

**HOUSE CRAFT**

1. (a) (i) Advantages of electric lighting
- It is efficient in use
 - It is clean as it produces no fumes.
 - Can be regulated in intensity according to the power of the bulb.
 - If properly used it is cheap.
 - It produces much light compared to other lighting fuels.
 - Once installed properly, requires less servicing.
- Any 4x1 = 4 marks**
- (ii) Saving on energy in lighting
- Lighting should be designed to suit the purpose of particular area.
 - Use localized lamp shades.
 - Use energy saver bulbs.
 - Use dimmer switches.
 - Use transparent light shades.
 - Incorporate more lightly coloured surfaces as they reflect more light.
 - Day light should be used whenever possible.
 - Avoid using bulbs of higher wattage than required
 - Ensure that all lightening fittings are clean and in working order.
 - Turn off light when not in use.
- Any 4x1 = 4 marks**
- (b) (i) Harmony
- This is the use of colours that are next to each other on the colour wheel. They are closely related as they are based on one colour. Also value of different colours can be used.
- 2 marks**
- (ii) Value and strength;
- These are mono chromatic colours or colours if one colour, i.e one colour but of different shades.
- 2 marks**
- (iii) Contrast;
- This is based on complementary colours i.e colours opposite one another in the colour wheel which don't have much in common.
- 2 marks**
- (c) Factors to consider when selecting furniture;
- (i) Family pattern of living whether social.
 - (ii) Physical needs also need consideration
 - (iii) Length of period one is to stay in the house.
 - (iv) Quality of pieces to be purchased
 - (v) Space.
 - (vi) Design.
 - (vii) Money available .
 - Colour of the existing furniture.
- Any 6x1 = 6 marks**
2. (a) (i) Need for floor covering;
- To add character to a room.
 - Provide comfort, warmth and attractive appearance
 - Provide a sense of welcome and luxurious.
 - Reduce on sliding; accidents.
 - Dusting is cheaper than mopping.

- Add warmth to the room.
- Complaints on colour scheme.

Any 3x1 = 3 marks

- (ii) Factors to consider when selecting floor coverings;
- Size, type and colour of the floor covering.
 - Design whether plain or patterned
 - Texture of floor covering.
 - Use of the room.
 - Existing decoration in the house.
 - Durability.
 - Ease to dust/clean.
 - Size of the room
 - Method of cleaning/ease of cleaning
 - Purpose of the carpet or room where it is to be used.
 - Versatility of the covering.
 - Cost of the covering.

Any 4x1 = 4 marks

- (iii) Care for carpets;
- Turn the carpets regular to ensure even wear.
 - New carpets should be treated with care.
 - If ends turn up use weight to keep them down.
 - Clean the carpet regularly.
 - Finish off the edges to prevent fraying.
 - Brush off the fluffs to clean it properly.
 - Dust the regularly.

Any 4x1 = 4 marks

- (b) (i) Ceramic used;
- Earthen ware
 - Stone ware
 - Porcelain
 - Bone china.

- (ii) Care for ceramic;
- Avoid dropping anyhow.
 - Should be heated gradually but never submitted extremes of temperature.
 - Do not careless stack
 - Wash in hot soapy water
 - Avoid piling too high
 - Storage space e.g shelves of rack should be strong and firm.
 - Avoid hitting so hard.

Any 5x1 = 5 marks

PART II LAUNDRY

3. (a) (i) Home valeting?
Is the type of care and treatment given to clothes or articles that are not washable or do not require regular washing. **02 marks**

- (ii) General procedure followed during dry cleaning.
- Shake the garment
 - Put the solvent in a container large enough to hold the garment.
 - Immerse the garment in solvent and clean by squeezing gently.
 - Squeeze out and hang straight to dry in open air.
 - The garment dries quickly and so may be pressed immediately.
 - Leave the solvent to settle and drain off, then store in a container with a lid.

Any 6x1 = 6 marks

- (iii) Advantages of dry cleaning;
- Useful methods for most unwashable garments
 - Maintains shape and size of garments
 - Fibres are not affected and therefore fabric keeps originality

- Colour is not affected.
- Quick method.

Any 4x1 = 04 marks

- (b) Advantages of acrylic fibres;
- Are warm, soft and light to wear.
 - Blend well with other fibres
 - Strong and hard wearing in use.
 - Easy to wash and dry because they are soft.
 - Can be woven/knitted
 - Can be dry cleaned safely.

