

**FORM 1
HOMESCIENCE
DECEMBER HOLIDAY ASSIGNMENT
2024**

WEEK 1

Cosmetics

Are substances used to enhance a persons appearance especially face, hands and feet. E.g nailpolish, lipstick, eye shadow, eyeliner,

Choice and use of cosmetics

Factors to consider when using and choosing;

- one should consider her skin type and complexion when buying,
- should be used sparingly to improve ones beauty,
- should be used skillfully not exaggerating,
- they should bring out ones beauty,

NB:- too much clogs skin pore hence preventing skin from breathing.

- should be washed off before sleeping to allow skin breath,
- should not be harsh ones with chemicals that bleach the skin,

NB:- those with hydroquines and mercury are bad, they get into body and affect the kidney.

Misuse of cosmetics

Ways of misusing:

- (i) borrowing from friends and siblings. They have a bad effect on skin,
- (ii) applying on a dirty face/old make,
- (iii) applying too much, it gives an artificial look,
- (iv) bleaching the skin with make ups.

ADOLESCENCE

It is a period between childhood and adulthood. At this stage certain physical, emotional and social changes take place in the bodies of teens.

It is a stage of maturing into an adult (puberty/adolescence).

Changes in adolescence

Physical changes in boys

- (i) hair on face, armpits, chest and groin (beard and pubic grow)
- (ii) growing rapidly,
- (iii) voice breaking,
- (iv) develop acne (blackheads and pimples develop on face and neck),

Physical changes in girls

- (i) develop breasts
- (ii) hair on armpits (groin),
- (iii) enlarged hips,
- (iv) menstruation periods starts,
- (v) may develop acne,

At puberty adolescents are active, if possible, they should use deodorants for the face to be washed regularly and dried.

- avoid pricking pimples and black heads to avoid further infection.

NB:- Adolescents should observe personal hygiene in order to remain healthy for ones comfort and those around them. A good diet helps teenager cope with the changes.

They should shave/trim armpits and pubic areas because hair in these areas holds a lot of sweat and dirt.

They should take bath daily attention being given to areas that are hairy.

Girls should be extra clean during menstruation i.e the monthly shedding of temporary inner lining of uterus. Happens when reproductive organs of a girl begin maturing. Begins at 13 – 14 years. It occurs when there is no fertilization of egg in ovary. Inner lining of uterus is shed off with extra blood. It lasts 3-7 days.

NB:- sanitary towels should be used. Home made pads can be used e.g wrapping cotton wool in gauze or cotton materials or from pieces of sterile clean absorbent cotton cloth.

Used pads should be disposed off properly e.g wrapping in plastic paper or putting in disposal bags then throwing in dustbin/pit latrine. Can also be burnt.

- one should change towels regularly because bad smell develop if kept on for long,
- one should bath more than once,
- one should also seek doctors advice if she has severe abdominal cramps.

NB:- while bathing, girls should pay attention to the hairy parts of the their bodies and beneath breasts.

Emotional and social changes during adolescence

- because of hormonal changes, they experience mood swings that make them irritable or cheerful,
- they become argumentative and hostile to parents and any authority,
- may enjoy reckless activities,
- may lead to neglect of the body and personal items that can lead to poor health,
- may become social misfits and unacceptable to the society,
- some become shy and self conscious,
- boys may tend to talk less to hide broken voice while a girl may overdress to hide her growing breasts,
- may assume stooping posture to appear shorter if they are taller than age mates. So distort their posture,
- easily influenced by peer groups in terms of behaviour life goals and mode of dressing.

CHAPTER TWO (ACTIVITY 2)

PERSONAL HYGIENE

1. Mention three dangers that may arise due to misuse of cosmetics.(3mks)
2. Give two measures which may prevent the occurrence of athlete's foot. (2 mks)
3. Give two points to consider when buying a pair of shoes. (2 mks)

4. List four points to consider when selecting clothes for a short pump figure. (8 mks)
5. Explain four points that lead to proper maintenance of clothes. (6mks)
6. Mention two dangers that may result from using antiperspirants. (2 mks)
7. State three ways of caring for the skin (3 mks)
8. State two functions of sebaceous gland in the skin. (2 mks)
9. State three functions of teeth to an individual. (3 mks)
10. Why is it wrong to share toothbrushes? Give two points (2 mks)
11. State five ways of caring for the teeth (5 mks)
12. Describe the procedure of cleaning white canvas shoes. (7 mks)
13. State two factors to consider when choosing clothes (2 mks)
14. Give three physical changes that take place in adolescent girls only (3 mks)
15. Identify three of misusing cosmetics (3 mks)
16. State three ways of maintaining clothes. (3 marks)

CHAPTER 3

SAFETY IN THE HOME AND FIRST AID

Causes, prevention and management of common accidents in the home

Burns

Causes

Dry heat e.g hot charcoal, hot metal/flames and fire outbreaks, kerosene lamps, candles, cigarettes, matches, open fires, leaking gas cylinders and faulty electrical wiring can cause fire outbreaks, petrol stored in the house, home dry cleaning agents, coils close to beddings and mosquito nets can also cause severe burns and damage of property.

Prevention

- not leaving children locked alone in the house,
- keeping hot stoves out of children away,
- not smocking in bed,
- using candles while on stand/holder and not leaving them burning unattended,
- storing matches out of children reach,
- not leaving buffes to burn unattended can spread to other houses,

- not burning rubbish unattended to fire may spread to the house

Scalds

Are caused by hot liquids:

Prevention

- hot liquids not to be kept in the pathway/where children can reach,
- not allowing children near boiling pots/hot water,
- keeping boiling pots stable and their handles turned away from human traffic,
- Directing steam away from handlers when opening lids during cooking.

