KENYA CERTIFICATE OF BASIC EDUCATION (K.C.B.E)

GRADE 10 HOMESCIENCE (Theory) ENDTERM 1

PATHWAY: S.T.E.M

Time: 2 Hours

COMPETENCY BASED EDUCATION

LEARNER'S DETAILS

Name: _____

School: _____.

Assessment Number: _____. **Date:** _____.

School Code: _____. **Signature**: _____.

INSTRUCTIONS TO LEARNERS

1. Write your name, School, assessment number, signature and date on all the answer sheets provided.
2. Answer all the questions in the spaces provided.
3. **Read each question carefully** before writing your answer.
4. Ensure your answers are **clear, neat, and well-organized**.
5. Do **not** write in the margin.
6. **Check your work** before submitting the exam.
7. Manage your time well to complete all questions.

Performance Levels Grid

Question No.	1	2	3	4	5	6	7	8	TOTAL
Marks	8	10	8	10	14	12	10	8	80
Learner's Score									
Performance Level									

Level	Level	% Range	Points	Learner's score
Exceeding (EE)	EE1	90–100%	8	
	EE2	75–89%	7	
Meeting (ME)	ME1	58–74%	6	
	ME2	41–57%	5	
Approaching (AE)	AE1	31–40%	4	
	AE2	21–30%	3	
Below (BE)	BE1	11–20%	2	
	BE2	1–10%	1	

-HOMESCIENCE-
-003-
-Senior Sc

HOMESCIENCE :(80 Marks)

Answer all questions in this section.

1. A Grade 10 learner is interested in studying Home Science and wants to understand why **Foods and Nutrition** is an important area of study.

(a) Explain **four reasons** why foods and nutrition is an important area of study in Home Science. (4 marks)

i. _____.

ii. _____.

iii. _____.

iv. _____.

(b) Identify **four careers** related to foods and nutrition. (4 marks)

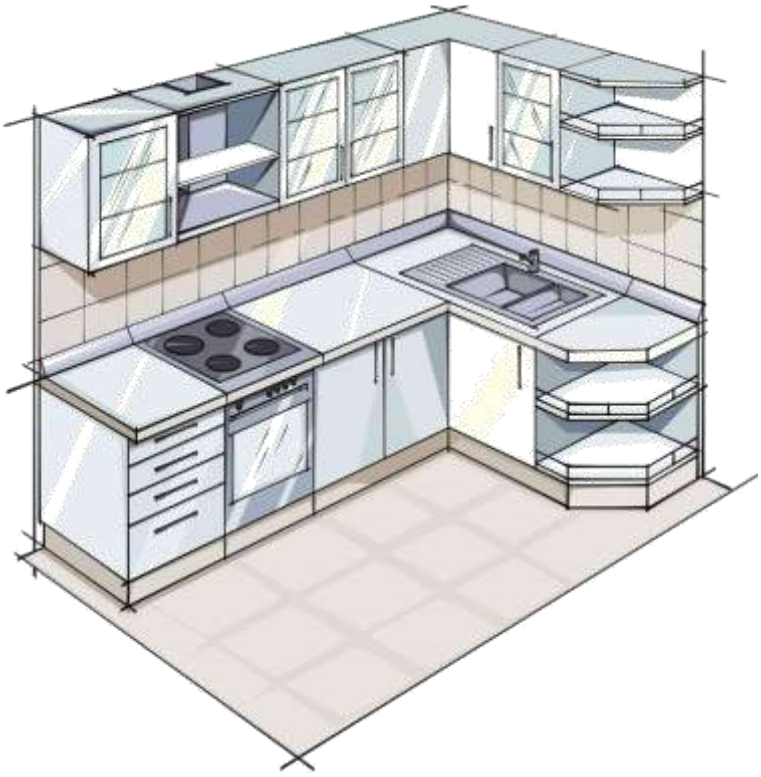
i. _____.

ii. _____.

iii. _____.

iv. _____.

