



Myfuture CBC Revision

Home Science - Grade 5

Question Paper

1. Which of the following is a good habit in maintaining a clean living room?

- A. Leaving clothes scattered on the furniture
- B. Leaving dirty dishes and cups around
- C. Vacuuming the floor regularly
- D. Not dusting the shelves

2. What is the most important factor to consider when buying groceries?

- A. The quantity of the product
- B. The brand popularity
- C. The expiry date
- D. The color of the packaging

3. Which method of food preservation involves submerging food in a liquid solution like vinegar or brine?

- A. Pickling
- B. Drying
- C. Fermentation
- D. Canning

4. Which kitchen equipment is used to blend ingredients into a smooth consistency?

- A. Toaster
- B. Fridge
- C. Blender
- D. Rice cooker

5. Which illness is characterized by liver inflammation and is commonly spread through contaminated food or water?

- A. Ringworm
- B. HIV/AIDS
- C. Hepatitis
- D. Tonsillitis

6. How often should you change your bed sheets?

- A. Once a year
- B. Once a week
- C. Never
- D. Once a month

7. Why do we use buttons in household articles?

- A. To keep them organized
- B. To make them heavier
- C. To fasten them together
- D. To make them look pretty

8. What is a running stitch used for?

- A. Quilting
- B. Hemming
- C. Sewing buttons
- D. Joining two pieces of fabric temporarily

9. What does 'ISO certification' indicate about a product?

- A. It is restricted for sale in certain regions
- B. It is soon to be discontinued
- C. It is the cheapest in the market
- D. It is of the highest quality standards

10. What is an important aspect of maintaining good hygiene?

- A. Skipping daily showers
- B. Not washing hands before meals
- C. Brushing teeth twice a day
- D. Not washing clothes regularly

11. What is the process of cooking food by surrounding it with steam in a covered pot?

- A. Baking
- B. Steaming
- C. Poaching
- D. Grilling

12. How should you clean canvas sneakers with rubber soles?

- A. Rub with baking soda
- B. Scrub with steel wool
- C. Wipe with mild soap and water
- D. Soak in hot water

13. What should you wear when going for a job interview in a casual setting?

- A. Pajamas
- B. Rain boots
- C. Bikini
- D. Jeans and a neat top

14. Which stitch is ideal for sewing seams on stretchy fabrics like knits?

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

15. How should you clean mesh sneakers?

- A. Scrub with a toothbrush and soap
- B. Soak in bleach
- C. Wipe with a dry cloth
- D. Blow dry with a hairdryer

16. Which illness is characterized by a sore throat, fever, and swollen lymph nodes?

- A. Hepatitis
- B. Malaria
- C. Tonsillitis
- D. HIV/AIDS

17. What is the importance of comparing prices before making a purchase?

- A. To spend more money
- B. To waste time
- C. To support unethical business practices
- D. To identify the best deal

18. Which of the following is NOT suitable for carrying delicate fabrics to the dry cleaner?

- A. Mesh bag
- B. Briefcase
- C. Suitcase
- D. Garment bag

19. What type of stitch is used to mend a tear in a garment?

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

20. What should you do before ironing a delicate fabric?

- A. Check the care label
- B. Spray it with water
- C. Iron it when it's wet
- D. Iron it on high heat

21. What is the purpose of using a thimble instead of fingers in needlework?

- A. To enhance grip
- B. To protect fingers from pricks and injuries
- C. To prevent calluses
- D. To keep fingers clean

22. Why is it important to be aware of your rights as a consumer?

- A. To forget what you purchased
- B. To protect yourself from unfair practices and make informed decisions
- C. To ignore your rights
- D. To make shopping more complicated

23. What kitchen equipment is used for making toasted bread or sandwiches?

- A. Oven
- B. Blender
- C. Toaster
- D. Rice cooker

24. What should you do with musty-smelling clothes after washing?

- A. Dry them in direct sunlight
- B. Wear them as they are
- C. Re-wash them with extra detergent and fabric softener
- D. Air them out and hang them in a well-ventilated area

25. Which one of the following is the purpose of care labeling code?

- A. It defines the method of wearing.
- B. It defines the method of laundering.
- C. It defines the method of packing.
- D. It defines the method of storing.