Management of burns and scalds

- dip injured part in cold water or place under tap of running cold water to relieve pain and to reduce damage of skin,
- Avoid breaking blisters; (i) they protect injured part
(ii) It is painful breaking them
- avoid removing the adherent clothing,
- if persons clothing is on fire, wrap patient in blanket put out flames,
- avoid using artificial fabric e.g nylon,
- apply petroleum jelly if small burns,
- don't expose to air, it causes more pain,
- bandage loosely,
- severe burns to be attended by doctor.

Cuts

Causes:

Sharp objects cause cuts, scrapes, grazes and abrasion e.g knives, broken glass, sharp edges. Cuts causes bleeding and amount of bleeding depends on wounds depth. Deep cuts can damage nervous system.

Prevention

- (i) knives should be stored safely out of children reach,
- (ii) should be washed separately not putting together with other utensils,
- (iii) use chopping board when cutting meat and vegetables,

- (iv) dispose empty tins, broken bottles and pots, bury/throw into a pit latrine,
- (v) Keep compound clear of bones, sharp sticks, thorns and splinters.

Management of cuts

- clean around with clean water/weak antiseptic solutions,
- cover with a gauze/pad of clean cotton wool and bandage,
- Cover minor cuts with a plaster.

If deep and bleeding is severe;

- Press onto wound with clean hands or pad of cotton wool and bandage. Clean out all dirt, gloves should be clean to avoid infecting wounds,
- wounded part to be raised if limb,
- tie injured part/limb if bleeding continues with folded cloth/wide belt just above wound, avoid using a string/rope, loosen after a few minutes to avoid cutting off blood supply to injured part,
- take patient to doctor quickly to be given an anti-tetanus injection.

Bruises

Are swellings caused by bleeding inside skin/muscle,

Causes

- one being hit by a blunt object e.g hitting your head against wall,
- open doors, lockers, cabinets and drawers,

Prevention

- (i) ensuring all doors and drawers are well closed,
- (ii) placing a wedge to prevent doors from banging/slamming,

Management of bruises

- cooling bruised part with cold water on dumping it with a cloth soaked in cold water,
- keeping injured part slightly raised to cut down amount of blood flowing into to reduce swelling,
- alternate hot and cold water massage after 24 hours,
- use hot water on it for 3 minutes then very cold for ½ a minute, repeat 4 times to speed up healing.

Fractures

Causes

Refers to broken bones.

Caused by a fall, a road accident or heavy blow.

- Can be caused by slippery floors, potholes and cracks on old floor, spilt water/oil on the floor, peelings of vegetables and fruits and badly placed equipment that may make one stumble and fall.

- Loose tiles, littered clothes/books, torn edges of carpets, chipped edges on stairs can also cause falls,

- A house not well lit can also cause falls,

Kinds of fractures

(i) Simple fractures

(ii) Compound fractures

In simple one is broken and cracks can be seen on X-ray. Has pain and swelling.

In compound bone is broken into many pieces (splintered and pieces of bone may pierce through skin. Are very painful and may lead to deformation of limb.

Prevention

- Floors being well maintained,

- Ensuring tidiness in the room,

- Repairing floor coverings immediately,

- Wiping spills immediately,

- Ensuring house is well lit

Management of fractures

- never push back a broken bone,

- don't massage broken limb,

- avoid moving injured person,

- put splint on broken part using straight stick tie fractured part, securely to immobilize limb.

- use stretcher to move patient,

- seek medical attention.

Sprains

It is a tearing/stretching of ligaments in joint especially wrist of ankle.

Cause

Happens when joint is twisted accidentally e.g stepping on uneven ground.

Symptoms

- painful joint,
- hotness,
- swelling

Prevention

- walking carefully if floor is uneven,
- wearing shoes of comfortable height

Management of sprains

- dipping part in very cold water immediately. It reduces pain and swelling or crushing ice cubes in a plastic bag, wrapping it in a towel and dabbing the injury, should continue for first 12 hours,
 - keep limb raised for next 24 hours to slow down blood flow into joint to reduce bleeding into it,
 - curving some pain reliever,
 - dip the part in hot water severally after 24 hours,
 - avoid massaging the part,
 - serious sprains to be attended to by a qualified doctor,
 - give joint some light exercise if area is free from pain,
- sprain treatment is called RICE

R - Rest

I - Ice

C - Compress

E - Elevate

- It means there should be no movement,
- Ice should be used to compress and injured part to be elevated,
- to know whether it is sprain/fracture an X-ray should be taken.

Suffocation

One will suffocate when fresh air supply is limited,

Causes

- (i) breathing in poisonous gas e.g CO₂ from a charcoal stove in a poorly ventilated room,
- (ii) leaking gas and petrol fumes in a poorly ventilated room,
- (iii) objects e.g polythene bags put over head cuts off fresh air supply.

Prevention

- turn of gas tap after use,
- check tubes, pipes and burners for leaders,
- exercise caution when lighting burners for gas not to flow before lighting,
- dispose plastic bags appropriately to avoid accidents,
- use a charcoal stove in a well ventilated room,
- put off fumes if not in use

Caution (when using gas)

Incase of leakage:

- (i) check source fix it,
- (ii) put off open fires,
- (iii) disconnect and take cylinder out if leakage continues,
- (iv) seek advice,
- (v) ventilate room for few minutes before lighting a fire to income any gas leaked escapes,

Management of suffocation

- (i) take person to an airy places if due to lack of air,
- (ii) if due to polythene paper remove it,
- (iii) seek medical attention if person in unconscious,
- (iv) if due to leakage switch off gas cylinder if from charcoal fumes, ventilate room, keep one window open,

Choking

Causes

Objects e.g food getting stuck in throat/air passage making breathing difficult,

Beads, seeds, small toys, coins, marbles can also cause this if swallowed by children.

