**JINJA JOINT EXAMINATIONS BOARD**

**MOCK EXAMINATIONS 2019**

**672/1 HOME MANAGEMENT**

**SECTION A**

**PART ONE: HOUSE CRAFT**

**Qn1.(a) Difference between cleaning equipment and cleaning agents/material**.

Cleaning equipment refers to tools that are used in the process of cleaning surfaces for example brooms, brushes, dust pans etc. while cleaning agent is the removing of dirt or stains by physical or chemical means e.g water, detergents, abrasives, polishes etc (4 marks)

**(b). Importance of cleaning**

* To keep the house and its content clean and tidy.
* For comfort and good health of the occupants of the house.
* To maintain appearance and articles in the rooms.
* To get rid of unpleasant smell.
* To discourage the growth and multiplication of pests.
* So that items in the house last longer.
* To promote hygiene as per the world health organization regulation of health and safety

(7 marks)

**(c). Factors to consider when choosing suitable cleaning equipment.**

* Safety; the tool chosen to be used for cleaning purposes must be safe to the user e.g electrical tools.
* The tools should be easy to use but not complicated.
* Should be durable so that it can be used for a reasonable period of time.
* It should be portable.
* Should be a tool that does not occupy large storage space.
* It should be affordable.
* Should be tools when used give appealing results e.g mopping rugs that does not leave behind linters.
* Should be time and labor saving.
* Should be of good quality.
* Warranty on equipment. (9 marks for 9 points)

**Qn2.(a) Dangers of house hold pests**

The word pest has a connotation of something harmful, unpleasant and undesirable. They are therefore considered to be a nuisance by humans.

* Pests like mosquitoes are vectors of malaria, house flies spread cholera and snails harbor organism that cause bilharzia; all these are fatal to humans.
* Pests like bees are noisy, stings and inflict pain and cause unpleasant sensation.
* Pests like snakes and spiders are poisonous to humans therefore cause death.
* Pests like rats, weevils, termites are destructive e.g they destroy sofa sets, mattresses, wood, cereal grains and pulses.
* Houses with bats in the roof or walls and rats cause bad smell.
* The sight of pests in a house is sufficient to destroy the good impression that an attractive place may first have given e.g cockroaches, bedbugs and rats. (6 marks)

**(b). (i) Control of house flies in the home**

* Food should be well covered so that flies will not lay on them.
* Dispose house hold refuse carefully, keep refuse bins clean and covered.
* Cook food well to kill germs which might have been left behind by flies.
* Keep the compound clean and dry all the time.
* Wipe off any food spills on tables, floors etc.
* Carefully use insecticides to destroy them.
* Keep pit latrine covered all the time with tight fitting lids.
* Compost pits and domestic animal dwellings should be far from the house. (7marks)

**(ii). Control of bedbugs in the home.**

* Observe strict personal hygiene e.g washing beddings regularly and disinfecting bed linens.
* Air bedding regularly.
* Sleep in well ventilated rooms.
* Spray bedbugs infected rooms, boil water pour between the bed joints.
* Always iron beddings that require ironing.
* Use effective detergents for washing. (5 marks)

**(c). Diseases spread by houseflies**

* Trachoma
* Cholera
* Typhoid
* Worms
* Dysentery
* Diarrhea (2 marks for any four)

**PART II: LAUNDRY**

**Qn3. (a). Definition and importance of the following**

1. Soap less detergent; they are also known as synthetic soap or syndents manufactured from petroleum products or chemicals. They are available in liquid and powder form e.gariel,omo, jik and vim. (2marks)

**Importance**

* They do not form scums in hard water unlike soaps
* Some have greater emulsifying powers and they are especially good for cleaning very dirty and very greasy articles.
* They dissolve more readily in cold water than soap and are therefore suitable for washing at low temperatures.
* They do not affect colors and no acid rinsing is required.
* They are cheaper in the long run as there is no need to used extra agents like vinegar, salt in laundry work.
* Some have substances which make white fabrics whiter. (5marks)

1. Sorting clothes; sorting is one of the three steps in laundry work where articles are piled for washing according their degree of dirt or color or fibre type etc (2 marks)

**Importance**

* It helps articles to be washed according to degree of dirt.
* According to reaction of temperature of water, detergents and washing method.
* Articles are sorted according to their functions e.g kitchens cloths, table linens, articles used by the sick etc.
* It helps to separate first color articles with running color articles (4 marks)

**(b). General guidelines on finishing garments.**

* Finish clothes according to fabric type e.g press rayons, silk with cool iron and iron fast colored cotton, white articles with hot iron
* Iron dresses, shirts and trousers on an ironing board.
* Use table covered with an ironing blanket and clean ironing for flat articles.
* Finish double parts and small parts on the wrong side before turning on the right side.
* Iron along the selvage so that the article lasts longer.
* Pleats and tucks are better ironed on the right side.
* Iron embroidery on the wrong side to prevent a shiny effect on the right side.
* Air articles well before they are folded or hung for storage (7 marks)