2. **Susan saw a diagram below showing a certain kitchen layout.**



_____.

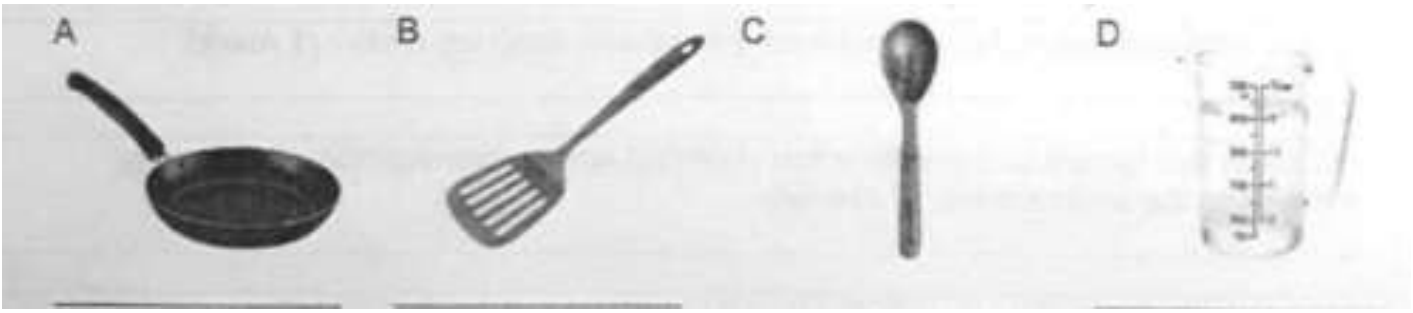
(b) State **three advantages** of the kitchen layout shown. (3 marks)

i._____.

ii. _____.

iii. _____.

(c) Identify the following small kitchen tools and equipment. (4 marks)



A._____.

B. _____.

C. _____.

D. _____.

d) In which way should each kitchen tool or equipment be stored? (4 marks)

i._____.

ii. _____.

iii. _____.

iv. _____.

(d) State **two ways** of caring for kitchen equipment made of metal. (2 marks)

i._____.

ii. _____.

3. A family prepared food for a celebration. Two days later, some family members developed stomach upsets after eating leftovers that were poorly stored.

(a) Define the term **food hygiene**. (2 marks)

_____

(b) Differentiate between **food spoilage** and **food poisoning**. (4 marks)

_____

_____

_____

_____

(c) State **two signs** that show food has gone bad. (2 marks)

i. _____.

ii. _____.

4. Study the pictures below.



G



H

(a) Identify the method of cooking shown in: (2 marks)

G: _____.

H: _____.

(b) Classify the two methods identified above under: (2 marks)

Category	Moist heat methods	Dry heat methods
Cooking method		

(c) Give **three reasons** why food is cooked. (3 marks)

i. _____.

ii. _____.

iii. _____.

(d) State **three safety precautions** to observe when cooking food. (3 marks)

i. _____.

ii. _____.

iii. _____.

5. Angel School is planning a balanced lunch menu for learners using locally available foods.

(a) Classify food nutrients into **three food groups**. (3 marks)

i. _____.

ii. _____.

iii. _____.

(b) State **two functions** of carbohydrates in the body. (2 marks)

i. _____.

ii. _____.

(c) Identify **two sources** of proteins. (2 marks)

i. _____.

ii. _____.

(d) Explain the meaning of **food fortification**. (2 marks)

_____

_____

(e) State **three nutritional deficiency disorders** and one cause of each. (3 marks)

i. _____.

ii. _____.

iii. _____.

i. _____.

ii. _____.

6. A teacher observed that many learners experience challenges managing personal hygiene during puberty.

(a) State **three physical changes** that occur during puberty. (3 marks)

i. _____.

ii. _____.

iii. _____.

(b) Explain **three personal hygiene practices** that boys should observe during puberty. (3 marks)

i. _____.

ii. _____.

iii. _____.