Prevention

Teaching children not to swallow foreign objects.

Management

- stand behind patient if an adult hold patient by waist fist against abdomen just above navel below ribs,

- press belly with several strong jerks to compress lungs and force air up throat, to force the stuck object pop out,

NB:- person can also be hit by palm of hand between shoulder blades till objects pops out.

Foreign body in eye

Causes

- eyelash/piece of grit,

- chemical

NB:-

- these irritate eye,

- may cause swelling up,

- may cause burning sensation and itching,

Management of foreign body in eye

- avoid rubbing affected eye,

- lift upper/lower eyelid to expose eyeball,

- ask person to move eyeball to left, right, up and down and look for object,

- try to remove if it is seen by;

(i) flooding eye with clean water,

(ii) allow person blink eye while under water,

(iii) press eyelid with matchstick to expose object,

- remove object with moistened piece of gauze/corner of clean handkerchief,

- cover affected eye seek medical assistance,

- never remove it if its firmly stuck on pupils/iris,

- seek medical advice,

Management of chemicals in the eye

- it chemical flood eye with clean water to neutralize if possible force eye open to facilitate entry of water,
- flush it for approximately 10 minutes, dry face lightly, cover eye,
- seek medical assistance,

Foreign body in ear

Cause

Child may push a small object into ear/insect may crawl into ear,

NB:

- may cause temporary deafness,
- crawling/brizzing insect may sound frighteningly loud,
- if pushed far may perforate ear drum causing pain and discharge,
- may result to deafness.

Prevention

- teaching children not to push foreign objects in ear,
- storing seeds and grains out of reach of children,

Management of foreign body in ear

- never use a finger to removed object it may move further inside,
- hold head in a way that the ear is bend towards ground if it is an insect for it to crawl out,
- flush gently with warm water/vegetable oil,
- seek medical assistance if it doesn't come out,

Foreign body in nose

Cause

Children pushing foreign objects e.g seeds and beads into nose,

NB:- this can cause discomfort,

pain,

nose-bleeding,

then discharge

Prevention

- children being taught not to put foreign objects in the nose,
- storing small objects appropriately,
- keeping seeds and grains out of children reach,

Management of foreign body in the nose

- press unaffected nostril with finger and blow nose to remove,

NB:- never attempt to remove it, seek medical assistance, assist children to blow the nose,

- seek medical assistance immediately for small children.

WEEK 2**Shock**

It is a condition of weak rapid pulse, quick shallow irregular breaths, cold, heavy sweating, confusion or loss of consciousness.

Symptoms

- air becomes dull, clammy and cold,
- person feels giddy and faint,

Causes**(i) Electricity**

It causes severe burns, shock and electrocution.

(ii) Receiving unexpected bad/good news

Severe pains, loss of blood, severe diarrhoea,

Vomiting

Allergy

Prevention

- Electric wires to be well insulated,
- replacing damaged wires,
- teaching children not to push objects into sockets,
- not touching switches with wet hands,
- turning off switches when not in use of power,
- replacing/repairing defective appliances.

Management

- making person comfortable,
- treating cause of shock,
- reassuring person,
- giving hot drink if conscious,
- seeking medical assistance,

Fainting

Occurs because of temporary inadequate supply of blood to brain,
Persons feels dizzy and loses consciousness,

Causes:

- loss of blood,
- illness e.g anaemia,
- fear,
- receiving bad news,
- seeing injured person/blood,
- being physically weak/having stood on sun for long,

Management

- loosen tight clothing while reassuring victim,
- place him/her in a cool airy place e.g under shade/well ventilated room,
- lay him with head lower than rest of body,
- avoid overcrowding around casualty,
- seek medical attention,

Nose bleeding

Causes

- blowing nose too hard,
- sneezing,
- injuring it with a fingernail while pricking it,
- air pressure changes,
- high blood pressure,

- fractured skull,

Management of nose bleeding

- person should sit with head slightly raised to prevent blood flowing down throat,
- pinch/plug nose for 15 minutes make person breath through mouth,
- cool face with wet cold towel,
- repeat for 15 minutes if bleeding doesn't stop,
- let person spit out any blood flowing into mouth,
- seek medical advice if it persists.

Drowning

Cause

- water left in basins, karais, bathtubs, and buckets,
- swimming pools, dams and water pools,

A drowning person struggles to breath but water enters airways. One who is drowning will assume a vertical position, make erratic strokes and jerky movements that gradually decrease and stop if he/she fails to get help

Prevention

- children should not be left unattended,
- water stored in buckets and other container to be covered tightly,
- pools around house to be drained,
- taps to be turned off,
- bathtub should be unplugged,
- bathroom to stay locked,
- cautioning school going children against playing near dams, rivers, pools of water unattended,
- covering any manholes near house.

Management

- save the person/call for help,
- if victim is not breathing act immediately,
- give mouth to mouth resuscitation (breathing)
- wipe away foreign matter in mouth use fingers wrapped in a piece of cloth,

- there should be no foreign matter in mouth,

NB:- if a young victim mouth-mouth should be done gently to avoid too much air in lungs.

- Victim should lie down with head lower than feet to get water out of chest,

- Belly to be pressed with strong jerks and mouth the mouth treatment continued,

- Back pressure – arm lift method on chest pressure – arm lift method or artificial respiration can be given to facilitate breathing as well as water ejection from stomach. Repeat whichever method 12 times per minute. Check stomach contents in mouth and keep wiping it.

- Keep victim warm

- Treat for shock, seek medical advice.

