



MERU UNIVERSITY OF SCIENCE AND TECHNOLOGY

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University Examinations 2024/2025

FIRST YEAR FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN EDUCATION ARTS

EHS 3101: INTRODUCTION TO HOME SCIENCE

DATE: DECEMBER 2024

TIME: 2 HOURS

INSTRUCTIONS:

- Answer Question one and any other two questions

QUESTION ONE (30 MARKS)

- Compare two modern food preparation techniques and give their nutritional outcomes. (5 marks)
- Explain three (3) dietary needs of an adolescent (3 marks)
 - Describe a balanced one-day meal plan for an adolescent (4 marks)
- Highlight three (3) principles of budgeting in household resource management and explain their relevance. (3 marks)
- Evaluate three (3) roles of sustainable fashion in textile care and the Kenyan economy. (3 marks)
- Create a monthly family budget for a household of four with a combined income of KSh 100,000. Your budget should cover essential expenses (e.g., food, housing, utilities, education) and Include savings, Investments, and debt repayment. (4 marks)
 - Describe how you allocated the resources to ensure sustainability and financial stability (2 marks)

- f) i. Design a weekly schedule that outlines how a household can effectively manage time for essential tasks (e.g., cleaning, cooking, and laundry) while Incorporating energy and water conservation strategies. (4 marks)
- ii. Explain how technology can be applied to improve efficiency in household management. (2 marks)

QUESTION TWO (20 MARKS)

- a) Explain the process of food preservation using five (5) traditional techniques and evaluate their benefits. (10 marks)
- b) Assess the role of household waste management in promoting environmental health in rural Kenya. (10 marks)

QUESTION THREE (20 MARKS)

- a) Analyze four (4) financial planning considerations for families and propose three (3) practical strategies for household budgeting. (10 marks)
- b) Evaluate the principles of personal hygiene and their role in preventing common illnesses in the community. (10 marks)

QUESTION FOUR (20 MARKS)

- a) Discuss three (3) principles of laundry management and explain two (2) techniques for stain removal from different fabrics. (10 marks)
- b) Propose five (5) strategies for enhancing household sustainability through better resource management, focusing on food and energy consumption. (10 marks)