

SECTION A (20 Marks)

Answer all questions in this section

1. For each of the items (i) - (xv), choose the correct answer from the given alternatives and write its letter in the brackets provided. (15 marks)

i. The action of taking care of one's body is

A. Puberty B. good grooming C. cleaning body D. health care E. bathing

ii. Puberty occurs at of age in boys.

A. 30 - 40 years B. 10 - 32 years C. 14 - 16 years D. 15 - 16 years E. 10 - 20 years

iii. The dishes eaten during afternoon time is called

A. dinner B. morning C. lunch D. meal E. breakfast

iv. is the cooking method by using a little amount of oil or fat.

A. Stir frying B. Shallow frying C. Deep frying D. frying chapatti E. Dry frying

v. refers all items which are consumed in a liquid form such as tea, juice and porridge.

A. Meal B. Snack C. Beverage D. Food E. fluid

vi. The one who is cooking food in the kitchen is known as

A. cooker B. fooder C. cook D. cock E. cookery

vii. is the place where vegetables are planted.

A. shamba B. flower C. garden D. spring E. land

viii. is one of the immoral behavior.

A. Abusing other people B. Correcting elders C. Assisting of the elders D. Greeting people E. No other

ix. How can we call the group of people who are living in the same geographical area?

A. Family B. Clan C. Community D. Parents E. Relatives

x. is used for taking measurements of a piece of cloth.

A. Tape measure B. Beam balance C. Needle D. Spring ruler E. Scissor

xi. A group of people who sing together is known as

A. choir B. Dancers C. Musicians D. Sung E. Players

xii. The following list are importance of ironing and cleaning school uniform. Which one does not fit in the list?

- A. To remove folds B. To kill germs that cause diseases C.To make clothes shiny and attractive D.To make use of soap and buy more E.To make use of uniform

xiii.Fruits and vegetables are foods.

- A. Carbohydrates B. Vitamin C. Protein D. fat E. lipids

xiv.To cook food without using liquid in an oven or fire is

- A. boiling B. roasting C. baking D. Frying E. stewing

xv. What is sanitation?

- A. People and their needs B. Equipment and people C. Broom and rakes D. Equipment and systems that make a place clean E. Equipment

2,Match the following items in List A with the corresponding answers from List B (5 marks)

LIST A	LIST B
i) Rice, cassava and irish potatoes ii) Papers iii) Food tastes decreases iv) Recipe v) Cookery	A) Disadvantage of boiling. B) Waste that can decay C) Food rich in vitamins D) Type of waste E) Set of instructions which tells you how to cook food and the items needed to the food. F) The act of preparing and cooking food. G) Food rich in carbohydrates

ANSWERS

LIST A	I	II	III	IV	V
LIST B					

SECTION B. (20 MARKS)

3.Fill the gaps with the correct answer(3@).

- i. Which term best describes a stage of growth when the body experiences great changes from childhood to adolescent?

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- ii. is a place or building where different platform arts are conducted for example movies, cinemas and drama

- iii. is a room either within the living room or away from the house that we use for taking shower or washing the whole body.

iv,Apart from pupils/students mention three other three groups of people who wear uniforms commonly (2@).

- i.

ii.

iii.

4.Fill the following gaps with the correct answer (2@).

- i. Is an art of sewing clothes by using a needle and thread.Also it can be done by using both hands and sewing machines. This is called
- ii. A person who makes clothes to fit specific customers is called

5.Answer the following questions(2@)

- i. Repairing garments involves sewing a worn out part of the garments to maintain or to change their use. So what is the importance of repairing garments?

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- ii. Which cooking method that can change the shape of the food cooked.

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SECTION C (10 MARKS).

6.Observe the picture below and then answer the questions that follow.



- i. What is the activity shown above?

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- ii. Which type of floor is shown in the picture?

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- iii. List two importance of cleaning the floor.

(a)

(b)

- iv. What is the disadvantage of not cleaning the type of floor shown above?

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