Bites and Stings

Causes

- can be by insects stings with their tails, others bite by mouth, e.g bees, wasps, hornets and scorpions stings,

- spiders, mosquitoes, lice, bedbugs and ticks bite

Prevention

- maintaining high standards of cleanliness to avoid infestation by insects and other pests,

- house to be well lit,

- changing beddings regularly and airing properly

Management of insect stings and bites

- insects inject poison in the body when they sting and the poison should be neutralized to stop from spreading to body organs,

- bees live their sting in the body,

- others sting (bite more than once because they never lose their stings)

(i) remove sting using fingernails or pair of tweezers of bee stings,

(ii) cover part with a paste of baking powder mixed with cold cream or milk, or dab with a cloth that has been impregnated with alcohol/surgical spirit,

place ice on sting

very cold water can be used to clean injured part.

(iii) Seek doctors assistance immediately if its;

(a) scorpion/spider bite

(b) victim allergic to insect stings/bites

(c) victim who has been stung by many bees;

Apply paraffin if they are many bee stings to remove them but still consult doctor.

Snake bites

Not all snakes are poisonous but it is always important to handle all as poisonous. Poisonous snakes normally inject poison into the bitten part when giving first aim at stopping poison from spreading to whole body.

Management:

- study bite marks, a poisonous snake will leave two distinct marks made by fangs. sometimes other little marks made by teeth will be seen.

- non poisonous snakes don't leave any fang marks.

NB:- avoid moving part bitten to prevent rapid spread of poison if bitten on foot, victim shouldn't walk, instead should be carried on stretcher, to reduce spread of blood movement and slow down poison spreading,

- cloth should be tied around limb above bite but shouldn't be tight, loosen after every half an hour to allow blood circulation,

- bitten part should be wiped with a cloth to remove poison that may be on skin,

- cut injured part using a clean sharp razor blade/tip of a sharp knife four times working parallel to length of limb,

- gently but firmly press sides of injured wound to bleed so that poisoned blood can be removed,

- untie and retie area above injury at intervals of 15 minutes for oxygen to reach area beyond injury,

- treat for shock,

- seek doctors advice,

Poisoning

Causes

- taking an overdose,

- swallowing/inhaling insecticides, pesticides, medicines, kerosene and household cleaning agent,

- using cosmetics, creams that have hydroquinone/mercury,
- eating/touching wild plants/fruits e.g datura stramonium
- storing grains in damp conditions have aflatoxin that can cause food poisoning,
- eating poisonous parts of some food e.g pith and skin of cassavas,

Prevention

- labeling medicines, insecticides, pesticides and other poisonous substances and storing out of children reach,
- washing hands thoroughly with soapy warm water after handling pesticides and insecticides and not storing chemicals near foods,
- not storing paraffin and other clear liquid chemicals in soda juice or water bottles. Children mistake them for drinks/water.

Management

(i) look for clues that may help identify the substance taken e.g container/label/stains on lips/colour of vomit,

NB:- take container to doctor for present/if no clue taken vomit to doctor for analysis.

(ii) Check if lips are dry; NB:- avoid inducing vomiting if victim complains of burning sensation in throat and pain in stomach because substance may be corrosive which when vomited can cause further damage to throat instead give plenty of water to dilute the poison and facilitate removal through kidneys.

(iii) If acidic poison taken neutralize it by giving victim an alkaline drink e.g milk of magnesia, 1 teaspoon for every cup of water or give milk, egg white or soap solution; NB:- avoid synthetic detergents.

(iv) For alkaline poisons give a fruit juice to neutralize and seek medical assistance quickly.

(v) If a clear substance is one taken and is not corrosive induce vomiting by pushing 2 fingers down the throat or by giving raw eggs.

NB:- patient should vomit while bending forward to ensure vomit doesn't get into lungs give plenty of milk/warm water having baking soda for every half a litre, this is to dilute poison in the stomach, inducing vomiting can be repeated

(vi) Take patient to doctor.

FIRST AID

It is the immediate help given to a person who has had an accident/sudden illness before taking him/her to the doctor. Include attention given to small injuries for quick healing

FIRST AID KIT

- it is essential in every school and home,
- it is a must in public vehicles e.g matatus and buses,

NB:-

- should be kept in a safe place
- easy to reach
- children should be taught how to use it.

Items of a First Aid kit

- Bandage,
- Clinical thermometer,
- Cotton wool,
- Safety pins,
- A pair of tweezers,
- Pain relievers/painkillers,
- Clean drinking water,
- Small pair of scissors,
- Plasters,
- Triangular sling,
- Antiseptic,
- Petroleum jelly,
- Sterile gauze.

Medicines

It is any substance taken to relieve pain/cure illness.

Basic instructions on using medicines

Dosage:- is the recommended amount of medicine to be taken at any time. It depends on age of patient.

Frequency:- is the intervals at which medicine is to be taken, i.e how often the medicine should be taken e.g once, twice/thrice a day. May or may not specify time in relation to meals.

Duration:- is how long medicine should be taken before being discontinued.

Storage:-

Gives instructions on how medicine is to be stored e.g keeping in a cool dry place in a fridge, away from children or direct sun.

Instructions for use;

e.g shaking well before use and keeping container tightly before storage.

Caution

Advising patient not to drive, drink alcohol or operate a machine after taking the medicine.

Difference between misuse and abuse of medicines

- **Misuse** – deviating from basic instructions regarding use of a type of medicine.

- Giving someone else medicine in belief that your illness are similar

- **Abuse;**

(i) taking someone else's medicine in belief that your illness are similar,

(ii) continuing to take a type of medicine which has been prescribed by doctor till you become addicted.

