



Myfuture CBC Revision

Home Science - Grade 4

Question Paper

1. Which kitchen utensil is fragile and can shatter easily if dropped?

- A. Bamboo cutting board
- B. Silicone whisk
- C. Stainless steel grilling tongs
- D. Ceramic bowl

2. How often should you clean and maintain your shoes?

- A. Once a week
- B. Once a month
- C. Once a year
- D. Every time you wear them

3. The _____ is used for making the bill which is charged according to the service requested.

- A. Laundry Lists
- B. Washing
- C. Heat-sealed tape
- D. Repair jobs

4. What is a common symptom of typhoid fever?

- A. Skin rash
- B. Constipation
- C. High fever
- D. Runny nose

5. Which food group does pasta belong to?

- A. Grains
- B. Vegetables
- C. Protein
- D. Dairy

6. What type of stitch is ideal for sewing up hems on clothes for a neat finish?

- A. Running stitch
- B. Hemming stitch
- C. Overcast stitch
- D. Whip stitch

7. What is the correct way to store laundry detergents?

- A. In an airtight container
- B. In a cool, dry place
- C. In direct sunlight
- D. In a damp and humid place

8. Which fuel is environmentally friendly for cooking at home?

- A. Coal
- B. Biogas
- C. Diesel
- D. Plastic

9. How can you prevent clothes from getting wrinkled in the dryer?

- A. Dry the clothes on high heat for a shorter time
- B. Take the clothes out of the dryer immediately when done
- C. Fold clothes while they are still warm
- D. Add extra fabric softener to the dryer

10. What does the word 'warranty' mean when buying a product?

- A. A warranty is an extra fee added to the cost of a product.
- B. A warranty is a promise from the manufacturer to repair or replace a faulty
- C. A warranty is a consumer's right to return a product for a full refund.
- D. A warranty is a guarantee that a product will last forever.

11. What should you do with empty laundry detergent bottles?

- A. Reuse them for storing other liquids or cleaning products
- B. Leave them scattered around the laundry room
- C. Throw them in the trash bin
- D. Bury them in the backyard

12. What should you do if you smell gas in your kitchen?

- A. Open all windows and doors
- B. Ignore it
- C. Increase the gas flow
- D. Turn off the gas immediately

13. Which of the following is a good practice for drying wet shoes?

- A. Putting them in the dryer on high heat
- B. Using a hairdryer on high heat
- C. Stuffing them with newspaper and placing them in direct sunlight
- D. Leaving them wet and letting them air dry naturally

14. Which Kenyan dish is made from ground corn and mixed with vegetables or meat?

- A. Ugali
- B. Githeri
- C. Sukuma Wiki
- D. Irio

15. Which of the following is a common reason for using stitches on clothes?

- A. To make them more expensive
- B. To make them more uncomfortable
- C. To make them less durable
- D. To make them stronger

16. How can you prevent odors in your shoes?

- A. Wearing shoes without socks
- B. Spraying them with perfume
- C. Wearing socks made of synthetic materials
- D. Removing insoles to air them out

17. Which food group does lentils belong to?

- A. Protein
- B. Legumes
- C. Fruits
- D. Grains

18. How do buttons help in making hats adjustable?

- A. By adding extra layers
- B. By keeping them shiny
- C. By making them heavier
- D. By allowing for different sizes

19. Which stitch is ideal for repairing seams and stitching up holes in clothes?

- A. Blanket stitch
- B. Running stitch
- C. Overcast stitch
- D. Backstitch

20. Which food is a good source of omega-3 fatty acids?

- A. Ice cream
- B. Shrimp
- C. Nuts
- D. French fries

21. Before storing out-of-season clothing, what should you do first?

- A. Mix them with items in the washing machine
- B. Spray them with perfume
- C. Leave them in a messy heap
- D. Fold them neatly and place them in storage containers or vacuum bags

22. What is the best way to store an iron?

- A. In the laundry room
- B. In the bedroom closet
- C. In a designated storage area
- D. In the bathtub

23. Which food is a good source of calcium?

- A. Milk
- B. Bananas
- C. Potato chips
- D. Ice cream

24. Why is it important to air dry certain delicate clothes instead of using a dryer?

- A. To prevent shrinking and damage
- B. To save electricity
- C. To damage the clothes
- D. To make the clothes shrink

