

APRIL 2026 HOLIDAY ASSIGNMENT

HOME SCIENCE

FORM FOUR

PAPER 1 THEORY (441/1)

TIME: 2½ HOURS

NAME: **ADM NO:**

SCHOOL: **CLASS:**

SIGNATURE: **DATE:**

Instructions to students

- a) *Write your name, admission number and class in the spaces provided*
- b) *Sign and write the date of the examination in the spaces provided*
- c) *This paper consists of **three** sections: **A**, **B** and **C***
- d) *Answer **all** the questions in sections **A** and **B** and any **two** questions in section **C***
- e) *Answers to all the questions must be written in the spaces provided in the paper*
- f) ***This paper consists of 13 printed pages***
- g) ***Students should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing***
- h) ***Students should answer the questions in English***

For examiner's use only

Section	Question	Maximum Score	Student's Score
A	1- 20	40	
B	21	20	
C		20	
		20	
TOTAL SCORE		100	

SECTION A: (40 marks)

*Answer **ALL** the questions in this section in the spaces provided.*

1. State any **two** causes of anaemia other than nutritional deficiency. (1mark)

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2. Suggest **two** factors that may interfere with formation of lather during laundry. (2marks)

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3. State **two** factors that determine the choice of repair method. (2marks)

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4. Suggest **two** ways of keeping off pests in the kitchen. (2marks)

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5. Highlight **two** factors that may affect the price of goods. (2marks)

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6. Give **four** methods that can be used to manage a large amount of fullness in garments. (2marks)

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7. Suggest **six** items to include in a baby layette. (3marks)

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8. Mention **two** ways of conserving energy when using charcoal. (1mark)

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9. Suggest **two** ways of ensuring efficiency when working in the kitchen. (2marks)

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10. Mention **two** positive signs of pregnancy. (2marks)

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11. Give **two** reasons why synthetic detergents are more popular than soap in laundry work. (2marks)

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12. Suggest **two** reasons why steaming is a good method of cooking food for invalids. (2marks)

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13. Suggest **two** ways of conserving nutrients when preparing and cooking potatoes. (2marks)

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14. Give **two** reasons why a wooden chopping board should not be cleaned with hot water. (2marks)

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15. List **four** openings used when making a shirt. (2marks)

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16. Suggest **two** ways modern lifestyle contributes to obesity. (2marks)

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17. Highlight **three** advantages of buffet service when serving a large number of people. (3marks)

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18. Mention **two** qualities of toys for a 3 month old baby. (2marks)

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19. Highlight **two** limitations of nylon for baby's clothes. (2marks)

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20. Suggest **four** causes of skipped stitches when machine stitching. (2marks)

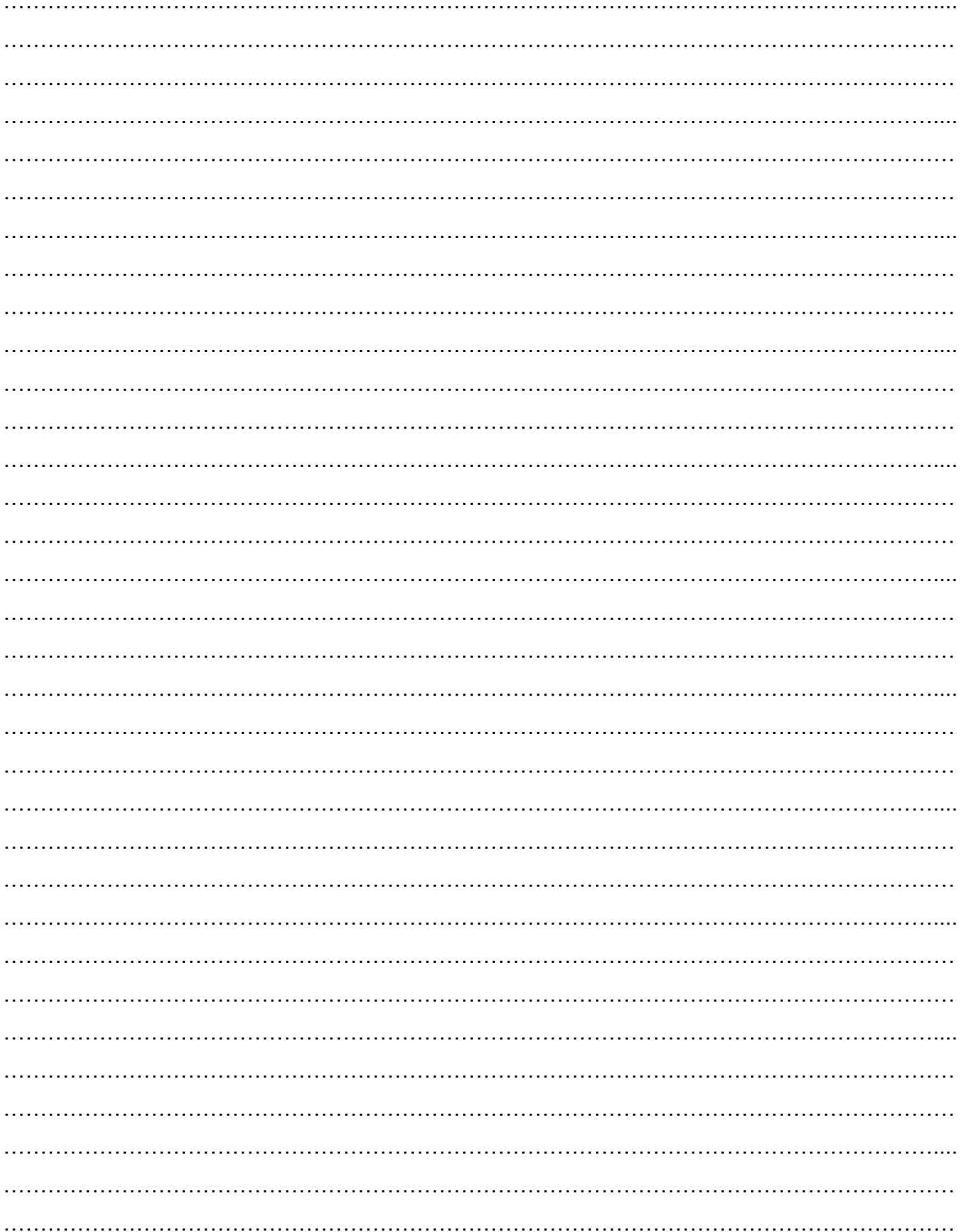
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SECTION B: (20 marks)

COMPULSORY

Answer question 21 in the spaces provided after the question

21. Your brother is going for national music festivals over the holiday.



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SECTION C: (40 marks)

*Answer any **two** questions from this section in the spaces provided at the end of the section.*

22.

- a) Discuss **three** ways of minimizing diarrhoea in children. (6marks)
- b) Outline **five** possible reasons for banning of polythene bags in Kenya. (5marks)
- c) Highlight **five** information you expect on a packet of maize meal and the importance of each. (5marks)
- d) Give **four** reasons for using a plan when cooking in the Home Science exam. (4marks)

23.

- a) Highlight **five** qualities of a good cooking pot. (5marks)
- b) Explain **five** disadvantages of using infant formula to feed a baby. (5marks)
- c) Discuss **three** points to bear in mind when planning a meal for an individual. (6marks)
- d) Outline **four** ways of encouraging a child to play. (4marks)

24.

- a) Discuss **three** reasons why meals may be packed. (6marks)