(iii) using the medicine for other reasons e.g to get intoxicated, procure an abortion, sleep, commit suicide (homicide etc),

WEEK3

CHAPTER 3 (ACTIVITY 3)

SAFETY IN THE HOME AND FIRST AID

1. Suggest two measures to take immediately when nose bleeding occurs. (2mks)

2. Name four items in a first Aid kit that can be used to manage burns. (2mks)

3. Define first Aid. (2mks)

4. What causes fainting? (1mk)

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5. Define first aid. (2mks)

6. State three aims of first aid. (2mks)

7. Differentiate drug abuse from drug misuse. (2mks)

8. Give three points to consider when administering first aid to a victim of poisoning. (3mks)
9. State two precautions to take when handling choking in children. (2 mks)
10. Identify three major causes of suffocation. (3 mks)
11. What is RICE treatment in first Aid? (2 mks)
12. State three preventive measures to take to avoid cuts at home. (3 mks)
13. Write down the procedure to follow when handling someone who has been bitten by a venomous snake (8 mks)
14. Write down the procedure to follow when handling someone who has been bitten by a venomous snake. (8 mks)
15. State three precautions to take when handling a foreign body in the eye. (3 mks)

CHAPTER 4

HOUSING THE FAMILY

A house is a physical structure that provides shelter for family members and possessions. It protects family from unfavorable conditions, wild animals and enemies.

Types of houses

Houses differ in design, structure and materials used,
Resources available determine type of house to built.

Traditional houses/huts

- Are circular in most cases apart from maasai ones,
- Are built of wooden poles and sticks,
- Are thatched with grass, palms and reeds,
- Walls are smeared with mud and cow dung,
- Are divided into specific areas depending on family needs.

Modern houses

- Are an improvement of traditional houses,
e.g roofs, improving from grass thatched to corrugated iron roofs/tiles, walls from mud smeared ones to cemented, mud walls and use of wood to bricks, stones and concrete, floors from earthen to cemented, wooden (parquet) terrazzo and tiled floors. Windows made of

metallic/wooden and glass panes same to doors.

Bungalows:

Are houses with all rooms on one floor. Found in rural and urban areas.

Advantages

- Are convenient for families with young children, old and physically impaired since all rooms are on same floor,
- Are cheaper to build and easier to extend than maisonnette,
- More private than maisonettes and flats.

Disadvantages

- Occupy a lot of space all rooms are on same floor,
- Don't offer adequate security.

Maisonettes

- Are houses with some rooms on ground floor and others on upper floor,
- They may be attached, semi-detached/detached,
- Semi-detached ones share one common wall detached don't share any wall,
- Attached share common walls.

Advantages

- Saves land space, some rooms are above others,
- Family safe from break and several units are together,
- Saves building materials because units share common walls,
- Semi detached are private.

Disadvantages

- Sometimes rooms are too close to provide enough privacy,
- Not easy to demolish/extend a house at ones will,
- Pests can crawl from one house to another,
- Fire can easily spread from one house to another.

Flats/Apartments

- Are complete houses on several floors,
- Common in urban areas.

Advantages

- Saves on land because several housing units can be on same plot,
- Saves building materials because they share walls.

Disadvantages

- Noise can distract if walls are not sound proof,
- Climbing, staircase is tiring for those living upper floors especially elderly and physically disabled.
- Pests can crawl from one side to another,
- Children and elderly, physically, disabled can fall downstairs,
- Difficult to compound clean.

Essential areas and their placement in the house

- The living room (sitting room/entertainment area),
- The kitchen/cooking area,
- The dining room/or eating area,
- The storeroom/or the storage area,
- The bedrooms or sleeping area,
- The toilet and bathroom/sanitation area.

NB:- when planning a house position of rooms in relation to each other and purpose to consider areas with related activities to be near each other, e.g eating area near cooking area; toilet should be near kitchen; sleeping area to be away from entertainment area to allow for relaxation and privacy.

The living room

- Should be accessible from main door and front,
- Adequate space should be provided.

The dining room

- Space should be enough,
- May be part of living room/ a separate room,
- Should be close to kitchen and living room.

The bedroom

- Should provide space,
- Should provide maximum comfort,
- Should provide privacy and relaxation,
- Should be away from noisy areas, idle living room and kitchen.

Sanitation area

Includes bathroom/bathshelter and toilet or latrine,

- Should be easily accessible from living and bedroom,
- Should be away from kitchen.

The kitchen

- There should be direct access to the dining room and food store,
- It should be accessible from main door and bedrooms without passing through sitting room,
- Work centres should be arranged in a way that energy and time are saved,
- Kitchen window should be large enough to allow in plenty of air and light.

PLANNING AND EQUIPPING THE KITCHEN

(a) The one wall plan kitchen type;

- work centres are arranged in a row

e.g cooker, sink, fridge and food store are all in one row,

NB:- there should be enough space between 2 opposite walls to allow doors and cabinets open freely.

(b) The L plan kitchen type

Work centres are on two adjoining walls.

(c) The U plan kitchen type

Equipment arranged along three walls forming a U shape,

Advantages: it produces enough floor space between 2 opposite walls to allow doors of equipment and cabinets open freely.

METHODS OF PROVIDING FAMILY SHELTER

- (i) building a house,
- (ii) renting a house

(iii) buying an already built house

(i) Building a house

Factors to consider when building a house;

(a) Site

Should be close to social amenities e.g roads, water, electricity, sewerage system, a hospital, a shopping centre and schools.

(b) Type of soil

Should be one that is not difficult and costly to manage.

(c) Drainage

Soil should be well drained not to flood during wet season, to prevent damage to property and leads to dampness that is a health hazard and to support foundation of the house.

