

HOME SCIENCE GRADE 10

END TERM 1 EXAMINATION 2026

TIME 2 Hours 30 Minutes

NAME: _____ ADM NO: _____

CLASS: _____ DATE: _____

INSTRUCTIONS TO CANDIDATES

1. This paper consists of SIX sections: A, B, C, D, E, and F.
2. Answer ALL questions in each section.
3. Answers must be written in the answer booklet provided.

SECTION A: (16 Marks)

Answer all questions in this section.

1. State four characteristics of physical development during early childhood (3–8 years). (4 marks)
2. Explain three reasons why play is important in the growth and development of a child aged 2–5 years. (6 marks)

3. List three physical changes that occur in girls during adolescence. (3 marks)

4. Identify three factors that influence emotional development in adolescents. (3 marks)

SECTION B: (24 Marks)

Answer all questions in this section.

5. (a) Define the term balanced diet. (2 marks)

(b) Using the ICMR basic food groups, classify the following foods:

(i) Maize

(ii) Eggs

(iii) Kales (Sukuma wiki)

(iv) Cooking oil (4 marks)

6. Explain four factors to consider when planning meals for a family. (8 marks)

7. (a) Distinguish between food spoilage and food preservation. (4 marks)

(b) Describe two household methods of preserving fruits. (4 marks)

8. Give two reasons for cooking food. (2 marks)

SECTION C: (18 Marks)

Answer all questions in this section.

9. Outline four personal hygiene practices a food handler should observe. (4 marks)

10. Identify four principles of hygienic food handling in the kitchen. (4 marks)

11. Explain three potential health risks associated with food adulteration. (6 marks)

12. State two ways to ensure kitchen surfaces remain hygienic. (4 marks)

SECTION D: (18 Marks)

Answer all questions in this section.

13. (a) Define the term family resources. (2 marks)

(b) Give three examples of human resources in a family. (3 marks)

14. Explain the following steps in the management process:

(i) Planning

(ii) Controlling (4 marks)

15. (a) What is work simplification? (2 marks)

(b) State three benefits of preparing a time plan for daily activities. (3 marks)

16. List four factors that affect the energy levels of an individual when performing household tasks. (4 marks)

SECTION E: (12 Marks)

Answer all questions in this section.

17. (a) Define a consumer. (2 marks)

(b) Identify five problems consumers face in the market today. (5 marks)

18. Explain the importance of the FSSAI (Food Safety and Standards Authority of India) mark on food products. (2 marks)

19. State three responsibilities of a consumer when buying goods. (3 marks)

SECTION F: (12 Marks)

Answer all questions in this section.

20. (a) Differentiate between natural fibres and synthetic fibres. (2 marks)

(b) Give two examples of each type of fibre. (2 marks)

21. Explain the procedure for removing a grease stain from a white cotton garment. (4 marks)