

KENYA CERTIFICATE OF BASIC EDUCATION

SENIOR SCHOOL ASSESSMENT

DECEMBER ASSIGNMENT 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) State **two areas of study** covered under Home Science at Grade 10 level. (2 marks)

- i. _____
- ii. _____

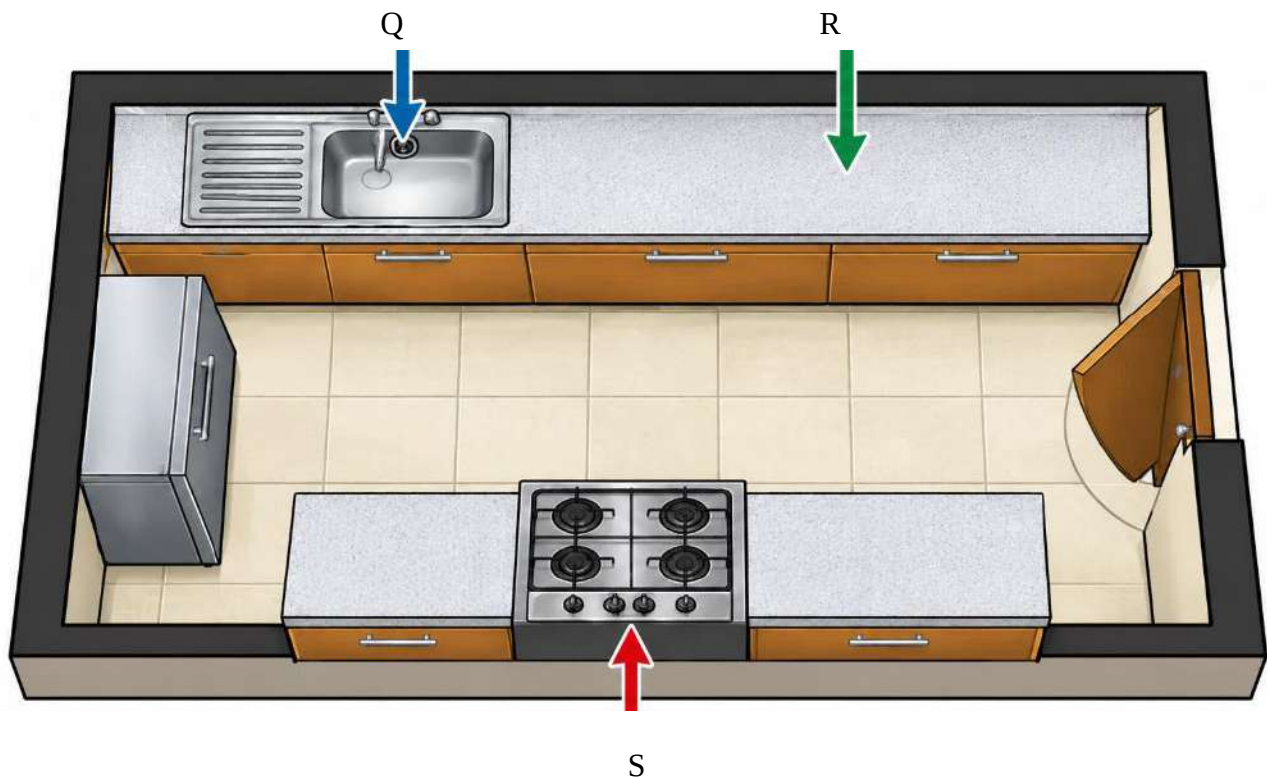
b) Give **two ways** in which Home Science knowledge can improve the quality of family life. (2 marks)

- i. _____
- ii. _____

c) State **one entrepreneurial opportunity** that can be created from Home Science skills. (1 mark)

2.

Study the diagram below.



a) Identify the **three major work centres** represented by Q, R and S. (3 marks)

Q: _____

R: _____

S: _____

b) State **two reasons** why work centres should be arranged conveniently in a kitchen. (2 marks)

i. _____

ii. _____

3.

A learner buys fresh vegetables from a market and carries them together with raw meat in one uncovered container. At home, the learner places the food on the kitchen floor before preparation.

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

i. _____

ii. _____

b) Explain **one health risk** associated with poor food hygiene. (1 mark)

c) State **two appropriate ways** of storing food safely before preparation. (2 marks)

- i.

- ii.