(d) Neighbourhood

The environment should be safe, it should not be near factories, airports and sewage plants for health reasons.

(e) Cost

Includes cost of land, architect fee, legal fees and cost of materials and labour used when building house. It should be affordable.

(f) Size of family

A family with many children of both sexes may require more rooms and family that entertains many visitors requires a larger sitting room.

Types of materials

Geographical area

Materials used should be ones that allow house to remain cool e.g makuti at the coast while in cold regions, materials used should allow house to remain warm.

Availability

Some materials are easily available in certain areas e.g brick are common in certain areas of eastern.

Durability

It determines how long the house will be used.

Orientation

Refers to positioning of house in relation to sun, direction of wind and nearness to main road.

Size of land available

It determines type of house to be built whether a bungalow, maisonette or flat.

Buying a house

Factors to consider when buying a house;

(i) Cost

Price and other charges by legal and valuation fees should be within financial means of buyer.

(ii) Value of house

Seek professional advice on value of house to determine whether it is worth price

(iii) Location of house

It should be in relation to distance from place of work, schools, means of transport and other social amenities.

(iv) Construction

Should be well built and should have surfaces and fixtures that are durable and attractive.

(v) Orientation

Should take best advantage of natural view.

(vi) Family requirements

Should have adequate space to meet needs of the family members.

(vii) The reliability of seller

All legal documents to be available and valid before final transaction.

Renting a house

(i) Income

Family should rent a house that they can easily afford without straining.

(ii) Life of family

A large family will require a big house

(iii) Composition of family

It determines size and type of a house. A family with both boys and girls need separate bedrooms for both sexes.

(iv) Place of work and schools

It should be near place of work and schools to avoid spending much on transport.

(v) Social amenities

Consider social environment i.e security and behaviour patterns of the community in area.

WEEK 4

CHAPTER FOUR (ACTIVITY 4)

HOUSING THE FAMILY

1. Explain four factors to consider when choosing a plan for a family house. (4mks)
2. Mention the three centers of work that make up the work triangle in the kitchen. (3mks)
3. State two ideal positions for a pit latrine in a homestead (2mks)
4. State two disadvantages of masonettes (2mks)
5. Define a house. (2mks)
6. State two disadvantages of bungalow housing design. (2mks)
7. State two factors to consider when buying a house. (2mks)
8. State two advantages of traditional houses. (2mks)
9. Give two reasons why U- plan kitchen type is said to be the most convenient. (2mks)
10. State three disadvantages of renting a house. (3mks)
11. Give two reasons why flat designs are not suitable for the young and the elderly (2mks)

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CHAPTER 5

CARE OF THE HOME

- A house is a basic necessity for people so that always be kept in order.

- Living in dirty and unpleasant conditions is a health hazard,

- It should be cleaned for comfort, health and safety.

Classification of dirt/dust

(i) loose dirt

(ii) fixed dirt

(i) Loose dirt

It is composed of very small light organic or inorganic particles e.g soil, ash, soot, chalk, dry leaves, scraps, or hair and skin that can be carried from one place to another.

(ii) Fixed dirt

It is dirt which when it comes into contact with water or grease, it sticks onto surface of an article. It can also be due to air and moisture forming tarnish in metallic materials e.g of fixed dirt.

(a) stains

(b) mud

(c) tarnish/rust

Basic cleaning equipment and materials

Cleaning equipment

e.g

(a) sweeping broom

(b) scrubbing brush

(c) cobwebs brush

(d) toilet brush

(e) dustpin and dustpan brush

(f) clothes brush

(g) bottle brush

(h) buckets

(i) basins and karais

(j) dusters

(k

) mop and mop bucket

(l) floor cloth

(m) scoring pad

Cleaning materials and agents

Examples of cleaning materials and agents:

(a) detergents

(b) grease solvent

(c) crease absorbents

(d) metal polishes

- (e) glass cleaners
- (f) abrasive powder
- (g) toilet cleaner
- (h) air fresheners

Broom and brushes

Materials for making brooms and brushes

- Handle made of wood, metal/plastic can be plain, painted/varnished
- Broom fibres on head may be made of animal hair, vegetable fibres, grass, straw synthetic filaments.

A. Animal hair

(1) Horse hair

Makes good quality sweeping brooms and brushes

Disadvantages: It is expensive

(2) Bristles

- it is from animal of the pig family,
- it is strong and resilient,
- it is thick at base and tapers towards end. Mass so ideal for sweeping and collect dust well,

(3) Goat hair

- it is very soft and made of goat's hair,
- used to sweep delicate surfaces,

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B. Vegetable fibres

Produces stiff brooms and brushes

(1) Bass

- it is strong wood fibrous material, also called bast fibre
- it is from inner fibrous bark of plants e.g flax, hemp and jute,
- it is stiff and used for making yard brooms,

(2) Bassive

- from palm trees,
- if it finer than bass and often used as a substitute,

Coconut oil

Used for making stiff brooms, it is the midrib/leaflets of palm trees.

Sisal

It is for brooms and brushes, it is not very stiff and used for sweeping floors.

C. Grass/straw

For making brooms and brushes.

- it is cheap

- for sweeping earthen floor and cupboard.

D. Synthetic filaments

- for making brushes e.g nylon,

- it is strong and resilient,

Advantages: it doesn't absorb odours and moisture, it dries quickly.

Disadva. If of poor quality it crumples and tangles after use,

Choice of brooms and brushes

(i) buy them for right purpose,

(ii) bristles should be soft/hard and pliable depending on purpose intended for,

(iii) bristles to be closely and firmly fixed,

(iv) handle to be smooth and of comfortable length,

(v) broom to be light in weight,

(vi) handle to be firmly fixed into head, outer end should have a hole/depression for hanging in order for storage to be easier.

