



THE KENYA NATIONAL EXAMINATIONS COUNCIL

HOME SCIENCE

School Based Assessment

Grade 10

October 2026

Time: 1 hour 30 minutes

Name: _____ Assessment No.: _____

School Name: _____ Signature: _____

Instructions to Learners

- (i) Attempt **ALL** questions in this paper.
- (ii) Write your answers **clearly** in the spaces provided after each question.
- (iii) Circle the correct response (s) in multiple choice questions.
- (iv) Additional spaces for answers are provided at the end of this booklet.
- (v) Use **blue or black ink** only.
- (vi) All responses must be written in **English**

For Teacher's Use Only

Task	Questions	Total Score	Performance Levels/Scores			
1. Foods and Nutrition	1 to 5 and 21 to 24	20	1 (0-5)	2 (6-10)	3 (11-15)	4 (16-20)
2. Home Management	6 to 13 and 25 to 30	30	1 (0-8)	2 (9-16)	3 (17-24)	4 (25-30)
3. Clothing and Textiles	14 to 20 and 31 to 33	20	1(0-5)	2 (6-10)	3 (11-15)	4 (16-20)

This question paper consists of 8 pages.

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Answer All the questions in this paper.

1. St. Martins Senior School Grade 10 learners were making posters on the benefits of Home Science to the society. Which benefit of Home Science to the family will they include in the posters? (1 mark)
 - A. Increases industrial production in the country.
 - B. Promotes proper nutrition and healthy living.
 - C. Enhances political participation in the society.
 - D. Encourages learners to choose the best careers.

2. A learner was searching for the uses of kitchen tools for a class project. Which one of the following is the use of a grater she found? (1 mark)
 - A. Peeling fruits and vegetables.
 - B. Cutting meat into small pieces.
 - C. Shredding foods into fine pieces.
 - D. Measuring dry ingredients accurately.

3. Grade 10 learners were making presentations on food spoilage to parents during a meeting. Which of the following statements is the meaning of food spoilage they can give? (1 mark)
 - A. Deterioration of food making it unsuitable for consumption.
 - B. Contamination of food making it unsuitable for consumption.
 - C. Unnecessary loss of food that is still suitable for consumption.
 - D. Keeping food safe and fresh for a longer period of time.

Use the following statement to answer questions 4 and 5

Grade 10 learners were discussing food nutrients during a lesson.

4. Which one of the following food did the learners classify as a macronutrient? (1 mark)
 - A. Vitamin B complex.
 - B. Mineral salts.
 - C. Dietary fibre.
 - D. Fats.

5. Which one of the following is the function of iron in the body the learners discussed? (1 mark)
 - A. Helps regulate fluid balance and supports normal nerve and muscle function.
 - B. Forms haemoglobin in red blood cells to transport oxygen around the body.
 - C. Helps prevent constipation by promoting regular bowel movement.
 - D. Aids in blood clotting to stop bleeding.

6. The nurse noticed that a Grade 9 learner had swollen gums and slow-healing wounds during a school health screening. Which nutritional disorder is the learner likely to be suffering from? (1 mark)
- A. Rickets
 - B. Scurvy
 - C. Anaemia
 - D. Goitre
7. The teacher noticed that some learners did not wash their hands before eating after visiting the toilet. A few of those learners later complained of stomach discomfort and diarrhoea. Which infection are they likely to be suffering from? (1 mark)
- A. Ringworm
 - B. Malaria
 - C. Cholera
 - D. Rickets
8. Mukran fell and sustained a small cut on his knee during a sporting activity. Which first aid kit item will you use to clean the cut? (1 mark)
- A. Sterile gauze
 - B. Adhesive plaster
 - C. Pair of scissors
 - D. Triangular bandage

Use the following statement to answer questions 9 and 10

Your family is considering moving to a new house.

9. Which of the following is the most important factor the family should consider? (1 mark)
- A. Family size and needs
 - B. Availability of recreational facilities
 - C. Type and colour of interior decorations
 - D. Distance from relatives and friends.
10. The main use of the living room in the house is to provide a place for (1 mark)
- A. preparing and serving meals
 - B. relaxation and family interaction.
 - C. sleeping and storing personal belongings
 - D. drying, ironing and storing clothes

11. Grade 10 learners wanted to make improvised scrubbing brushes to clean the floor of their classroom. Which one of the following materials could they use? (1 mark)
- A. Strands of sisal fibres.
 - B. Branches cut from trees.
 - C. Pieces of soft cotton fabric
 - D. A bunch of sticks tied together.
12. Agerr's clothes have dried and he is collecting the plastic pegs used for hanging them. The most appropriate practice he can use when caring for the plastic pegs is (1 mark)
- A. keeping them in direct sunlight to prevent moisture from collecting on them.
 - B. washing them when dirty and storing them in a dry container.
 - C. leaving them on the clothesline after removing the clothes.
 - D. cleaning and storing them while still wet.
13. A consumer is planning to buy a packet of wheat flour for use at home. Which one of the following is a wise buying practice the consumer should consider? (1 mark)
- A. Buy the flour with the cheapest price.
 - B. Buy the flour in an attractive package.
 - C. Choose flour that is advertised and on offer.
 - D. Check the price, quality and expiry date.