Any 5x1 = 05 marks

Disadvantages

- Generally absorb very little moisture thus can be uncomfortable in hot weather.
- High temperatures damage the fibres
- Some knitted fabrics tend to stretch out of shape.

Any 3x1 = 03 marks

4. (a) (i) Properties of soap.
- Soluble in water.
 - Little agitation is required to form a lather.
 - Excellent wetting agent.
 - Good smell/ perfumes.
 - Good in dissolving and holding sorting matter in suspension till removed from the surface.
 - Doesn't work readily with hard water.
 - Readily break up oil particles easily.

Any 6x1 = 06 marks

- (ii) Using bleaches;
- Use according to the manufacture's instruction.
 - Use in diluted form.
 - Use less often.
 - Use gloves, stick or laundry tongs when handling.
 - Household bleaches should not be used on baby's and young children's clothes.
 - Store bleach in its own container out of reach of children.

Any 5x1 = 05 marks

- (b) Care of buckets and basins;
- Wash with hot soapy water, rinse and dry.
 - Use mild abrasives to remove temporary stains.
 - Avoid excessive heat and pressure on plastic ones
 - Store in a dry place.
 - Avoid falls and knocks.
 - Use them for the right purpose.
 - Keep them on a flat surface or floor.
 - Carry them gently when filled with water.

Any 4x1 = 4 marks

- (c) (i) Mop buckets
Are useful in cases where floor cleaning mops are frequently used; It has a perforated hollow side in which a wet mop can be squeezed; to remove or reduce the amount of water in the mop. The other side is open to provide room for cleaning water. They are made of galvanized iron/ thermosetting hard plastic; have wheels for easy movement; and a handle which it is moved or pushed.

Any 3x1 = 03 marks

- (ii) Karais
Are a type of iron basin; which are larger than normal plastic basin.; It is mainly used for bathing; and cleaning households. They have handles for carriage;

Any 4x1 = 04 marks

5. (a) (i) Food poisoning is an illness that results from consumption of a contaminated food.
Any 2x1 = 02 marks
- (ii) Types of food poisoning;
 - Infectious food poisoning: caused by multiplication of microorganisms on the food.
 - Toxic food poisoning; caused by presence of substances produced by the micro-organisms.
Any 4x1 = 4 marks
- (b) (i) Causes of malnutrition in Uganda;
 - Poverty.
 - Seasonality of some foods.
 - Lack of knowledge/illiteracy.
 - Cultural and religious norms.
 - Busy schedule.
 - Drought and famine.
 - Wars etc.
- (c) (i) Souring process of milk.
 - It is caused by the lactic acid bacteria; this ferments the milk sugar; lactose; converting it to lactic acid; sour taste; of spoilt milk; a process called souring.
Any 4 x1 = 04 marks
- (ii) - In a refrigerator.
 - In an opaque container.
 - Store away from strong smelling food.
 - Store in a brine solution covered with a cheese cloth.
 - Food faddism.
 - Social factors.
 - Soil types and climate.
Any 2 x1 = 02 marks
6. (a) (i) Points considered when serving invalids;
 - Serve plenty of fruits and vegetables
 - Serve plenty of fluids
 - Starchy and fatty foods are not good
 - Serve attractively
 - Foods should be soft and digestible
 - Serve at regular intervals and punctually
 - Avoid strongly flavoured foods.
 - Serve it in portions.
- (ii) 1st course
 - Mushroom soup.
 - Tomato soup.
- 2nd course
 - Steamed fish
 - Boiled Irish potatoes
 - Steamed Nakati
 - Mixed fruit drink
 - Pasted smoked fish.
 - Boiled rice.
- 3rd course
 - Mixed fruit salad.
Any 4 x1 = 04 marks
- (b) Using T.V.P
 - Reconstitute by steeping in twice its volume of cold water/ soak.
 - Add gradually while stirring continuously.
 - Cook on low heat
 - Add seasonings and flavourings to have the bean flavour.
 - Serve hot
 - Garnish attractively.