(c) Describe **three menstrual hygiene management practices** for girls. (3 marks)

i. _____.

ii. _____.

iii. _____.

(d) State **three reasons** why personal hygiene is important during puberty. (3 marks)

i. _____.

ii. _____.

iii. _____.

7. **Susan held a first aid kit as shown below**



(a) Identify **four items** found in a First Aid kit. (4 marks)

i. _____.

ii. _____.

iii. _____.

iv. _____.

(b) State **three causes** of accidents at home. (3 marks)

i. _____.

ii. _____.

iii. _____.

(c) Describe **three safety precautions** when giving First Aid at home. (3 marks)

i. _____.

ii. _____.

iii. _____.

8. A family is planning to move into a new home and wants to understand housing better.

(a) Give **three reasons** why housing is important to a family. (3 marks)

i. _____.

ii. _____.

iii. _____.

(b) Identify **two types of houses** found in the community. (2 marks)

i. _____.

ii. _____.

(c) Match the following rooms with their correct functions: (3 marks)

Room	Function
Kitchen	
Bedroom	
Living room	

THE 47 COUNTIES C1 SCHOOLS' JOINT NATIONAL SBA ASSESSEMENT

KENYA CERTIFICATE OF BASIC EDUCATION

SENIOR SCHOOL ASSESSMENT

TERM 2: MIDTERM ASSESSMENT 2026

GRADE 10 – HOMESCIENCE

Time: 2 Hours

LEARNER'S DETAILS

Name: _____. **School:** _____.

Assessment Number: _____. **Date:** _____.

School Code: _____. **Signature:** _____.

INSTRUCTIONS TO CANDIDATES

1. Write your name in the spaces provided above.
2. Write the name of your school and your stream in the spaces provided.
3. Write your admission number and the date of the assessment in the spaces provided.
4. This paper consists of two sections: A and B.
5. Answer all questions in section A and section B.
6. Answer the questions in English.
7. All answers MUST be written in the spaces provided in PAPER.
8. Do NOT remove any page from this question paper.

FOR OFFICIAL USE ONLY (EXAMINER'S USE)

SECTION	SECTION A	SECTION B	% SCORE	EE1	EE2	ME1	ME2	AE1	AE2	BE1	BE2
SCORE RANGE	45 MARKS	35 MARKS		90-100	75-89	58-74	41-57	31-40	21-30	11-20	1-10
POINTS				8 POINTS	7 POINTS	6 POINTS	5 POINTS	4 POINTS	3 POINTS	2 POINTS	1 POINT
LEARNER'S TOTAL SCORE											

SECTION A (30 MARKS)

Answer ALL questions in this section.

1. Define the term "**Home Science**" as an area of study in Senior School. (1 mark)

_____

_____

2. The picture below shows a professional in the food industry.



Name two careers related to Food and Nutrition apart from the one shown above. (2 marks)

(i) _____.

(ii) _____.

3. Match the following kitchen tools with their correct classification. (4 marks)

Tool	**Classification**
(a) Wooden spoon	(i) Measuring tool
(b) Glass measuring jug	(ii) Plastic / Melamine
(c) Earthenware pot	(iii) Wood
(d) Melamine plate	(iv) Clay

4. Circle the CORRECT answer. Which of the following is a sign of food poisoning? (1 mark)

A. Change in color
B. Unpleasant smell
C. Sudden abdominal cramps and vomiting
D. Pests found in the flour

5. List three categories of methods of cooking. (3 marks)

(i) _____.

6. Identify the nutrient deficiency disorder shown in the illustration below. (1 mark)



Disease: _____

7. State two physical changes that occur in both boys and girls during puberty. (2 marks)

(i) _____

(ii) _____

8. The image below shows a safety item found in Grade 10 labs.

			
i	ii	iii	iv

List the essential items that should be inside this kit shown above. (4 marks)

(i) _____.

(ii) _____.

(iii) _____.

(iv) _____.