**Qn4.(a). Importance of stiffening agents in laundry work**

* To improve the appearance of the fabric.
* To restore natural stiffness to fabric which may have been lost through frequent washing.
* To give body to fabric by making them stiff.
* To give a glossy and shinny finish to a fabric, this helps to prevent fabric from catching dirt easily.
* To make ironing easier.(4marks)

**(b) Qualities of cotton fabrics**

* Cotton fabrics are strong, cool and durable good for children’s garments.
* They are easy to handle because they are not slippery.
* Cotton absorbs moisture very well so suitable in hot climate, dish clothes, babies napkins etc.
* It’s warm in cold weather.
* Available in many beautiful colors, prints because of its ability to take in dye easily.
* Cotton can withstand high temperature and laundering process such as boiling.
* It blends well with other fibres.
* It’s fairly cheap so many people can afford.
* It can be treated during manufacture to make it not to crease and shrink.
* Cotton is resistant to alkalis so can be bleached easily ( 8 marks for any 8points)

**(c) How launder a loosely colored cotton fabric**

* Do not soak in water.
* Wash quickly to minimize loss of color.
* Wash each article separately in warm soapy water, kneading and squeezing gently between hands.
* Rinse several times to remove all dirt and soap.
* Add table salt to second last rinse to fix color i.e 1 tea spoonful salt to 2 litres of water.
* Finally rinse in cold water to which vinegar or lemon juice has been added to brighten the color.
* Hang under a shade and not too close to other garments.
* Remove from line before completing dry.
* Iron with a moderate hot iron on the wrong side and air well before storing (8marks)

**Qn5a (i) Packed meal** is a well prepared to be eaten away from home**. (**1mark)

**(ii) When packed meal is required.**

* Sick people in the hospital
* Picnic
* Travelers
* Prisoners
* In a workplace where meals are not provided
* School going children who do not take meals at school
* Special diet e.g. vegetarians, pregnant and nursing mothers’ allergy
* Workers who are too busy to leave work stations and go for meals
* Taste and preference (7marks)

**(b) Guidelines on packing a meal**

* The meal must be well balanced
* A drink should as well be packed either cold or hot
* Consider the person who is to eat the meal i.e. their occupation either either sedentary or active.
* Consider how the meal will be transported
* The meal should be suitable for the purpose it is packed for e.g. office, lunch, picnic
* Consider where the meal is to be eaten e.g. on a journey, in school ,at the office (5marks)

**(c) Why food is cooked before consumption.**

* For easy digestion
* Kill germs/ bacteria
* Provide variety at meal times
* Make food more attractive i.e. to look at and to eat
* To ease the digestion of some food as some foods can’t be digested when raw.
* To preserve the food and prevent it from spoiling within a very limited time
* To reduce bulk and increase intake
* Improve flavor of food
* To provide hot food in cold weather
* To stimulate digestive juice by the smell of the food cooking. (7marks)

**Qn6 (a) Aspects important for good health**

* Practicing all types of hygiene e.g. personal, food etc.
* Eating a well-balanced diet
* Having enough sleep/rest
* Eating well cooked food
* Doing exercise regularly
* Drinking boiled/ pure water
* Having enough fresh air
* Going for regular health checkups in hospital (6marks)

**(b) Functions of carbohydrates in the body**

* Cheapest source of heat and energy to the body
* Cellulose prevent constipation, helps food more easily
* Have protein sparing action
* Carbohydrates are bulky and highly satisfying
* It gives variety to the diet, this prevents monotonous meals
* Helps the body to utilize body fats and any fat taken in the diet
* Provide glucose which is the only source of energy to the brain without which one gets brain damage
* Excess carbohydrates are converted into body fat as aadipose tissue under the skin which helps to reduce heat loss during cold weather. (6marks)

**(c) Causes of bad feeding habits**

* Ignorance: lack of enough knowledge about essential food nutrients and their sources or they may be governed by their customs or traditions leading to poor feeding habits
* Laziness: leads to poor feeding because a good balanced diet requires a lot of involvement in meal preparation which people try to avoid and depend on snacks of less nutrients
* Infections such as worms: T.B, measles lead to poor appetite which leads to bad feeding hence malnutrition
* Poverty: this a major problem concerned with bad feeding as it makes it impossible for one to buy important food necessary for good health. Families therefore feed on insufficient amount of food leading to starvation
* Bad weather: poor rainfall in some areas leads to poor harvests hence lack of enough food to eat. . (4marks for any four points)

**C (ii) Symptoms of marasmus**

* Stunted growth
* Low weight
* Very good/ sharp appetite
* At times diarrhea
* Always alert
* Very thin and worn out (4marks for any four points)

**Qn7 (a) Features of a good sick room.**

* Should be very clean, warm, well ventilated and comfortable
* Should not be very far from the toilet or bathroom
* It should not be very close to the kitchen as noises from the cooking, utensils and smells from cooking foods may be a nuisance to the patient
* The room should not be over crowded with furniture, bed should be easy to clean and manage
* The room should have a good comfortable chair especially when the patient is recovering; also provide good reading materials
* Make the room cheerful, attractive by putting simple decoration such as a flower vase
* Clear the room immediately the patient has finished to eat (6marks)