- (d) Why Bast?
- To enhance the flavour
 - To make the food moist and prevent drying up
 - To prevent disintegration if turned
 - To ensure serving side looks attractive.
 - Prevent burning.
 - Prevent food from sticking on the surface of baking tins. **Any 5 x2 = 10 marks**

SECTION B:

7. (a) (i) Baby cot is a comfortable sleeping bed for a baby.
- (ii) Basket cot;
Is a cot made of straw, it is portable, cheap and can be lined with materials that can be removed and washed. It can be locally made.
- Canvas foldings;
It is sufficient for those who can't afford a better cot, can be made locally and cheaply.
Folds easily and is light to carry. **Any 2 x1 = 02 marks**
It is comfortable for small babies.
 - Wooden cot.
It is large and expensive. It has a plain, polished or painted finish depending on the quality of wood used. It lasts longer. **Any 5 x2 = 10 marks**
It requires more space. It has ample space for the child to move about and there is less danger of accidents, Has poles for hanging a net.
 - Prams (carriage cots)
Are convenient for transporting a child from one place to another, can be used as a bed.
Are suitable during day time. Comfortable for the baby and convenient for the made of metal, with wheels.
 - Metal cot; made out metal plainly polished or painted last longer. **(2 marks)**
- (iii) Advantages of Baby cot;
- Healthier for a baby to sleep in a cot.
 - Baby can be taken out doors in a cot and is safe from contact with the ground.
 - The baby can sleep safely for short period while the mother is attending to other duties. **Any 5x1 = 05 marks**
 - Baby is safe from crawling animals and insects.
 - When sleeping alone, the baby does not wake up a frequently to feed as it would if sharing a bed with the mother.
- (b) Baby clothes
- Napkins
 - Safety pins
 - Gown or outer garments
 - Vests
 - cardigans or matinee coats
 - Bonnets
 - Carrying shawl.
 - Gloves.
 - Pants.
 - Socks.
8. (a) Signs of pregnancy.
- Missing of menstrual periods
 - Morning sickness
 - Vomiting
 - Heart burn.
 - Breasts enlargement.
 - Increased body temperature.
 - Frequent urinating.

- Increased blood pressure.
- Avoid alcohol and smoking.

Any 4x1 = 04 marks

- (b) Maximum Nourishment for wellbeing;
- Drinks plentiful of milk if available.
 - Eats plenty of greens vegetables daily.
 - Eats fresh fruits.
 - Takes enough protein foods.
 - Drinks plenty of clean fresh water.
 - Reduces the intake of starchy foods.
 - Avoid a high intake stimulating drinks.

Any 7x1 = 07 marks

- (c) Symptoms of measles.
- Fever.
 - Watery, red eyes which sore and begin to itch.
 - Rash.
 - Loss of appetite
 - Loss of interest in play.

Any 5x1 = 05 marks

- (d) Conditions associated with pregnancy
- Obesity
 - Preeclampsia
 - Backache
 - Constipation
 - High blood pressure.
 - Fatigue.
 - Heart bun.
 - Vaginal discharge.
 - Muscle crumps.
 - Swollen yeet.
 - Stretch marks.

Any 3x1 = 03 marks

9. (a) (i) Care for nails and hands.
- Discourage nail biting.
 - Cut the nails short.
 - Use a nail cutter if possible.
 - Use hand sanitizer to soy then hands.
 - Use a nail file to smoothen the edges.
 - Wear gloves where harsh detergents are used.

Any 5x1 = 05 marks

- (ii) Darning a hole.
- Trim the ragged edges first.
 - Using a darning need if possible or an ordinary size needle;
 - darn the wrong side of the garment starting with a short distance away from the edge of the hole.
 - Begin working along the length of the garment or article.
 - Pick two or more threads and pass the needle over two more threads and continue in this manner until the first row.
 - Turn back and work on the next row passing over the threads that were picked earlier.
 - The stiches should be short enough to hold the fabric together.
 - When you reach the actual whole pass the whole length of it leaving the thread even.
 - At each end of a row leave a short loop to allow for any shrinkage that might occur.

Any 10 x¹/₂ =05 marks max. 12 marks

- (b) Dandruff is a condition caused by bits of dead skin collecting in hair making the hair look rather neglected.

Prevention

- Never use borrowed combs and brushes and do not share.

- Combs and brushes should be kept constantly clean.
- Hair should be washed frequently.
- Use a medicated shampoo.
- When rinsing put an antiseptic.

Any 5x1 = 05 marks

(c) Advantages of cotton.

- Is a good conductor of heat thus cool and comfortable.
- Readily absorbs moisture
- Stronger when wet than dry thus can stand frequent washing.
- Not affected by high temperatures
- Fairly light in weight
- Unless coloured, it is not affected by alkaline solution
- Cotton is relatively inexpensive
- It is available in wide range of finishes
- Can be dyed and printed easily.

Any 3x1 = 03 marks

(d) Need for sleep

- Enhance brain development.
- Allow rest and do away with fatigue.
- Refresh the mind.

Any 2x1 = 02 marks

END