HOME SCIENCE/ PHYSICAL EDUCATION 5

HOME SCIENCE

1. Write **two** reasons why we cook food.
    a. _____
    b. _____
2. Factors to consider when buying a button for a garment.
    a. _____
    b. _____
3. To break the mucus in a handkerchief when washing we soak it in _____ water.
4. The process of washing, ironing and storing clothes is called _____ work.
5. Write health measures that prevent common cummunicable diseases.
    a. _____
    b. _____
6. List **three** physical changes that take place in both boys and girls during pre-teen stage.
    a. _____
    b. _____
7. State **three** healthy eating habits practiced by pre-teens.
    a. _____
    b. _____
8. Write the importance of dressing well by pre-teens.
    a. _____
    b. _____
9. State **three** types of media used in advertisement.
    a. _____
    b. _____
10. Name **two** diseases that can be caused by lack of exercise.
    a. _____
    b. _____