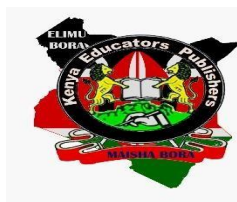


# KENYA EDUCATORS CONSULTANCY EXAMS

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## JUNIOR SECONDARY SCHOOL GRADE 7 END TERM 1 EXAM- 2023 HOME SCIENCE Time: 2 hours

Name..... School.....

### INSTRUCTIONS TO CANDIDATES:

*.Do not open the booklet until you are told to do so.*

*.Read each question carefully.*

*.Answer ALL the questions.*

*.Write your answers, in either blue or black ink, in the spaces provided in the booklet*

### FOR EXAMINERS ONLY

Questions	Candidate Score	Candidate performance level
<b>1-20</b> <b>Out of 100 marks</b>		

1. What is the meaning of Home Science? (2mks)

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2. Give 5 importance of studying Home Science in contemporary life. (5mks)

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3. List 5 career opportunities found in Home Science. (5mks)

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4. Define the following terms:  
i. Nutrients. (2mks)

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ii. Nutrient Conservation. (2mks)

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5. Highlight the 3 R's used during food preservation and cooking. (3mks)

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6. Explain the following terms:

i. Blanching. (2mks)

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ii. Parboiling. (2mks)

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iii. Food fortification. (2mks)

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iv. Food enrichment. (2mks)

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7. Give 3 reasons why we should avoid using bicarbonate soda. (3mks)

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8. State the safety precautions to observe when investigating the effects of heat on vegetables. (5mks)

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9. Give 2 examples of the following kitchen tools.

i. Baking utensils. (2mks)

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ii. Pans. (2mks)

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iii. Lifting tools. (2mks)

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iv. Cutting tools. (2mks)

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v. Measuring and weighing tools. (2mks)

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10. Name 2 factors to consider when choosing small kitchen tools and equipment (4mks)

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11. State 3 safety measures during grilling. (6mks)

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12. Explain the following methods of cooking.

i. Roasting. (2mks)

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ii. Grilling. (2mks)

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iii. Streaming. (2mks)

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13. Give 3 examples of food that can be cooked through the following methods:

i. Grilling. (3mks)

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ii. Roasting. (3mks)

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iii. Streaming. (3mks)

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14. Give 3 safety precautions when preparing vegetables. (3mks)

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15. Online 5 guidelines for nutrient conservation during food preservation. (5mks)

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16. Name 5 income generating activities in Home Science. (5mks)

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17. Give the procedure you would use in preparing and cooking vegetables. (8mks)

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18. Give 2 reasons for covering food while cooking. (2mks)

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19. Explain the meaning of food supplementation. (2mks)

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20. Give the reason for food supplementation. (2mks)

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