9. True or False: Indicate whether the following statements are true or false. (4 marks)

(a) Soft water requires more soap to form a lather. [ ]

10. Name the laundry agent described:

"An agent used to make cotton fabrics stiff and crisp." (1 mark)

_____.

11. Outline three reasons for cleaning a house daily. (3 marks)

(i) _____.

(ii) _____.

(iii) _____.

12. Identify the method of waste disposal shown in the picture. (1 mark)



Method: _____

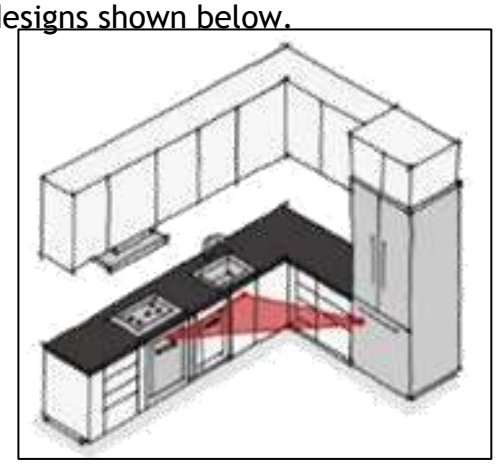
13. State two rights of a consumer in Kenya. (2 marks)

(i) _____.

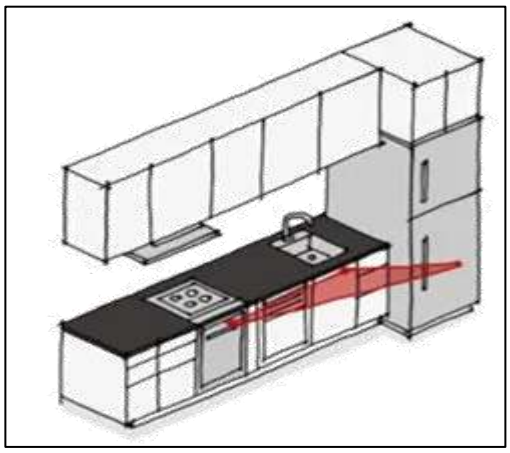
(ii) _____.

SECTION B (50 MARKS)

14. Chief Mutua is planning to build a new house for his family in Narok. He is stuck between two kitchen designs shown below.



Layout A



Layout B

(a) Identify Layout A and Layout B. (2 marks)

A: _____.

B: _____.

(b) Explain two factors Chief Mutua should consider when choosing between the two. (4 marks)

(i) _____.

(ii) _____.

(c) Suggest one way the Chief can improvise a kitchen shelf using locally available materials. (2 marks)

_____

_____

15. Amina, a Senior School learner, noticed that the milk she bought yesterday has turned sour and smells bad.

(a) Differentiate between food spoilage (as seen in Amina's milk) and food poisoning. (4 marks)

(b) State three causes of the spoilage seen in the picture. (3 marks)

(i) _____.
(ii) _____.
(iii) _____.

(c) Amina wants to prepare a meal to prevent Vitamin A deficiency. Plan a simple one-course meal using locally available Kenyan foods. (3 marks)

(i) _____.
(ii) _____.
(iii) _____.

16. Musa is doing his weekly laundry. He has a pile of white school shirts and a woolen sweater.

(a) Describe the process of laundering a white cotton school shirt from soaking to finishing. (6 marks)

(i) _____.
(ii) _____.
(iii) _____.
(iv) _____.

(b) Why should Musa avoid using a hot iron on the woolen sweater? (2 marks)

_____

_____

(c) Draw and label two tools Musa needs for the drying and finishing process. (4 marks)

17. During a Home Science practical, a student accidentally spills boiling water on their hand.



(a) Identify the type of injury shown in the picture. (1 mark)

_____.

(b) Describe the step-by-step First Aid procedure you would perform for this student. (5 marks)

(i) _____.

(ii) _____.

(iii) _____.

(iv) _____.

(v) _____.