26. What is the best way for consumers to prevent being exploited by sellers?

- A. Complain to the government about every purchase
- B. By being well-informed about their rights and responsibilities
- C. Always buy without checking product quality
- D. Always pay the highest price for products

27. Which stitch is ideal for creating gathers on fabric?

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

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

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

29. What temperature setting is best for washing white clothes?

- A. Room temperature water
- B. Warm water
- C. Cold water
- D. Hot water

30. The method of cooking food that require much oil to become crispy is called

- A. Boiling in oil
- B. Deep frying
- C. Dry frying
- D. Steaming

31. Why is it important to get enough sleep every night?

- A. To stay up late playing video games
- B. To have more energy, better focus, and improved mood
- C. To watch TV all night
- D. To feel tired and groggy during the day

32. Which of the following is a good way to clean canvas espadrilles?

- A. Scrub with a toothbrush and soap
- B. Soak in bleach
- C. Wipe with a damp cloth
- D. Dip in vinegar

33. What does 'return policy' on a product signify?

- A. The product is sold at a discounted price
- B. The product cannot be returned once purchased
- C. Buyers have the right to return the product within a specified time period
- D. The product can only be exchanged for the same item

34. What should you wear when cleaning or handling chemicals to protect your skin?

- A. D. Sandals
- B. A. Gloves
- C. C. Short sleeves
- D. B. Bare hands

35. Which of the following is a healthy drink option for pre-teens in Kenya?

- A. Fruit juice with added sugar
- B. Soda
- C. Energy drink
- D. Milk

36. Which fuel is the most eco-friendly option for cooking that minimizes environmental impact?

- A. Solar Energy
- B. Natural Gas
- C. LPG Gas
- D. Charcoal

37. Which stitch is commonly used for attaching appliques onto garments?

- A. Running stitch
- B. Whip stitch
- C. Cross stitch
- D. Back stitch

38. How can you remove a stain from a white shirt?

- A. Dye the shirt a darker color
- B. Wash with cold water
- C. Rub the stain with a colored cloth
- D. Use bleach on the stain

39. What is the purpose of hemming pants?

- A. To make them smell good
- B. To make them shorter
- C. To prevent fraying
- D. To make them wider

40. What is a common impulse buying mistake?

- A. Buying items just because they are on sale
- B. Comparing prices at different stores
- C. Checking product reviews online
- D. Making a shopping list

41. What is the role of consumer associations in protecting consumer rights?

- A. Exploiting consumers
- B. Advocating for fair trade practices
- C. Ignoring consumer complaints
- D. Promoting deceptive advertising

42. The deficiencies that occur in the body when it is not supplied with enough nutrients are called?

- A. Nutritional deficiencies
- B. Communicable disease
- C. Non- communicable diseases
- D. Food-borne diseases

43. Which of the following is a natural stain remover for laundry?

- A. Vinegar
- B. Baking soda
- C. All of the above
- D. Lemon juice

44. Why should children be encouraged to engage in both structured and unstructured play?

- A. To increase stress levels
- B. To develop various skills and abilities
- C. To discourage social interactions
- D. To limit their creativity

45. Which factor is least important when choosing a button for a winter jacket?

- A. Material of the button
- B. Design of the button
- C. Size of the button
- D. Color of the button

46. Which fuel is used for lighting up a jiko in Kenyan homes?

- A. Sand
- B. Petrol
- C. Charcoal
- D. LPG Gas

47. What is the purpose of using a laundry bag for delicates?

- A. To make it easier to find the items
- B. To protect them during the wash cycle
- C. To prevent them from getting washed
- D. To keep them organized

48. How should you thaw frozen meat to ensure food safety?

- A. Leave it on the kitchen counter
- B. Microwave it on high
- C. Thaw it in hot water
- D. Thaw it in the refrigerator

49. What should you wear when riding a bicycle to protect your head?

- A. B. Baseball cap
- B. C. Sunhat
- C. A. Helmet
- D. D. Headphones

50. What is suitable to wear when attending a wedding ceremony?

- A. Pajamas and slippers
- B. Jeans and t-shirt
- C. Football jersey and sneakers
- D. Formal attire like a suit or dress

