

**GRADE 7 JSS HEAD START EXAMS 2024**  
**HOME SCIENCE**

2

1. Name any 3 healthy practices. (3mks)

- i) \_\_\_\_\_
  - ii) \_\_\_\_\_
  - iii) \_\_\_\_\_
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2. Define descent dressing. (1mk)

\_\_\_\_\_

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3. Mention any 3 challenges faced when using different types of fuel. (3mks)

- i) \_\_\_\_\_
  - ii) \_\_\_\_\_
  - iii) \_\_\_\_\_
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4. What is the meaning of consumer education? (1mk)

\_\_\_\_\_

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5. Give any 2 reasons for preserving milk. (2mks)

- i) \_\_\_\_\_
  - ii) \_\_\_\_\_
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6. Prepare a recipe showing method of preparing tea. (3mks)

7. Give any 2 reasons for buttoning a shirt before hanging. (2mks)

- i) \_\_\_\_\_
  - ii) \_\_\_\_\_
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8. State any 3 reasons for laundering clothes. (3mks)

- i) \_\_\_\_\_
  - ii) \_\_\_\_\_
  - iii) \_\_\_\_\_
-

9. Why is time management important? Give 3 reasons. (3mks)

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_

10. What are common communicable diseases? (1mk)

\_\_\_\_\_  
\_\_\_\_\_

11. At what age are children immunised against measles? (1mk)

\_\_\_\_\_

12. Name any 2 healthy practices that prevents chicken pox. (2mks)

- i) \_\_\_\_\_
- ii) \_\_\_\_\_

13. An advertisement can be used to promote 3 things. Name them (3mks)

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_

14. Mention 3 aspects of wise buying. (3mks)

- i) \_\_\_\_\_
- ii) \_\_\_\_\_
- iii) \_\_\_\_\_

15. Another name for fats is \_\_\_\_\_ (1mk)

16. What causes kwashiorkor? (1mk)

\_\_\_\_\_

17. Legumes are also known as \_\_\_\_\_ (1mk)

18. Mention the 3 methods of preserving cereals. (3mks)

- i) \_\_\_\_\_  
ii) \_\_\_\_\_  
iii) \_\_\_\_\_
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19. Name 2 examples of synthetic textile fibres. (2mks)

- i) \_\_\_\_\_  
ii) \_\_\_\_\_
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20. Name any three common physical changes in adolescent boys and girls. (3mks)

- i) \_\_\_\_\_  
ii) \_\_\_\_\_
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21. Give the difference between cosmetics and accessories. (2mks)

\_\_\_\_\_  
\_\_\_\_\_

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22. The two examples of minerals required by our body are iron and \_\_\_\_\_ (1mk)

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23. State any 3 factors to consider when planning a family meal. (3mks)

- i) \_\_\_\_\_  
ii) \_\_\_\_\_  
iii) \_\_\_\_\_
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24. What is weaving? (1mk)

\_\_\_\_\_  
\_\_\_\_\_

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25. Torn pockets is a damage that occurs on pockets. Name the other damage likely to occur on a pocket. (1mk)

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