

**Grade 6**

**Consumer Science**

**Paper 1**

- i. Answer all questions
- ii. Shade the letter of the correct answer
- iii. Answer all questions
- iv. For each question there are four possible answers A B C and D choose one you consider correct and record your choice in soft pencil on the answer sheet
- v. Thoroughly erase mistakes when making changes to an answer.
- vi. Read instructions and the answer sheet very carefully.
- vii. After you have finished submit the answer grid only

1. A balanced diet is a meal that has \_\_\_\_\_
  - a. Enough vitamins and minerals
  - b. Enough of all food nutrients.
  - c. Enough minerals and fats.
  - d. Enough proteins and carbohydrates
  
2. One of the following is an example of a food group in a pyramid
  - a. Lunch and drinks
  - b. Fish, chips and salad
  - c. Breakfast and stew
  - d. Body building
  
3. Which of the following nutrients is responsible for body tissues?
  - a. Cellulose
  - b. Minerals
  - c. Proteins
  - d. Water
  
4. Vegetables must be washed in cold salted water to \_\_\_\_\_
  - a. Remove fungus and salt them
  - b. Remove insects and kill germs
  - c. Remove nutrients and soil
  - d. Remove leaves and add taste
  
5. Cereals are cooked very well so that they \_\_\_\_\_
  - a. Are easy to digest
  - b. Are eaten three times a day
  - c. Are eaten by babies
  - d. Are easy to swallow
  
6. The substance in tooth paste which makes teeth strong and white
  - a. Calcium
  - b. Vitamin D
  - c. fluoride
  - d. sodium
  
7. weighing and measuring ingredients when preparing food

- a. waste a lot of ingredient
- b. Economized
- c. Improves the food value
- d. Cause food not decay fast

8. Nutrition can be defined as a study of \_\_\_\_\_

- a. Food and how is used by the body
- b. Food that can be eaten for growth
- c. Chemicals found in food
- d. Nutrients found in food that is eaten

9. Lack of calcium and vitamin D in the body may cause \_\_\_\_\_

- a. Tetanus
- b. Scurvy
- c. Rickets
- d. Anaemia

10. Fruits and vegetables are more nutritious when they are

- a. Fresh
- b. Stewed
- c. Dried
- d. Preserved

11. The fine hair-like strands in fabric construction are called

- a. Purling
- b. Yarns
- c. Purling
- d. Fibres

12. For ironing a cotton t-shirt, use a \_\_\_\_\_

- a. Cool iron
- b. Very hot iron
- c. Hot iron
- d. Warm iron

13. A hem is a \_\_\_\_\_

- a. Turning at the edge of a garment

- b. Decorative edge on a garment
- c. Types of seam on a garment
- d. Decorative stitch on a garment

14. \_\_\_\_\_ can be used as a temporary stitch and also as permanent stitch.

- a. Chain stitch
- b. Satin stitch
- c. Running stitch
- d. Lazy stitch

15. One of the following is a cutting tool in needle work

- a. Pair of tweezers
- b. Pair of scissors
- c. Pair of dividers
- d. Pair of knife

16. Disposal of fullness can be controlled by using \_\_\_\_\_

- a. Collars
- b. Pockets
- c. Sleeves
- d. Pleats

17. One of the following stitches can be used for neatening

- a. Running stitch
- b. Blanket stitch
- c. Stem stitch
- d. Chain stitch

18. The sewing box keeps

- a. Some first aid materials
- b. All basic sewing tools
- c. All basic cutting tools for sewing
- d. Some measuring equipment's

19. Which stitch is used to finished a hem

- a. Tacking stitch

- b. Running stitch
- c. Hemming stitch
- d. Back stitch

20. This is not a basic need

- a. Cell phone
- b. shelter
- c. food
- d. back stitch

21. did u know that \_\_\_\_\_ is a material used to make cutlery

- a. Clay
- b. Enamel
- c. Stainless steel
- d. Cast iron

22. \_\_\_\_\_ present in waste can make you ill

- a. Ash
- b. bacteria
- c. moisture
- d. warmth

23. why are wooden board scrubbed a long then grain

- a. To soften the wood
- b. To retain the shape
- c. To prevent warping
- d. To prevent rough wood

24. What are the common materials used for saucepans

- a. Aluminium, stainless steel, tin
- b. Aluminium, enamel, stainless steel
- c. Plastic, enamel, aluminium
- d. Melamine ,tin, enamel

25. What things make our lives more comfortable and pleasant?

- a. Needs

- b. Wants
- c. Likes
- d. Dislikes

**SECTION B FOOD AND NUTRITION**

1. List five (5) basic nutrients need by the body.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_

2. Differentiate between household and metric measures

\_\_\_\_\_

\_\_\_\_\_

3. What is a cereal?

\_\_\_\_\_

\_\_\_\_\_

4. Give one example of each of the following vegetable.

- a. Starchy vegetable \_\_\_\_\_
- b. Legumes \_\_\_\_\_

5. Fill in the following table

Class of fruits	Examples
stone	
	apple
	banana

6. Match column A and column B

Cereal part (A)	Nutrients( B)
Endosperm	Mineral salts, roughage
Germ	Starch
Bran	Proteins, fats, and mineral salts

7. Write three (3) types of meals eaten in a day.

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

8. Give one (1) example of nourishing drinks

\_\_\_\_\_

9. Give three reasons of cooking food

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

10. Define mass and volume

Mass \_\_\_\_\_

Volume \_\_\_\_\_



**Section C**

**Clothing and Textile**

1. Natural fibre originate from plants and animals give one examples of each.

Fibres	Examples
Plant	
Animal	

2. Give the uses of the following sewing equipment's

Equipment	uses
tailors chalk	
Thimbles	
Tape measure	

3. Name 3 methods of disposing fullness in garments

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Give three reasons of controlling fullness in garments.

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4. Give two examples of the following stitches.

a. Permanent stitches.

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b. Embracery stitches.

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5. What is a seam?

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6. .A. Draw a patch pocket.

State three uses of pockets.

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7. What is a hem?

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8. List three types of iron used in laundry.

- a. 

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- b. 

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- c. 

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**SECTION D**

**HOME MANAGEMENT**

1. What is family?

\_\_\_\_\_

\_\_\_\_\_

2. Define the following families

a. Child-headed family \_\_\_\_\_

b. Foster family \_\_\_\_\_

c. Blended family \_\_\_\_\_

3. A. Fill in the following table on kitchen equipment.

Class	Equipment
Labour-saving	
	Kitchen units, stoves
	Wooden spoons, cups

B. Name the material used in making the following equipment's.

Wooden platter \_\_\_\_\_

Three legged pot \_\_\_\_\_

Bread knife \_\_\_\_\_

4. Write true/false in the following questions.

a. Waste often contains a lot of dirt. \_\_\_\_\_

b. Waste may not cause accidents. \_\_\_\_\_

c. Dry waste can only be disposed by feeding animals. \_\_\_\_\_

d. Watering the garden is one way of disposing wet waste. \_\_\_\_\_

e. Gloves are worn when collecting waste. \_\_\_\_\_

5. Give any three good health habits.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

6. When do we wash our hands .Give instances

a. \_\_\_\_\_

b. \_\_\_\_\_

7. What is first – aid?

\_\_\_\_\_

\_\_\_\_\_

8. List two items found in a first-aid kit.

a. \_\_\_\_\_

b. \_\_\_\_\_

9. Give the use of the following items found in a first – aid kit.

a. Plaster \_\_\_\_\_

b. Gloves \_\_\_\_\_