4.

a) State the main function of each of the following nutrients:

i. Fats and oils. (1 mark)

ii. Vitamins. (1 mark)

iii. Minerals. (1 mark)

b) Give **two examples of foods rich in vitamins and minerals**. (2 marks)

- i.

- ii.

5.

a) What is meant by **personal hygiene**? (1 mark)

b) State **three changes** that may occur during puberty. (3 marks)

- i.

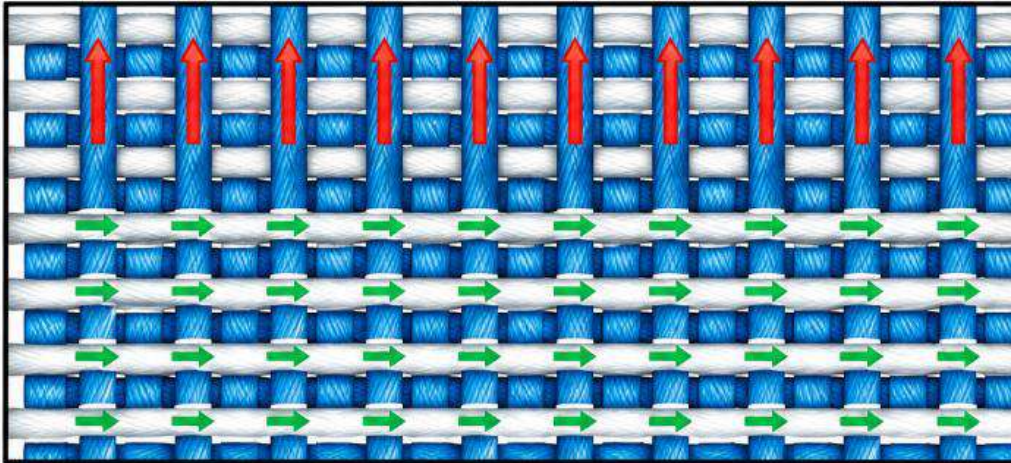
- ii.

- iii.

c) Give **one reason** why maintaining personal hygiene is particularly important during puberty. (1 mark)

6.

Study the fabric illustration below.



a) Identify the two directions of threads represented by the arrows. (2 marks)

 _____

 _____

b) State **two characteristics of a well-constructed seam.** (2 marks)

- i. _____
- ii. _____

c) Name **one tool** used for measuring fabric during garment construction. (1 mark)

SECTION B: 50 MARKS

Answer ALL questions in this section.

7. A school Home Science class is preparing a vegetable dish, rice and grilled meat for a practical lesson.

a) Explain the meaning of **food preparation.** (2 marks)

- i. _____
- ii. _____

b) State **four principles** that should be followed when preparing vegetables for cooking. (4 marks)

- i. _____
- ii. _____
- iii. _____
- iv. _____

c) Explain **two advantages of steaming vegetables**. (2 marks)

- i. _____
- ii. _____

d) Give **two precautions** to observe when grilling meat. (2 marks)

- i. _____
- ii. _____

8. The following foods are available in a household:

maize meal, beans, sukuma wiki, milk, bananas, cooking oil and oranges.

a) Classify the foods according to the major nutrients they mainly provide. (4 marks)

- i. _____
- ii. _____
- iii. _____
- iv. _____

b) Using the foods listed above, suggest a **balanced main meal** for the family. (2 marks)

- i. _____
- ii. _____

c) State **two factors** that may influence the nutritional needs of a family member. (2 marks)

- i. _____
- ii. _____

d) Explain **two advantages of variety in meals**. (2 marks)

- i. _____
- ii. _____

9.

A family receives a monthly income of KSh 45,000. The family needs to allocate money for food, housing, education, clothing, transport, healthcare and savings.

a) Define the term **family budget**. (2 marks)

b) State **four advantages** of preparing a family budget. (4 marks)

i. _____

ii. _____

iii. _____

iv. _____

c) Explain **two factors** that should be considered when making purchasing decisions. (2 marks)

i. _____

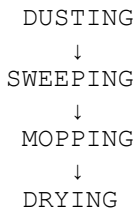
ii. _____

d) State **two qualities of a wise consumer**. (2 marks)

i. _____

ii. _____

10. Study the cleaning sequence below.



a) Explain why cleaning should generally proceed from **high surfaces to low surfaces**. (2 marks)

i. _____

ii. _____

b) State **three precautions** when using household cleaning agents. (3 marks)

i. _____

ii. _____

iii. _____

c) A learner is preparing to wash a woollen sweater.