(vii) Head to be smooth and curved at edges to avoid damaging furniture,

(viii) Wooden part to be appropriately finished for easy cleaning,

(ix) Materials used should be durable for brush to last long.

Daily care of brooms and brushes

(i) remove fluffs threads and bits of hair,

(ii) shake off any dust after sweeping,

(iii) store by hanging/placing upright on handles to avoid damaging bristles,

Special cleaning of brooms and brushes

- (i) prepare warm soapy water, wash bristles by flicking them in water to remove dirt. Remove dirt if any bits of hair and dirt use a wire or smooth stick then wash,
- (ii) rinse in warm water then cold to refreshen bristles,
- (iii) clean handle and head carefully depending on material and finish,
- (iv) flick broom to remove excess water,
- (v) dry brooms and brushes outside by hanging/placing sideways to drip, if laid on back water soaks into wooden part making it rot,
- (vi) put toilet brushes in special containers head facing downwards,
- (vii) dry them completely,
- (viii) hang in a special cupboard/broom rack, bristles facing upwards to avoid flattening.

Points to note when cleaning brooms and brushes

- wash them outside the house,
- use plain water when washing coconut ones because soap softens them, add the ammonia washing soda,
- clean stiff brooms and brushes without using detergent to avoid becoming brittle,
- those for brushing need both soda and detergent to ensure removal of all polish,
- wash and rinse toilet brushes in disinfectant water,

Dustpans

Can be of plastic / metal, have a flat base.

Choice

- should be strong,
- edge should be open for dirt and dust to be swept into it,
- edges must be smooth to avoid accidents and damaging of furniture,

Care of dustpans

- don't bang,
- brush off after use and store appropriately,
- wash weekly in hot soapy water,
- rinse dry and store by hanging,

buckets, basins, and karais

Choice of basins and buckets.

NB: Disadv.

- Galvanized iron buckets are heavy and cumbersome,
- Adv.

Are strong and durable

NB-

- Enamel ones will cheap and rust easily,
- Plastics ones are light and easy to clean, they also don't chip.

Care of basins and buckets

- wash using warm soapy water

after use:

- rinse and dry well,
- store away from dust,
- avoid drying on the sun they may bulge and crack,
- avoid drying near fire they will warp,
- avoid dropping and knocking them over to prevent cracking,
- don't use harsh abrasives they will scratch it,
- don't store water in galvanized ones for long they will rust

WEEK 6

FLOOR CLOTHES

Choice

- should be made from thick and absorbent materials,

Care of floor clothes

- wash after use with soapy water,
- rinse dry, store appropriately,

Dusters

Are for removing dust and buffing polished and painted surfaces.

Choice

- should be of a fabric that can remove dust,
- should be able to hold dust,

Care

- wash thoroughly in warm soapy water,
- rinse in warm water finally in cold,
- dry in open air,
- store in a dry well ventilated place,

Mops

Floor dusting ones are for dusting floor surfaces after sweeping,

Furniture dusting ones are for dusting furniture,

Floor polishing mops are for polishing and buffing surfaces,

Wet mops are for tiled floors.

Choice

- should be made of twisted cotton yarn,
- should have a removable handle for convenience when washing,

Care of wet mops

Wet mops are used together with a mop bucket to clean,

- should be washed and rinsed well,
- should be dried well after use,
- should be occasionally disinfected.

NB:- mops are for buffing polished floors.

- should be washed well after use,
- should be dried and stored properly (impregnated ones are used for shining floors).

Sponges and cleaning clothes

Are for various cleaning e.g kitchen clothes and floor clothes.

Choice

- should be highly absorbent,
- should be made of strong fibre,

Care of sponges and cleaning clothes

- wash with soapy after use,

- rinse thoroughly,
- squeeze out excess water dry well,
- store away from dust.

Chamois leather

Is soft leather made from skin of goats,

Used for polishing glass and smooth surfaces.

Care of chamois leather

- wash in warm soapy water,
- rinse and dry in a cool place,
- store when dry

IMRPOVISING CLEANING EQUIPMENT & MATERIALS

Examples

Long grass, reeds/twigs used to make brooms.

a) Grass and reeds

- collect long green grass and reeds,
- take a reasonable amount, tie tightly using a string,
- fold top edges back tie again to make firm and to produce a neat edge,
- trim cover edges evenly.

b) Twigs

- Collect greed twigs,
- Trim well to a uniform length,
- Tie firmly at upper edge,

Improvising brushes

Cobweb brushes,

- use sisal/coconut fibres,
- tie well round a long smooth stick,
- trim

Bottle brushes

- use sisal/coconut fibres,

- tie well around a small smooth stick,
- trim

Dustpans

- use a flat piece of tin/debe, cardboard paper, an old jerrycan/large rectangular plastic bottle.

Cleaning clothes

- use old sheets, clothes
- should be washed and cut neatly into required sizes,
- hem edges,

Floor clothes

- use old bedcovers, blankets, towels and sheets,
- should be washed clean,
- should be cut neatly into required sizes and edges hemmed.

IMPROVISED ABRASIVES

- charcoal,
- crush charcoal into a powder
store in a covered container

- sand sieved
- rough leaves

shouldn't be from poisonous plants,
should be fresh,
clean before use,

- sisal
- crushed egg shells
- maize cobs

Reasons for cleaning a home

Cleaning is the removal of dirt and any other foreign matter from the surface of an article, a household furnishing or any other item;

Why clean;

(a) For preservation of appearance

Dirt is removed from surfaces so that the original appearance is retained.