**(b) Reasons for nursing the sick at home.**

* When there are not enough rooms in the hospital especially public hospitals
* The hospital may not have enough personnel to give patients with special illness close attention
* When the patient is living very far from the hospital and does not want to burden relatives to take care of him/her in hospital/ fear of being lonely
* Fear that he/she may not recover
* It may be doctor’s advice who may feel that the cost of hospitalizing may be high for the patient in private hospital
* A patient may be discharged from hospital to complete recovery from home because of the congestion in the hospital (5marks)

**C (i) Factors to consider when taking care of a person with T.B**

* The person should be isolated from the rest and personal effects be washed separately
* Earthen floors should be sprinkled with water to prevent dust which might be carrying from spreading.
* The patient should critically observe time of medication
* Give a diet rich in protein and protective foods
* Should have enough rest in a well-ventilated room (4marks)

**C (ii) He/she coughs all the time**

* He/she can spit blood when he coughs/ saliva may have some blood in it
* He/she looks thin, weak and generally unhealthy
* They sweat a lot especially at night
* They always complain of chest pain (4marks)

**Qn8. Roles of the following in the family**

1. **(i) Father and mother**

* Give and security to their children.
* Give financial support to the entire family.
* Enforce discipline on the children.
* Plan their family and space out children
* Managing their finances and time to see that children are correctly and adequately fed, comfortably clothed and in good health.
* They guide their children so that they grow up socially, emotionally, spiritually and intellectually well adjusted.
* They create a feeling of belonging in the family.
* Reproducing to continue life and family line. (7marks)

1. **Children**

* Respect elders and be willing to accept their advice.
* Should take pride in the home and contribute towards making it neat, clean, and attractive.
* Should take care of their belongings and also respect other people’s property.
* Should develop their personality, talk politely and never raise voice necessarily, control temper and apologize when wrong.
* Develop good habits; e.g. dressing neatly, practicing good hygiene etc.
* Should be able to help the parent when economically independent.
* They should not be self-centered but be able to conduct the ideas of other members of the family

(6 marks)

**(b) How the three types of marriage recognized in Uganda differ from each other.**

The three types of marriages recognized in Uganda are traditional or customary marriage, religious marriage and civil marriage. (1 mark)

* The traditional or customary marriage is based on local customs; it’s normally performed in the home of the bride in the presence of relatives of both the bride and the groom and friends. (2 marks)
* Religious marriage or church/mosque marriage is conducted in church or mosque which is done according to the law marriage in the Bible or Quran. It is the type of marriage which is more bidding. (2 marks)
* The civil is conducted by the state who authorizes somebody to conduct the marriage rites in a registry office. For example a registrar of court/justice of peace or a judge with a witness two parties; one from the groom side and another from the bride side. (2 marks)

**Qn9. (a) Importance of post-natal care.**

Post-natal care is the care given to the mother and her new born baby after delivery at maternal and child welfare clinics in the health Centre and government hospitals.

**To the mother**

* The blood pressure is checked to ensure that it Is normal
* The uterus is also checked to ensure that it has gone back to normal.
* The legs are checked for any swelling.
* Breasts are checked in case of any health problem.
* Issues related to family planning may also be discussed to help the family to space their children.
* For quick recovery of shape, the mother is advised to do exercise. (4 marks)

**The baby**.

* The baby’s growth rate is monitored through regular weighing.
* The mother is advised on when to start weaning and a correct diet for the baby.
* The baby gets treatment in case of any health problems.
* The baby is given immunizations against the immunizable diseases e.g. tetanus, measles etc. (3 marks)

**(b) Advantages of adequate child spacing.**

* Babies can be born at the right time and have a healthy weight.
* Babies can develop well because a mother can give lots of attention to the babies.
* Mothers will have more time to bond with the baby.
* Children who are adequately spaced are better prepared to begin kindergarden, and perform better in school.
* The parents will have more time for each other.
* Future babies will be healthier because the mother’s body had enough time to replace nutrient stores before getting pregnant again.
* Families can have less financial stress.
* Mom will have more energy and less stress. (6marks)

**(c) Points to consider when weaning.**

* It should be gradual to give the baby time to adapt to the new foods as well as the digestive system.
* The breast feeding should continue or if not possible.
* Alternative artificial milk should be given enough.
* Introduce one food at a time and see the baby adjust to it before another one is introduced.
* Food should be prepared in their natural state; avoid over seasoning and frying food for babies because it will interface with the delicate digestive system.
* Give food in small amounts and increase gradually as the appetite improves.
* Give nutritious foods like body building and protective foods.
* Foods should be soft, smooth and easy to swallow e.g. enriched porridge with milk, mashed potatoes which is milk and egg yolk.
* Avoid monotony.
* Start with weaning food before giving milk.
* Start with semi solid food and gradually to solid foods as the body grows older.
* Food should be prepared hygienically.
* Feeding equipment should be thoroughly sterilized.