State **three precautions** that should be taken when laundering woollen garments. (3 marks)

- i. _____
- ii. _____
- iii. _____

d) State **two ways** of preventing accidents caused by electrical appliances in the home. (2 marks)

- i. _____
- ii. _____

11.

a) Identify the following parts of the garment:

- i. The opening around the neck. _____ (1 mark)
- ii. The curved opening where the arm passes through. _____ (1 mark)
- iii. The finished lower edge of the garment. _____ (1 mark)

b) State **two purposes of pressing during garment construction**. (2 marks)

- i. _____
- ii. _____

c) Distinguish between **natural fibres** and **manufactured fibres**. (2 marks)

Natural fibres	Manufactured fibres

d) Give **three examples of natural textile fibres**. (3 marks)

- i. _____
- ii. _____
- iii. _____

HOME SCIENCE

MARKING SCHEME

SECTION A:

1.

a) Two areas of study covered under Home Science:

Any two:

- Foods and Nutrition.
- Home Management.
- Clothing and Textiles.

2 × 1 = 2 marks

b) Two ways Home Science improves family life:

- Promotes proper nutrition and healthy living.
- Enables efficient management of family resources.
- Promotes proper hygiene and sanitation.
- Develops skills in clothing construction and care.
- Promotes safety in the home.
- Helps families make informed consumer decisions.

Any 2 × 1 = 2 marks

c) One entrepreneurial opportunity:

- Catering business.
- Tailoring/dressmaking.
- Baking business.
- Laundry service.
- Food processing.
- Interior decoration.

1 × 1 = 1 mark

2.

a) Identify the three work centres.

S – Cleaning/washing centre — 1 mark

W – Preparation/work centre — 1 mark

C – Cooking centre — 1 mark

Total: 3 marks

b) Two reasons for convenient arrangement of work centres:

- Reduces unnecessary movement.
- Saves time and energy.
- Promotes efficient workflow.
- Reduces accidents.
- Makes kitchen work easier and more enjoyable.

Any 2 × 1 = 2 marks

3.

a) Two unhygienic practices:

- Carrying raw meat and vegetables together in an uncovered container.
- Placing food on the kitchen floor.

2 × 1 = 2 marks

b) One health risk:

Poor food hygiene may lead to **food contamination and food-borne diseases**, such as diarrhoea, vomiting or food poisoning.

1 mark

c) Two appropriate ways of storing food safely:

- Keep perishable foods such as meat in a refrigerator/freezer.
- Keep food covered in clean containers.
- Store food away from chemicals and other contaminants.
- Keep dry foods in clean, dry and well-ventilated storage areas.
- Separate raw foods from ready-to-eat foods.

Any 2 × 1 = 2 marks

4.

a) Functions of nutrients

i. Fats and oils:

Provide a concentrated source of energy and help in the absorption of fat-soluble vitamins.

(1 mark)

ii. Vitamins:

Regulate body processes and help maintain good health.

(1 mark)

iii. Minerals:

Help in body processes and the formation and maintenance of body structures such as bones and teeth.

(1 mark)

b) Two foods rich in vitamins and minerals:

- Fruits such as oranges, mangoes and bananas.
- Green leafy vegetables such as sukuma wiki and spinach.

- Milk.
- Fish.
- Liver.
- Eggs.

Any 2 × 1 = 2 marks

5.

a) Meaning of personal hygiene:

Personal hygiene is the **practice of keeping one's body clean and maintaining habits that promote health and prevent disease.**

1 mark

b) Three changes during puberty:

Any three:

- Growth of pubic and underarm hair.
- Development of breasts in girls.
- Deepening of the voice in boys.
- Enlargement of the reproductive organs.
- Increased sweating/body odour.
- Appearance of acne.
- Rapid increase in height and body size.
- Onset of menstruation in girls.
- Production of sperm/ejaculation in boys.
- Development of broader hips in girls and broader shoulders in boys.

Any 3 × 1 = 3 marks

c) Importance of personal hygiene during puberty:

It helps **control body odour, prevent infections and promote self-confidence and wellbeing.**

1 mark

6.

a) Two directions of threads:

Warp threads — threads running lengthwise along the fabric.

Weft threads — threads running across the width of the fabric.

2 × 1 = 2 marks

b) Two characteristics of a well-constructed seam:

- Stitches should be even and regular.
- The seam should be strong and secure.
- Seam allowance should be even.