(b) Prolong life of the article/surface

If dirt accumulates it destroys surface as harsh methods of removal will be applied and will erode surface.

(c) Ensures healthy environment

Dirty conditions encourage breeding of disease spreading insects e.g flies, mosquitoes and pests e.g rodents.

(d) Psychological satisfaction

A clean tidy home makes family feel comfortable and motivated to stay in the house.

(e) To cut down costs

Fixed dirt requires expensive cleaning agents and takes time and energy to remove.

METHODS OF REMOVING DIRT FROM SURFACES

1) Sweeping

- collect all necessary equipments,
- move movable furniture to one side, cover foodstuffs,
- close windows and doors to prevent dust from being blown by wind,
- sweep from farthest corner coming towards door,
- maintain good posture not to get fixed,
- sweep with a long low strokes to avoid rising dust too much,
- head of broom to be kept down to ensure all dust is trapped between bristles,
- stand behind broom not to get dirty,
- sweep all parts of room methodically,
- gather all dust together at a point, collect using a dustpan and brush,
- put collected dust in a sheet of newspaper with dirt picked from broom wrap burn/put in a dustbin,
- rearrange furniture, open windows and doors to air room,
- dust all surfaces methodically,
- clean used equipment, store appropriately,
- if earthen sprinkle a little water over whole surface to reduce amount of dust that is to be

raised.

2) Dusting

- should be after sweeping a room

Procedure:

- Fold duster to form a pad because it removes dirt effectively,
- Work methodically from top downwards,
- Unfold and refold duster to expose clean surface, dust till thoroughly done,

3) Scrubbing

A method used to remove fixed dirt from surfaces e.g surfaces made from stone, cement terrazzo and plain wood;

Procedure;

- use warm soapy water and hard scrubbing brush from farthest end to room,
- scrub a small area at a time using circular motions along grain,
- rinse scrubbed areas by wiping with clean cloth rinsed in warm water,
- overlap sections work towards door,
- dry surface

4) Suction

A vacuum cleaner is used to remove dirt from surfaces.

Advantages:

Loose dirt is not blown about from surfaces instead it is sucked into a bag attached and can be disposed later.

Types of vacuum cleaner

- (a) upright suction cleaners,
- (b) cylindrical suction cleaners,
- (c) round suction cleaners.

Use and care of vacuum cleaners

- (a) follow manufacturers instructions to avoid damage to both machine and surface being cleared,
- (b) emptying dust bags regularly if too full they strain motor hence wear it or tear dirt bag,

- (c) storing in a cool dry place to avoid damaging it,
- (d) servicing a cemented dealer to avoid damage,

5) Wiping

Used on floors that can be damaged by scrubbing and scouring;
e.g PVC flooring, tiles & painted and varnished surfaces.

Procedure;

- (a) wipe floor with a mop, sponge/cleaning cloth from warm soapy water, if stubborn dirt rub using mops, sponge or cloth with a mild abrasive,
- (b) rinse with a cloth from warm water then cold to remove dirt and soap,
- (c) dry,
- (d) buff to shine

Removal of fixed dirt

Should be removed with help of a cleaning agent.

Type of agent to use depends on

- (i) nature of dirt,
- (ii) surface from which dirt is to be removed

Agents used

- water,
- soap and soapless detergents,
- abrasives e.g scouring powder and pads,
- grease solvents e.g kerosene, benzene and turpentine,
- absorbents e.g chalk, blotting papers

Cleaning different rooms in the house

Daily cleaning

It is removal of loose dirt from rooms and surfaces on daily basis e.g sweeping, brushing, dusting and suction.

- It involves tidying up, that is putting household items back to their normal place.

Weekly cleaning

Involves removal of both loose and fixed dirt,

- It is thorough cleaning done once a week e.g sweeping, dusting, suction, scrubbing and wiping.

Special cleaning

It is thorough cleaning done occasionally once a month.

- Assign cleaning different surfaces; pg 88 – 105.

CHAPTER 5 (ACTIVITY 5)

CARE OF THE HOME

1. Suggest two ways in which old newspapers may be used when cleaning a house. (2 mks)
2. List three ways of improvising cleaning agents in the home. (3 mks)
3. Suggest two qualities of a good bathroom floor. (2 mks)
4. List three ways of caring for galvanized iron buckets in the home (3 mks)
5. Mention three desirable characteristics of a duster. (3 mks)
6. Give two reasons why buffing the floor after polishing is necessary (2 mks)
7. What safety measures should be considered when arranging furniture in the sitting room? (3 mks)
8. State six factors to consider when choosing long handled brooms and in each case explain why? (6 mks)
- 9 List two improvised abrasives in the house. (2 mks)
10. Identify three tasks that are carried out only during special cleaning of a bedroom.(3 mks)
11. Give three reasons for removing dirt from surfaces (3 mks)
12. Identify two areas in a house where high polishing should not be done (2 mks)
13. Describe the procedure of thorough cleaning a wall with oil paint. (6 mks)
14. Describe the procedure of thorough cleaning a cemented floor. (7 mks)
15. List down 8 tasks carried out when caring for a home compound. (4 mks)
16. State the classification of dirt. (2 mks)
17. State two reasons for cleaning a house (2 mks)
18. What are grease solvents? (1 mk)
19. Differentiate fixed dirt from loose dirt (2 mks)
20. Give two points on daily care of brooms (2 mks)

21. Give two reasons why galvanized iron basins are unpopular today (2 mks)
22. What is a mackintosh? (1 mk)
23. Explain suction (3 mks)
24. Describe the procedure for cleaning a highly polished floor. (8 mks)
25. With reasons describe the procedure for weekly cleaning a pit latrine. (10 mks)