Use the following information to answer questions 14 to 16

Halima was searching for information on polyester fibres during her studies.

14. She classified the polyester fibres as (1 mark)
- A. Plant fibre
 - B. Animal fibre
 - C. Synthetic fibre
 - D. Regenerated fibre.
15. Which of the following is a good quality of polyester Halima found? (1 mark)
- A. It generates static electricity.
 - B. It is shrink resistant.
 - C. It is highly absorbent.
 - D. It is creases easily.

16. Which of the following describes the burning test for polyester Halima found? (1 mark)
- A. It burns slowly and steadily with a yellow flame.
 - B. It melts and burns slowly
 - C. It ignites instantly and burns rapidly.
 - D. It shrinks, curls and puckers away

Use the following information to answer questions 17 and 18

Home Science learners were investigating types of stitches used in clothing construction during a lesson.

17. Which category of stitches did they find? (1 mark)
- A. Knitting stitches – e.g. purl stitch.
 - B. Decorative stitches – e.g. satin stitch.
 - C. Temporary stitches – e.g. tacking stitch.
 - D. Crocheting stitches – e.g. single crochet stitch.
18. Which one of the following is a characteristic of the chain stitch they found? (1 mark)
- A. It is used mainly for temporary holding of fabric pieces.
 - B. It forms a series of looped stitches linked together.
 - C. It is used to finish raw edges to prevent fraying.
 - D. It is used for joining seams permanently.

Use the following statement to answer questions 19 and 20

Drully wants to buy a clothes storage wardrobe for her family. She visits several shops before making her choice.

19. Which one of the following is a factor she should consider when choosing the wardrobe? (1 mark)
- A. The wardrobe should have an attractive colour only
 - B. Buy a wardrobe that looks attractive to her friends.
 - C. The space in the wardrobe and the clothes to be stored.
 - D. Buy the most expensive wardrobe available in the market.
20. Which one of the following is a practice that will enable her take care of the wardrobe well? (1 mark)
- A. Store the clothes before they dry completely.
 - B. Keep the wardrobe clean, dry and well-ventilated.
 - C. Ensure the wardrobe is kept in a dark, damp place.
 - D. Ensure all the clothes are hang in the wardrobe.

21. Grade 10 learners visited the school kitchen and noted that the food storage area is situated right next to the cooking range. Explain **two** problems associated with this arrangement the learners can identify. (4 marks)

22. While on a school trip to the city, Grade 10 learners from your school bought and ate doughnuts from a hawker on the roadside. A few hours later the learners began vomiting and complaining of abdominal pains. Outline **three** likely causes of these symptoms. (3 marks)

23. Your class is participating in a health initiative at a nearby children's home. You observe that many of the children have a dry, rough skin with reddish spots. Analyse the likely deficiency disorder the children may be suffering from and prescribe different fruits they can be given to support healing. (3 marks)

24. You are participating in a cooking competition hosted by the Home Science club in your school. Explain **two** methods of cooking food that do not affect the nutritive value of food you would choose. (4 marks)

25. Wruay senior school Home Science class has been invited to make a presentation on the importance of personal hygiene during a symposium in the neighbouring school. Describe **two** infections associated with poor personal hygiene the learners will include in the presentation. (4 marks)

26. The photograph shows a learner who injured his leg during a football tournament in your school.



As a First Aider, describe the steps you will take to assist the learner.

(3 marks)

27. Providing decent housing during times of flooding is a challenge to many families whose houses are destroyed. Describe **two** ways through which affected families can acquire a new house. (4 marks)

28. The matron in your school is required to guide learners to sort the waste shown for disposal.



Describe **two** categories in which they will classify the waste.

(4 marks)

29. Ringoma is planning to launder his cotton garments over the weekend. Explain the purposes of **two** laundry agents he can add during the final rinse. (4 marks)

30. Lekupe was searching for information about commodities he wanted to buy. Explain **two** sources of consumer information that would be helpful to him. (4 marks)

31. Grade 10 learners were discussing needlework tools and equipment during a lesson. Outline **three** categories in which the learners put the tools and equipment. (3 marks)

32. Tailors use different seams when making clothes for different occasions for their customers. Explain **three** points a tailor considers when choosing the type of seam to use on a wedding dress. (6 marks)

33. The Home Science teacher has asked you to write the rules to observe when managing fullness during garment construction. Explain **two** rules to observe when making darts you would include in the write up. (4 marks)

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