- There should be no puckering.
- Raw edges should be appropriately finished.
- The seam should lie flat.

Any $2 \times 1 = 2$ marks

c) One measuring tool:

- Tape measure.
- Ruler.
- Metre rule.

1 mark

SECTION B: 50 MARKS

7.

a) Meaning of food preparation — 2 marks

Food preparation is the process of **selecting, cleaning, trimming, cutting, combining and otherwise preparing food ingredients before or during cooking.**

2 marks

b) Four principles when preparing vegetables — 4 marks

Any four:

- Wash vegetables thoroughly before cutting where appropriate.
- Use clean utensils and equipment.
- Avoid unnecessary peeling to minimise nutrient loss.
- Cut vegetables into suitable and uniform sizes.
- Avoid prolonged soaking after cutting.
- Prepare vegetables shortly before cooking.
- Avoid excessive cutting or chopping.
- Use appropriate cooking methods to preserve nutrients.
- Avoid overcooking.

Any $4 \times 1 = 4$ marks

c) Two advantages of steaming vegetables — 2 marks

- Helps retain more water-soluble nutrients than some prolonged cooking methods.
- Helps retain the natural colour, flavour and texture of vegetables.
- Does not require vegetables to be immersed in water.
- Can reduce nutrient loss into cooking water.

Any $2 \times 1 = 2$ marks

d) Two precautions when grilling meat — 2 marks

- Ensure the meat is cooked thoroughly to a safe internal temperature.

- Keep raw and cooked meat separate to prevent cross-contamination.
- Use clean utensils.
- Avoid excessive charring/burning.
- Use appropriate heat and turn the meat as necessary.
- Handle hot grills carefully to prevent burns.

Any 2 × 1 = 2 marks

8.

a) Classification of foods according to major nutrients — 4 marks

Possible answers:

Food	Main nutrient provided
Maize meal	Carbohydrates
Beans	Protein
Sukuma wiki	Vitamins and minerals
Milk	Protein, minerals and fat
Bananas	Carbohydrates, vitamins and minerals
Cooking oil	Fats and oils
Oranges	Vitamins and minerals

Any 4 correct classifications × 1 = 4 marks

b) Balanced main meal — 2 marks

One acceptable meal:

Ugali/maize meal + beans + sukuma wiki + orange/banana + milk.

Award marks for a meal containing a suitable combination of:

- Energy-giving food.
- Body-building/protein food.
- Protective foods such as vegetables/fruits.

2 marks

c) Two factors influencing nutritional needs — 2 marks

Any two:

- Age.

- Sex.
- Level of physical activity.
- Physiological state such as pregnancy or lactation.
- Health status.
- Body size.
- Growth requirements.

Any $2 \times 1 = 2$ marks

d) Two advantages of variety in meals — 2 marks

- Provides a wider range of nutrients.
- Prevents monotony and makes meals more appealing.
- Provides different tastes, colours and textures.
- Helps meet different nutritional requirements.

Any $2 \times 1 = 2$ marks

9.

a) Define family budget — 2 marks

A family budget is a **planned estimate of the family's expected income and expenditure over a specified period.**

2 marks

b) Four advantages of preparing a family budget — 4 marks

Any four:

- Helps control expenditure.
- Ensures available income is allocated according to priorities.
- Helps prevent unnecessary spending.
- Enables the family to save.
- Helps meet future financial needs.
- Prevents or reduces unnecessary borrowing.
- Helps the family monitor its financial position.
- Facilitates planning for emergencies.

Any $4 \times 1 = 4$ marks

c) Two factors considered when making purchasing decisions — 2 marks

Any two, with appropriate explanation:

- **Price:** The consumer should compare the price with the available budget.
- **Quality:** The product should be durable and fit for its intended purpose.
- **Needs:** Priority should be given to essential goods.
- **Safety:** The product should be safe to use.
- **Quantity:** The amount purchased should correspond to the family's needs.
- **Availability:** The product should be readily obtainable.
- **Consumer information:** Labels, expiry dates and instructions should be checked.

Any $2 \times 1 = 2$ marks

d) Two qualities of a wise consumer — 2 marks

- Makes informed decisions.
- Compares prices and quality.
- Plans purchases.
- Avoids impulse buying.
- Checks labels and product information.
- Considers value for money.
- Keeps within a budget.

