HOME SCIENCE GRADE 10
OPENER EXAM TERM 2, 2026
TIME: 2½ HOURS

NAME……ADM NO……

DATE…….SIGN……

INSTRUCTIONS TO CANDIDATES

1. ***This paper has THREE sections: A, B and C.***
2. ***Answer ALL questions in Sections A and B.***
3. ***Answer any TWO questions in Section C.***
4. ***Write your answers in the spaces provided after each question.***
5. ***All answers must be written in English.***
6. ***Candidates must ensure all pages are printed and no questions are missing.***

SECTION A: (30 MARKS)

Answer ALL questions in this section.

1(a) Name the SIX classes of nutrients required by the human body. **(3 marks)**

(b) State TWO functions of carbohydrates in the body. **(2 marks)**

(c) Give ONE food source and ONE deficiency disease for each of the following nutrients: **(4 marks)**

Nutrient	Food Source	Deficiency Disease
Vitamin C		
Iron		
Calcium		
Vitamin D		