(c) How should the teacher safely dispose of the used cotton wool and gloves after the treatment? (2 marks)

(i) _____.

(ii) _____.

18. The "Competence Senior School" is teaching students about the interrelationship of rooms.

(a) Explain why the kitchen should be located next to the dining room as shown in the plan. (2 marks)

(i) _____.

(ii) _____.

(b) Mention two methods of housing a family in Kenya today. (2 marks)

(i) _____.

(ii) .

(c) Provide two sources of consumer information that a family can use before buying a new house. (2 marks)

(i) _____.

(ii) _____.

(iii) _____.

(iv) _____.

19. Teacher Jane wants to demonstrate "Moist Heat" cooking.



(a) Identify the method of cooking shown above. _____(1 mark)

(b) State two advantages of this method of cooking. (2 marks)

(i) _____.

(ii) _____.

(c) Calculate the total cost of ingredients if Teacher Jane buys 2kg of flour at 180 KES, 1 liter of milk at 100 KES, and eggs for 50 KES. (Show your workings). (3 marks)

THIS IS THE LAST PRINTED PAGE.

GRADE 10 INTER C1 SENIOR SCHOOLS END OF YEAR EXAMINATIONS

KENYA CERTIFICATE OF BASIC EDUCATION

SENIOR SCHOOL ASSESSMENT

TERM 3: SECOND ASSESSMENT 2026

GRADE 10 – HOMESCIENCE

Time: 2 Hours

LEARNER'S DETAILS

Name: _____. **School:** _____.

Assessment Number: _____. **Date:** _____.

School Code: _____. **Signature:** _____.

INSTRUCTIONS TO CANDIDATES

1. Write your name in the spaces provided above.
2. Write the name of your school and your stream in the spaces provided.
3. Write your admission number and the date of the assessment in the spaces provided.
4. This paper consists of two sections: A and B.
5. Answer all questions in section A and section B.
6. Answer the questions in English.
7. All answers MUST be written in the spaces provided in PAPER.
8. Do NOT remove any page from this question paper.

FOR OFFICIAL USE ONLY (EXAMINER'S USE)

SECTION	SECTION A	SECTION B	% SCORE	EE1	EE2	ME1	ME2	AE1	AE2	BE1	BE2
SCORE RANGE	45 MARKS	35 MARKS		90-100	75-89	58-74	41-57	31-40	21-30	11-20	1-10
POINTS				8 POINTS	7 POINTS	6 POINTS	5 POINTS	4 POINTS	3 POINTS	2 POINTS	1 POINT
LEARNER'S TOTAL SCORE											

SECTION A (30 MARKS)

Answer ALL questions in this section.

1.

a) Define the term **Home Science**. (1 mark)

_____

_____

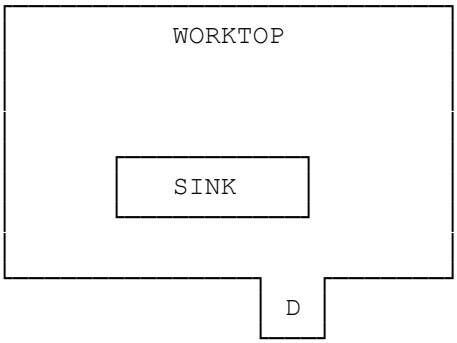
ii. _____

c) Give **two careers** related to Foods and Nutrition. (2 marks)

i. _____

ii. _____

2. Study the simplified kitchen layout below.



a) Identify the kitchen layout represented above. (1 mark)

_____

b) State **two advantages** of a well-planned kitchen layout. (2 marks)

i. _____

ii. _____

c) Give **two factors** that should be considered when planning a kitchen layout. (2 marks)

i. _____

ii. _____

3. A learner prepared lunch without washing their hands. The learner also used the same chopping board for raw meat and vegetables without cleaning it between uses.

a) Identify **two unsafe practices** in the situation. (2 marks)

i. _____

ii. _____

b) Explain **one danger** of using the same unclean chopping board for raw meat and vegetables. (1 mark)

i. _____

ii. _____

ii. _____

4.

