.   -   Decorative devises used on garments such as lace, ribbons, ric rac, appliques etc.
      -   To cut away some turnings or seam allowance.   1 x 2 = 2mks*Trk*

6.   -   Style and type of service
      -   Number of guests
      -   Weather conditions
      -   Number of dishes to be served
      -   Available time for preparing the meals.
      -   Foods in season
      -   Balance.   1 x 4 = 4mks*Trk*

7.   -   Strong
      -   Capable of holding dirt.   1 x 1 = 1 mk*Trk*

8.   -   Retain moisture
      -   Attraction
      Provision of minerals   1 x 2 = 2mks*Trk*

9.   -   Improve flavour and colour of the product
      -   Shortening flour mixtures by breaking the glutten strands
      -   For better keeping quality
      -   Aerate the mixture and trapping air into the mixture.   1 x 4 = 4mks*Trk*

10. -   Helps one to plan adequately for the purchase.
      -   One can get good quality items by comparing.
      -   Affords one competitive prices.
      -   Minimises bargaining which is a waste of time.
      -   Enables one to trade with the fairest dealers.   1 x 4 = 4mks. *Trk*

11. -   One cannot run it fast enough, as the hand is not as powerful as the leg
      -   It is difficult to sew straight as one hand is permanently engaged in running the machine.
      -   Tricky processes are even harder to do since both hands can not be free at the same time.
                                     1x2 = 2marks*Trk*

12. -   Flat
      -      Narrow
      -      Without puckers
      -      Raw edges are well hidden   1 x 3 = 3 marks*Trk*

13. -   Use as per the directions of the doctor
      -   Finish the dose as per the prescription
      -   Always read the instructions carefully.

- Always check the expiry date of medicine.   1 x 3 = 3mks*Trk*
14.   - Strong and durable
          - Attractive and fast colours
          - Resistant to sunlight
          - Drape well
          - Should match the rest of the colour scheme in the house.   1 x 3 = 3marks *Trk*
15.   - Polishing
          - Varnishing
          - Lamination
          - Staining   ½ x 2 = Imk. *Trk*
16.   - Built on firm soil far from the kitchen and source of water.
          - With a strong wall and covered with a roof.
          - Well finished to prevent cracks which harbour insects dangerous to health.
          - Deep enough to prevent smells from coming out.
          - With a well fitting lid.   1 x 3 = 3 marks*Trk*
17.   - To conserve water soluble nutrients from escaping in the steam.
          - To reduce cooking time
          - To retain flavour which may escape through volatile acids
          - To conserve fuel
          - To protect the food from any foreign body which may drop in the food   1 x 2 = 2mks*Trk*
          - To reduce loss of water

18.   - Synthetics may be soaked
          - Synthetics are drip dried
          - May require little ironing
          - Rinsed in cold water   1 x 2   =   2mks*Trk*

19.   - Flush after use so that water in the seal is clean.
          - Clean and disinfect daily
          - Do not throw solids like newspapers or pass inside as they may cause blockage.
                                                                             1 x 2 = 2mks. *Trk*
20. - Cook for the shortest time possible.
     - Serve with the liquid they are cooked in.
     - Serve at once
     - Cook with the lid on to minimise oxidation   1 x 3 = 3mks*Trk*
21. -   Allow putting on the garment
     -   Taking off the garment
     -   Decorating the garment
     -   Introducing a style feature   1 x 2 = 2mks*Trk*
22.   -   Storing the cotton item while moist or in a moist condition.   1 x 1= Imk*Trk*
23.   -   Hue - is the term referring to the name of the colour.
          -        Intensity - quality of brightness, purity or dullness of colour e.g in blue we get sky
                   blue or navy blue,
          -        Value - indicates the lightness or darkness of a colour.
24.   -   Initial cost of installation is high,
          -         Most electrical equipment need alternating current while solar electricity is direct
                   current
          -        Cloudy days hamper full functioning of the solar panels
          -        Solar panels may be easily stolen from the top of the building.   1x 2 = 2mks*Trk*

25   -   No wrong side or right side
          -        No warps and weft grains
          -        Do not fray

| | | Have no elasticity/ do not stretch | 1 x 2 = 2mks*Trk* |
26. | - | Keep all medicine out of children's reach | |
	-	Light jikos in well ventilated rooms	
	-	Cook food properly	
	-	Switch off gas gauge after use	
	-	Keep cleaning chemicals out of children's reach.	1 x 3 = 3 marks, *Trk*
27.	-	Bulimia	
	-	Anorexia nervosa	½ x2 = 1 mark*Trk*

SECTION B

28a). **Daily cleaning of the kitchen,**

Open the windows (1/2) and sweep the floor (1/2).
Clean the sink used for washing dishes (1/2). Empty the bin (1/2) and wash it (1/2).
Clean the cooker w^{7}ith a damp cloth (1/2) wrung out of warm (1/2) soapy (1/2) water. Clean the work table (1/2) clean the floor with warm (1/2 soapy (1/2) water paying attention to stains. Wipe the floor (1/2) with cloth wrung (1/2) out of clean (1/2) warm (1/2) water to remove soap.
Dry (1/2) floor with a dry (1/2) cloth.
Open the windows (1/2) change the kitchen cloth (1/2).

