



Myfuture CBC Revision

Home Science - Grade 6

Question Paper

1. What is the purpose of blanching fruits and vegetables before freezing them?

- A. To increase water content
- B. To reduce shelf life
- C. To maintain color
- D. To add flavor

2. Which stitch is used to secure the edges of fabric pieces together?

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

3. The act of wearing clothes is called?

- A. Cladding
- B. Covering your body
- C. Dressing self
- D. Clothing

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

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

5. When preparing pockets, we should

- A. very strong threads
- B. a thread with different color
- C. merely remove the worn threads to make cleaner edges
- D. use leather threads

6. Why do we use buttons in household articles?

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

7. What is the ideal cooking equipment for making a stew?

- A. Pressure cooker
- B. Steamer
- C. Soup pot
- D. Slow cooker

8. What can happen if clothes are not dried properly after washing?

- A. They will become dirtier
- B. They will look brand new
- C. They will smell better
- D. They may develop musty odors or mold

9. What can result from not using a thimble while sewing over time?

- A. Calluses on the fingers
- B. Improved finger dexterity
- C. Enhanced grip strength
- D. Safer sewing experience

10. What should you consider when buying beauty products?

- A. Select products with unknown ingredients
- B. Choose products based on celebrity endorsements
- C. Use expired products for a discount
- D. Read labels for allergens and expiration dates

11. Where should you place a dripping wet umbrella after coming home on a rainy day?

- A. On the bed
- B. In a bucket
- C. In the kitchen sink
- D. On a shoe rack

12. Which fabric construction method involves creating a series of interlocking loops of yarn using a long needle?

- A. Crocheting
- B. Felting
- C. Weaving
- D. Quilting

13. Which of the following is not a kitchen equipment?

- A. Knives
- B. Sufuria
- C. Washing machine
- D. Chopping board

14. Which of the following is a good source of Vitamin E?

- A. Chicken
- B. Almonds
- C. Fish
- D. Pasta

15. Which kitchen utensil is not considered fragile?

- A. Plastic cutting board
- B. Ceramic mug
- C. Metal whisk
- D. Glass mixing bowl

16. Which of the following is a fragile kitchen utensil used for serving food?

- A. Spatula
- B. Whisk
- C. Tongs
- D. Serving bowl

17. What is used to carry our laundry work?

- A. Hair comb
- B. Laundry basket
- C. Paint brush
- D. Plastic bucket

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

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

19. Why is it important to consider food allergies and intolerances when planning family meals?

- A. To show off cooking skills
- B. To avoid health risks
- C. To limit food choices
- D. To challenge taste buds

20. How can soaking colored clothes in salt water before washing be beneficial?

- A. It removes all stains
- B. It makes them shrink
- C. It sets the colors
- D. It softens the fabric

21. How can you ensure the safety of children around fuels at home?

- A. Never supervise them around fuels
- B. Educate them about the dangers of fuels
- C. Leave fuels within their reach
- D. Allow them to play near the stove

22. Which food group should be consumed in the smallest amounts?

- A. Fats and Oils
- B. Proteins
- C. Carbohydrates
- D. Fruits and Vegetables

23. Why should you be cautious about online shopping?

- A. To buy more products without checking
- B. To share personal information with everyone
- C. To protect personal and financial information from online fraud
- D. To shop without limits

24. What is the correct way to clean leather shoes?

- A. Use a damp cloth and leather cleaner
- B. Wash with bleach
- C. Spray with vinegar
- D. Scrub with a wire brush

25. Which nutrient deficiency can lead to muscle cramps and irregular heartbeats?

- A. Vitamin C
- B. Vitamin E
- C. Magnesium
- D. Zinc

26. Which nutrient provides insulation and protection to body organs?

- A. Carbohydrates
- B. Proteins
- C. Vitamins
- D. Fats

27. Which method of cooking involves cooking food slowly in a liquid at a low temperature?

- A. Grilling
- B. Stewing
- C. Roasting
- D. Broiling

28. Which of the following stitches is commonly used to repair pockets?

- A. Buttonhole stitch
- B. Straight stitch
- C. Blanket stitch
- D. Zigzag stitch

29. What is the purpose of using a needle in needlework?

- A. To protect the fabric
- B. To hold the fabric in place
- C. To create stitches on fabric
- D. To draw patterns on fabric

30. Which method of food preservation involves adding a layer of fat or oil to food to prevent spoilage?

- A. Fatting
- B. Pickling
- C. Jellying
- D. Canning

31. How can you make a meal more nutritious?

- A. Use only processed foods
- B. Skip meals to reduce calorie intake
- C. Include a variety of vegetables and protein sources
- D. Add extra salt for flavor

32. Considering the strength and durability of the button, what should you take into account when selecting one?

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

33. How can consumers make informed decisions when choosing financial products?

- A. Avoid comparing options
- B. Rely solely on advertisements
- C. Sign contracts without reading
- D. Research different products

34. Which nutrient deficiency can result in poor night vision?

- A. Vitamin B12
- B. Vitamin A
- C. Vitamin K
- D. Protein

35. How does adequate sleep contribute to overall health during adolescence?

- A. Poor academic performance
- B. Higher energy levels
- C. Improved mood and cognitive function
- D. Increased risk of illness

36. Where should you place a leaking bottle of liquid soap after cleaning the bathroom?

- A. In the bathtub
- B. On the kitchen floor
- C. Over the sink
- D. In a plastic container

37. What is the importance of regular exercise during adolescence?

- A. To sleep all day
- B. To maintain a healthy weight
- C. To watch more TV
- D. To skip meals

38. What is the term for the process of joining pieces of fabric together with a needle and thread?

- A. Felting
- B. Sewing
- C. Knitting
- D. Weaving

39. Which tool is used to take body measurements?

- A. Sewing or seam gauge
- B. Yard stick
- C. Measuring tape
- D. Transparent ruler

40. What should you do with stained garments before washing them?

- A. Ignore the stains and wash as usual
- B. Use a stain remover or soak the stains in cold water
- C. Rub the stains vigorously with hot water
- D. Do not pre-treat the stains

41. What is a common consequence of poor nutrition during adolescence?

- A. Slow growth and development
- B. Healthy skin and hair
- C. Improved concentration
- D. Strong immune system

42. Which food group does fish belong to?

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

43. What is the best way to protect woolen or acrylic articles from moths?

- A. Storing in airtight bags
- B. Keeping in a well-ventilated area
- C. Spraying with insecticide
- D. Using mothballs

44. What can happen if clothes are left wet for too long after washing?

- A. They may develop mold and mildew
- B. They will dry faster
- C. They will become cleaner
- D. They will shrink

45. What should be done if colored clothes develop pilling after washing?

- A. Wash them at a higher temperature
- B. Shave off the pills with a fabric shaver
- C. Return them to the store
- D. Dry them in a tumble dryer

46. How can you prevent creases on leather shoes?

- A. Store them in shoe boxes
- B. Wear them without socks
- C. Keep them in direct sunlight
- D. Walk in water puddles

47. What is the main purpose of consumer education?

- A. To make shopping more complicated
- B. To ignore purchasing altogether
- C. To help consumers make informed decisions and protect their rights
- D. To force consumers to buy products

48. Which fuel should NEVER be used for cooking at home?

- A. Charcoal
- B. Plastic
- C. Kerosene
- D. Biogas

49. Why is it important to take breaks during play?

- A. To rest and prevent injuries
- B. To watch TV
- C. To read a book
- D. To eat snacks

50. Why do people use cosmetics?

- A. b) To enhance beauty
- B. d) To fly a plane
- C. c) To play sports
- D. a) To drive a car