25. Which food is a good source of Vitamin E?

- A. Donuts
- B. French fries
- C. Almonds
- D. Candy

26. What is a good way to protect canvas shoes from dirt and stains?

- A. Coat with cooking oil
- B. Spray with water repellent spray
- C. Rub with detergent
- D. Dip in melted wax

27. Why is it important to use the appropriate water temperature when washing clothes?

- A. To save time
- B. To make the clothes shrink
- C. To ensure effective cleaning without damaging the fabric
- D. To make the process harder

28. Which of the following is a processed food?

- A. Carrots
- B. Canned Soup
- C. Fresh Apples
- D. Whole Wheat Bread

29. Which stitch is commonly used for making repairs on leather goods?

- A. Blanket stitch
- B. Chain stitch
- C. Back stitch
- D. Running stitch

30. What should children do if they are not enjoying a play activity or game?

- A. Ask for help and try a different activity
- B. Force themselves to continue
- C. Complain and quit immediately
- D. Keep their feelings to themselves

31. Which food is high in magnesium?

- A. Biscuits
- B. Spinach
- C. Candy
- D. Soda

32. Which illness is characterized by a persistent cough, weight loss, and night sweats?

- A. Measles
- B. Malaria
- C. Tuberculosis
- D. HIV/AIDS

33. Which food is high in calcium?

- A. Cookies
- B. Chocolate
- C. Milk
- D. Chips

34. Which illness is characterized by joint pain, fever, and a distinctive rash pattern known as a 'bull's-eye' rash?

- A. Lyme disease
- B. Dengue fever
- C. Tuberculosis
- D. Malaria

35. What factor is important for choosing a button that complements the design of the clothing?

- A. Material
- B. Color
- C. Shape
- D. Size

36. Which of the following is NOT an appropriate choice for carrying laundry to a dorm laundry room?

- A. Plastic bag
- B. Backpack
- C. Laundry basket
- D. Cooler bag

37. How can you keep the bathroom clean and hygienic?

- A. Using bleach to sanitize surfaces
- B. Leaving soap scum on the tiles
- C. Leaving wet towels on the floor
- D. Not cleaning it regularly

38. Which one of the following sequence is the correct order of laundry process?

- A. Collection, sorting, stain removal, washing, drying, ironing and folding, packing and
- B. Collection, sorting, washing, stain removal, drying, ironing and folding, quality control,
- C. Collection, sorting, stain removal, washing, drying, ironing and folding, quality control,
- D. Collection, sorting, stain removal, ironing and folding, quality control, packing and

39. Which of the following actions shows responsible consumer behavior?

- A. Recycling packaging materials after using products
- B. Throwing trash anywhere after purchasing products
- C. Ignoring product expiry dates and still using them
- D. Always demanding a refund even for personal mistakes

40. Which of the following is a healthy practice for pest control at home?

- A. Using chemical pesticides indoors
- B. Keeping pet food in open containers
- C. Leaving food crumbs on the kitchen floor
- D. Sealing cracks and crevices to prevent entry

41. Which stitch is commonly used for making seed stitches in embroidery work?

- A. Running stitch
- B. Chain stitch
- C. Back stitch
- D. Couching stitch

42. Which food group should be consumed in small amounts as they are high in sugar and fat?

- A. Sugary drinks
- B. Lean meats
- C. Fruits and vegetables
- D. Whole grains

43. What is the recommended amount of time children should spend playing outdoors each day?

- A. 30 minutes
- B. 4 hours
- C. 2 hours
- D. 1 hour

44. Which food is high in potassium?

- A. White bread
- B. Bananas
- C. Donuts
- D. Chocolate

45. What should you do if a garment has both washing machine and handwashing instructions?

- A. Handwash it to be safe
- B. Choose one method and follow it
- C. Put it in the washing machine on a gentle cycle
- D. Throw it away

46. Which kitchen utensil is the least fragile?

- A. Stainless steel pot
- B. Ceramic plate
- C. Aluminum foil
- D. Wooden chopping board

47. Which of the following is a benefit of regular physical play?

- A. Decreased social skills
- B. Higher stress levels
- C. Increased risk of obesity
- D. Improved concentration

48. What is a useful item for carrying laundry accessories like detergent and softener?

- A. Tote bag
- B. Briefcase
- C. Bucket
- D. Backpack

49. What is the best way to store clothespins?

- A. In a covered container
- B. In a shoebox
- C. Outside on the clothesline
- D. In the car

50. What part of the thimble should be used to push the needle?

- A. The rim
- B. The base
- C. The dome
- D. The tip