a) Name **three nutrients** found in foods. (3 marks)

i. _____

ii. _____

iii. _____

b) State **one function** of proteins in the body. (1 mark)

_____

_____

c) Explain why locally available foods should be considered when planning meals for a family. (1 mark)

_____

_____

5.

a) State **two hygiene practices** that are particularly important during puberty. (2 marks)

i. _____

ii. _____

b) Name **two common accidents** that may occur in the home. (2 marks)

i. _____

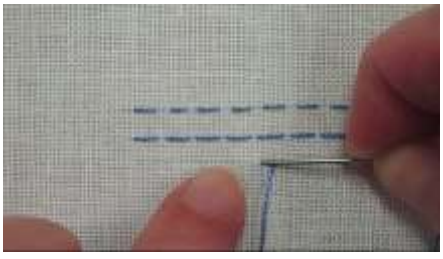
ii. _____

c) Give **one reason** why a first-aid kit should be readily available in a home. (1 mark)

i. _____

ii. _____

6. Study the diagram below.



i. _____

ii. _____

c) Name **two sewing tools** used in basic clothing construction. (2 marks)

i. _____

ii. _____

SECTION B: 50 MARKS

Answer ALL questions in this section.

7. A family is preparing a meal consisting of vegetables, beef and a cereal-based accompaniment.

a) Distinguish between **moist-heat cooking** and **dry-heat cooking**. (2 marks)

b) Name **four methods of cooking** that a learner would study under Grade 10 Home Science. (4 marks)

i. _____

ii. _____

iii. _____

iv. _____

c) Explain **two factors** that determine the choice of a cooking method. (2 marks)

i. _____

ii. _____

d) A learner decides to deep-fry food. State **two safety precautions** that should be observed. (2 marks)

i. _____

ii. _____

8. A family in a rural Kenyan community mainly consumes ugali, vegetables and tea. The parents have noticed that their children often appear tired and their meals lack variety.

a) Explain what is meant by a **balanced diet**. (2 marks)

_____

_____

b) State **two functions of carbohydrates** in the body. (2 marks)

c) Give **two examples of protein-rich foods** that could be incorporated into the family's meals. (2 marks)

i. _____

ii. _____

d) State **two factors** that should be considered when planning meals for this family. (2 marks)

i. _____

ii. _____

e) Explain how meal planning can help a family make better use of its available resources. (2 marks)

i. _____

ii. _____

9. During the evening, a learner accidentally touches a hot cooking pot and suffers a minor burn. At the same time, another family member slips on a wet floor.

a) Identify the **two accidents** described in the situation. (2 marks)

i. _____

ii. _____

b) State **two possible causes** of accidents in the home. (2 marks)

i. _____

ii. _____

c) Outline the immediate first-aid measures that should be taken for a **minor burn**. (3 marks)

i. _____

ii. _____

iii. _____

d) State **three measures** that can be taken to prevent accidents caused by slippery floors. (3 marks)

i. _____

ii. _____

iii. _____

10.A family is constructing a new house and wants to ensure that it provides a healthy and comfortable living environment.

iii. _____

b) Give **two reasons** why adequate ventilation is important in a house. (2 marks)

i. _____

ii. _____

c) State **two principles** that should guide efficient cleaning of a house. (2 marks)

i. _____

ii. _____

d) A white cotton shirt has a food stain.

i. State **one appropriate preliminary treatment** for the stain. (1 mark)

_____

ii. Give **two precautions** that should be observed when laundering coloured garments. (2 marks)

i. _____

ii. _____

11. Study the illustrations below.



a) Identify **the tool** that could be represented above. (1 mark)

_____

b) State **two uses** of the tool identified in (a). (2 marks)

i. _____

ii. _____

c) Name **two natural textile fibres** and state the source of each. (4 marks)

i. _____

ii. _____

e) State **one reason** for controlling fullness during garment construction. (1 mark)