Any $2 \times 1 = 2$ marks

10.

a) Why cleaning proceeds from high surfaces to low surfaces — 2 marks

Dust and dirt falling from higher surfaces can land on lower surfaces. Cleaning **from high to low prevents already-cleaned surfaces from becoming dirty again.**

2 marks

b) Three precautions when using household cleaning agents — 3 marks

Any three:

- Read and follow instructions on the label.
- Keep cleaning agents away from children.
- Do not mix different cleaning chemicals unless specifically directed.
- Store chemicals in their original, labelled containers.
- Use protective equipment such as gloves where appropriate.
- Ensure adequate ventilation.
- Avoid contact with eyes and skin.
- Wash hands after handling cleaning agents.

Any $3 \times 1 = 3$ marks

c) Three precautions when laundering woollen garments — 3 marks

- Use mild detergent suitable for wool.
- Avoid excessive rubbing or scrubbing.
- Avoid very hot water.
- Avoid sudden temperature changes.
- Handle gently to prevent felting.
- Avoid wringing or twisting.
- Reshape the garment while damp.
- Dry flat where appropriate.
- Follow the garment care label.

Any $3 \times 1 = 3$ marks

d) Two ways of preventing electrical accidents — 2 marks

- Do not handle electrical appliances with wet hands.
- Keep electrical appliances away from water.
- Replace damaged electrical cords.

- Avoid overloading sockets.
- Switch off and unplug appliances when not in use.
- Keep electrical appliances away from young children.
- Ensure appliances are properly maintained.

Any 2 × 1 = 2 marks

11.

a) Identify the garment parts

i. Opening around the neck:

Neckline. (1 mark)

ii. Curved opening where the arm passes through:

Armhole. (1 mark)

iii. Finished lower edge:

Hem. (1 mark)

b) Two purposes of pressing during garment construction — 2 marks

- Removes wrinkles and creases.
- Helps seams lie flat.
- Gives the garment a neat and professional appearance.
- Helps shape garment sections.
- Makes construction easier and improves the final fit.

Any 2 × 1 = 2 marks

c) Distinguish between natural and manufactured fibres — 2 marks

Natural fibres:

Fibres obtained from **natural sources** such as plants or animals.

(1 mark)

Manufactured fibres:

Fibres produced through **chemical or industrial processes**, usually from polymers or regenerated natural materials.

(1 mark)

d) Three examples of natural textile fibres — 3 marks

Any three:

- Cotton.
- Linen.
- Wool.
- Silk.
- Jute.
- Flax.
- Sisal.

Any 3 × 1 = 3 marks

SENIOR SCHOOL ASSESSMENT

TERM 3: PROJECT BASED ASSESSMENT 2026

GRADE 10 – HOMESCIENCE LEARNER'S DETAILS

Name: _____ . School: _____ .

Assessment Number: _____ . Date: _____ .

School Code: _____ . Signature: _____ .

GRADE 10 HOME SCIENCE – PRACTICAL PROJECT ASSESSMENT

Project: Constructing a Simple Garment

Total Marks: 20

Task:

Learners are required to plan, prepare, construct and finish a simple garment such as an **apron, simple skirt, shorts, headscarf or simple top** using suitable fabric and basic sewing techniques.

Assessment Tasks and Mark Allocation

No.	Assessment Area	Marks
1	Project planning – identifies the garment, gives purpose, prepares a simple sketch/design and lists materials and equipment	3
2	Preparation of materials and equipment – selects suitable fabric, sewing tools and equipment; observes safety precautions	3
3	Taking measurements and pattern preparation – takes/uses appropriate measurements and prepares or adapts a suitable pattern	3
4	Fabric preparation and cutting – prepares fabric, places pattern correctly, observes grain and cuts accurately	3
5	Garment construction – joins garment sections correctly using appropriate stitches/seams and follows the construction sequence	4
6	Finishing and presentation – neat hems, secure seams, appropriate fastenings, pressing and overall appearance	3
7	Project reflection – explains challenges encountered, solutions used and skills gained	1
	TOTAL	20

Learner's Project Evidence

The learner should submit:

1. A simple **garment design/sketch**.
2. **List of materials and equipment** used.
3. **Measurements/pattern** used.
4. The **completed garment**.
5. A brief **project reflection**.

Suggested Garments

- Simple apron
- Simple skirt
- Simple shorts
- Headscarf
- Simple top
- Simple child's garment

Key competencies assessed: creativity, communication, problem-solving, self-efficacy, collaboration, planning and practical application of sewing skills.