½ x 20 = l0mks. *Trk*

b). Making a bed.
- cover the mattress with a cotton cloth or a thin under blanket.
Place the bed sheet on top wrong side down and tuck it in firmly all round.
Place the top sheet on the bed with its wrong side up and tuck it.
- Place the top blanket and tuck it in place.
Fold the blanket and the top sheet to the back.
Shake the pillows well and place the pillows on top of the bed with open sides away from the door.
Cover the bed with a bed cover; do not tuck the bed cover. Ensure the bedcover covers the bed but should not touch the ground. 1 x 7 = **7 marks***Trk*

c). Cleaning a wooden chopping board
- Dust with a clean cloth to remove dust.
- Scrub using warm detergent water
- Use a scrubbing brush to scrub along the grain.
- Rinse thoroughly in warm water
- Finally rinse in cold water. (½ x 6 = **3mks**)*Trk*

SECTION C

29. **a}. Reasons for taking care of the sick at home.** *Trk*
- To enable the sick to continue to recuperate after being discharged from hospital.
To nurse a person who is not too ill to be admitted to hospital
- Hospital beds fully occupied.
- Unaffordable hospital charges.
- Homesick of patient after being hospitalised for too long.
- Terminally ill patients may prefer to be kept at home to enjoy the company of their relatives as long as possible.
- Understaffed hospitals hence sick person may not be accorded the care they deserve.

b). - Meeting the nutritional needs of the sick at home.
- Adhere strictly to the doctor's prescription of diet.
- Give balanced diet
- Include roughage to prevent constipation
- Food or drink served attractively and in small qualities

- Food served in clean, sterilised utensils
- Food tender for easy chewing and swallowing
- Food easily digestible.   2 x 5 = l0mks*Trk*

c). Measures to prevent the spread of infections while caring for the sick at home
- Person minding the sick should be clean.
  Person minding the sick should wear clean protective clothing.
- Personal effects of the sick should be soaked in disinfected water before they are washed.
- Any repairs done after laundry.
- Washed clothes should be dried outdoor.
- Feeding equipment should be washed separately and disinfected.
- Protective clothing of the person minding the sick should be washed and disinfected separately from the other family washing. Person minding the sick should wash hands frequently.
- Tissue papers better than handkerchiefs if they can be afforded.
- Handle any blood or body fluid - stained items cautiously as they may be contaminated with germs.
- Room where the patient is should be well lit and be well ventilated.
  Ensure that the patient is clean all the time.
- Children and pets should not be allowed in the room where the patient is sleeping.
                                                    1 x 5 = **5mks***Trk*

30. a) Advantages of breast milk
- Always at the right temperature.
  Contain all nutrients needed by the baby in the correct proportions.
  Clean and free from contamination because it come directly from the mother to the baby.
  Does no need any preparation.
  Is available all the time ;   (well explained points 6 x 2=12mks) *Trk*

b). Ways to improve the supply of breast milk
- Breast feed often.
- Mother to feed on concentrated nutrients. Mother to relax
- Take plenty of fluids e.g milk, porridge.   (5 x 1 = **5mks**) *Trk*

c)   Problem related tо breast feeding and their solutions.   *Trk*

i).   **Sore nipple** - the skin around the nipple cracks and becomes painful mostly when feeding.
      Solution - Breast feed more often and expose the teats to the air
- The mother should relax before breast-feeding as this encourages easy flow of milk,
- The baby should be held close to the body and it should suck on the areola and not just in the nipple.

ii). Breast engorgement (breast hardness)
- caused by the breasts becoming too full of milk
-   solution- The baby should be breast - fed often
- Squeeze the breast with warm wet cloth
- A mother may also hand press some milk before a feed to soften breast so that the baby can suck properly.

iii). Breast abscess
- Caused by the neglect of a cracked nipple.
- Solution- seek medical attention.

iv). Baby's refusal to feed.
- This problem may be caused by:-
- A problem in the feeding pattern, or when a baby is sick or has some defects e.g a baby with a cleft palate will have a problem sucking.
      Solution. - Feeding the baby with a spoon and a cup.
- The mother's milk can be and pressed stored and fed to the baby later

31. a). Rules to observe when fixing fastenings.

- Fasteners must be sewn on double fabric for support and strength
- They must be sufficiently distributed.
- Should be evenly spaced to avoid gaping.
- Many fasteners are sewn on after the opening has been made and pressed.
- Fasteners must be well aligned so that the opening can lie flat when closed,
- Buttons should not protrude beyond, the edge of the opening.   (Allow at least half the width of the button between the edge of the opening and the button).

(5 x 2 = l0mks) *Trk*

b).   Working out an edge to edge method of zip opening (semi-concealed)   *Trk*

i).   Tack the seam and neaten the edges

ii)   Machine the seam up to the base of the opening.
            Tack the opening to keep it together and press the seam open.

iii).   Working from the R.S. and with the zip closed and the tag level with the fitting - line, pin on side of the opening to the zip tape so that the folds lie down the centre of the zip teeth,   pin the other side so that the folds meet.

iv).   Tack firmly down one side and up the other, crossing at the base of the zip teeth

v)   Working on the R S machine down one side and up the other 6mm form the folds according to the width of the zip teeth. For good results use a zipper foot on the machine.

Insert Graph   (_but noticeable_) as from the original copy

c).   Examples of fastenings used on garments.

- Buttons and button hole/ loops
- Hooks and eyes/bars/loops
- Zips
- Loops with cord
- Ties
- Velcro tape
- Press studs   (4 x ½ = **2mks.)** *Trk*

d).   Methods of securing a dart after working out.   *Trk*

- Stitching backwards - 0.5 cm.
- Threading both stitching thread in a needle and concealing them in the fold.
- Tie off the ends of the threads
- Weave the threads through two or three stitches