FORM THREE HOME ECONOMICS

MARKING SCHEME

SECTION B

COMPULSORY

1A.

4 marks

Bi. Coking is a process of making foods edible and more digestible by the use of heat.

2 marks

ii. a. Conduction = the heat travels through a solid medium

b. Radiation=the heat travels from its source unto the food directly

c. Convection=heated gases and liquid rise and have around the food cook it

3 marks

Ci. Reasons for preserving food

1. To prevent spoilage.
2. To save money
3. To avoid waste of food
4. To make it last longer.
5. To maintain nutritive value.
6. To ensure its availability when out of season.

5 marks

Cii. Reasons why food is cooked

1. To make the food soft.
2. To kill any germs in the food.
3. To make easier and enhance digestion.
4. To give variety and avoid monotomy.
5. To improve it’s taste, flavour and colour
6. To remove its rawness for easy assimilation.

Ciii. Six colour

Red

redRR

Violet

redvio

orange

red

Yellow

red

Green

red

Blue

red

W.=orange.

Z.=blue

Y.=green

X.=yellow

2 marks

civ. Patching can be done by

1. Machine
2. Hand

2 marks

Di. a

b

Dii.a. Loose of nails/ missing nails

b. Bad adhesive use.

c. When the furniture becomes too old.

d. when the wrong type of joint is used in the work.

E. i. vertical ii. Horizontal iii. Curved

vi. parallel v. diagonal vi. wavy

F. i. Cylinder ii. Cone

1mark

2A. Types of frying

1. Deep frying
2. Shallow frying
3. Dry frying
4. 3marks

B. Two main methods of cooking.

Dry heat method

1. Grilling
2. Roasting
3. Baking
4. Micro wave cooking

Wet / moist heat method

1. Boiling
2. Stewing
3. Steaming
4. Poaching

4marks

C. Factors a caterer should consider before planning a menu

1. Competition
2. The policy of the establishment customer
3. Operational aspect
4. Gastronomic stand point
5. Nutritional aspect
6. Government regulations
7. What to serve
8. Use of convenience product
9. Number of covers
10. 4marks

Di. Darning is a form of repair work, done by weaving threads into the weakened portion of an article.

2marks

D ii.. a. Work all darns on the wrong side of the material if possible.

b. Along fine darning needle is considered most suitable.

c. All cuts should first be drawn together with the fish bone stitch

d. The darn should be shaped so that the stitches do met strain on any threads in the fabric.

e. The darn should be large enough to cover the hole and all the worn out parts.

6marks

E i. A well laid table makes eating more pleasant.

ii. It stimulates appetite

3marks

iii. Guest obtain maximum satisfaction from the food.

3marks

F. 1 The number of people cooking for.

2. cooking facilities available.

3.Likes and dislikes of family members

4. Religious and cultural beliefs of the people

5. The need of variety in the meal preparation

6. The food available in season

7.The money available for food.

8 The time and occasion for the meal .

3marks

3Ai

1. Supper =This is the last meal of the day and it should be a slightly heavy meal
2. . Snacks= This is a light food eaten in between meals
3. Elevenceses= They are meals normally served between ten and twelve noon.
4. Brunch= This meal is served between eleven and twelve when breakfast is wet served early
5. Lunch=Lunch is a mid day meal which is the heaviest meal in the day
6. 4marks

Bi. Table etiquette refers to the actions or manners that are acceptable at table.

2marks

Bii. a. Eat slowly and quietly

b. Be on time for meals

c. Do not talk when there is food in your mouth

d. sip beverages. Do not gulp

e. avoid licking the fingers

f. use a good posture when eating

g. chew food with mouth closed chewing a little at a time

h. pass food to others politely

6marks

C .i. support healthy eating

ii. encourages family involvement

iii. decreases stress level.

Iv. It saves time

V Help keep variety.

4marks

3D11)Food preservation is the act of keeping food for longer period of time by giving it special treatment.

2marks

3EBy drying

By bottling

By canning

By freezing

By smoking

3marks

4A Flour

Fat

Sugar

Egg

Raising/leavening agent

Liquid

Seasoning/Flavoring

3marks

4Bcover the food with enough water

Cover the saucepan with a well fitting lid to reduce evaporation and retain

Place saucepan over heated correctly

Cut food evenly to ensure that all cook at the same time

5marks

4C Air

Baking powder

Yeast

Bicarbonate of soda

Self raising flour

2marks

4C Use enough fat to cover the bottom of the pan

Allow food to cool slowly until tender and turn occasionally

Use the juice from the meat to make gravy

Heat oven to the correct temperature to ensure effective cooking

The ash or sand used must be clean

4marks

4D

|  |  |
| --- | --- |
| OVEN | FUEL |
| gasoven | Liquid petroleum gas |
| Electric oven | electricity |
| Pot oven | Charcoa |
| Switch oven | firewood |
| Microwave oven | electricity |

5marks

E

|  |  |
| --- | --- |
| FOOD ITERMS | PRESERVATIVE METHOD |
| legume | drying |
| meat | canning |
| onion | pickilng |
| Fruit juice | bottling |
| Milk | freezing |

5marks

Marking scheme for form three

objective

1.C 2.D 3.C 4.B 5.C 6. A 7. 8A

9. A 10C 11. 12.C 13.B 14.B 15.A 16.B

17.B 18.D 19.A 20. 21.D 22.C 23.A 24.D

25.C 26A 27.B 28.A 29.A 30.C