

Grade

6

Modern
Agriculture

Workbook

Answers

Flashback zone

1. When preparing a seedbed for carrots, we do not add manure because carrots can fork and develop irregular shapes if grown in soil with manure.
2. Level
3. Vegetable and fruit peels, grass clippings, and dry leaves.
4. A- Posts, B-Kitchen waste, C- Waterproof material, D-Plant waste, E- Maize stalks
5. compost manure.
6. three months.
7. Dark
8. nutrients
9. A - Organic waste, M - Green plant materials such as maize stalks, F - Dry plant materials, J - ash, K - dry leaves
10. Structure
11. Drip irrigation
12. Mulching directly covers the soil to conserve moisture.
13. Drip irrigation
14. morning or evening.
15. Mulching
16. A
17. Mulching
18. Drip irrigation delivers water directly to the roots of plants, thereby reducing water loss from evaporation and through surface runoff.
19. Drip irrigation is good for gardening because it delivers water directly to the roots of plants, saving water and helping plants to grow better.
20. (a) – Lack of food and water in the wild due to drought or deforestation.
– Human activities like farming and settlements spreading into animal habitats.
- (b) – Protect and conserve forests and animal habitats.
– Provide water and food sources in wildlife areas.
21. Wild animals can be dangerous to human beings and can also spread diseases.
22. Plastics in the community can be reused or recycled.

23. Cassava, sweet potatoes, Irish potatoes.
24. Use of scarecrows, safe traps, electric fences, thorny fences, fire and smoke, deep trenches, drums and noise, chili peppers,
25. Old cloth materials gets soaked with rain water and becomes heavy, leading to the falling of the scarecrow.
26. Migrate to another area or come to human settlement areas.
27. Some help in pollination and dispersal. They also attract tourism to the area, boosting the economy of the area or the community.
36. Moles, wild pigs, mice and rats.
37. It has become easy for them to get food from the farms since the forest has been destroyed by human activities.
38. Make sure that the forests are not destroyed, plant more fruit trees in the forest.
39. A way from using some device or plants to deter animals from getting into the farms or human settlements.
40. Throwing stones at the animals, use of fences, use of safe traps.
41. Living some fruit trees for the animals during harvest, not destroying vegetation.
42. Prevent wild animals from getting into their shelter and killing them.
43. By using repellents, the wild animals are not harmed.
44. Apart from the products from bees, bees help in pollination.

1.1 Controlling soil erosion (Workbook 6, pages 7 – 19)



Quickfire zone

- A**
1. Soil erosion is the removal and carrying away of the top layer of soil by moving water or wind.
 2. A-Splash erosion, B-Sheet erosion, C-Rill erosion, D-Gully erosion
 3. Rill erosion
 4. Loss of fertile soil.
 5. Soil erosion in our locality often occurs when rainwater carries away the topsoil from bare ground. (Accept any reasonable answer depending on the learner's environment)
 6.

| | |
|-----------------------|-----------------|
| – Moving water. | – Wind. |
| – Human activities. | – Over grazing. |
| – Cutting down trees. | |

 (Accept other relevant answers)
 7. Sheet erosion, Rill erosion
(Accept any reasonable answer depending on the learner's environment)

8. (a) True (b) False (c) True (d) True
9. – Mulching.
– Planting cover crops.
– Crop Rotation.
– Contour Farming.
– Ploughing and Planting along Contours.
– Building Terraces.
– Strip cropping.
– Making trash lines or stone lines.
– Planting strips of grass.
(Accept any other reasonable answers)
10. – Dry grass, dry leaves for mulching.
– Stones.
– Wire mesh
11. (a) Protects fertile soil for farming.
(b) Prevents loss of nutrients in the soil.
(c) Reduces flooding and water pollution.
(d) Helps plants grow better by keeping soil in place.
(Accept other relevant answers)
- B** 12. A watering can, stones or pebbles and a measuring jug.
(Accept other relevant answers)
13. d. Splash erosion forms small holes in the ground, while sheet erosion takes place evenly on the surface.
14. Fill a tray with loose soil and make the surface flat.
Pour water gently across the soil surface using a watering can.
Observe how water flows evenly, washing away a thin layer of soil.
15. Splash erosion can be controlled by using grass mulch or planting cover crops such as grass.



Stretch zone

1. (a) If we do not control soil erosion, fertile soil will be washed away, making it hard to grow crops. This can cause food shortages and poor harvests. Soil erosion also leads to flooding, damages rivers and destroys roads.
- (b) We can control soil erosion by planting grass and trees to hold the soil together. Digging terraces on steep land prevents water from washing soil away. We can also use old sacks or stones to cover bare soil.

- (c) Conserving soil ensures we have fertile land for farming, which helps us grow enough food. It also protects our environment and keeps our locality safe and productive. Let us work together to protect our soil.

2.

| Name of the learner | Description of soil erosion | Type of soil erosion |
|---------------------|--|----------------------|
| Gloria | Our land is on a slope and has very little vegetation. Rainwater carried the soil, leaving shallow channels on the ground. | Rill erosion |
| Mitchelle | Soil erosion took place in a flat, bare garden. It was caused by water drops as they hit the ground. The water drops sprang up with soil particles and formed small holes in the ground. | Splash erosion |
| Henzel | Our land is on a slope and has very little vegetation. Rainwater carried the soil, leaving deep and wide channels on the ground. | Gully erosion |



Monitoring progress I

1. Water conservation means using water wisely and avoiding waste to make sure there is enough water for everyone, both now and in the future.
2. To improve soil fertility and structure for proper crop growth.
To help soil retain more moisture.
3. (i) – Planting grass and trees to hold the soil together.
(ii) – Building terraces on steep land to slow down water flow.
(iii) – Covering bare soil with mulch or stones to protect it from being washed away.
4. A jembe, a spade, organic kitchen waste, dry leaves, water, soil and crop residues.
5. (i) Choose a suitable site for the pit.
(ii) Dig a pit about 60 cm deep.
(iii) Add a layer of coarse material like maize stalks.
(iv) Layer organic waste such as kitchen scraps and dry leaves.
(v) Sprinkle water to keep the materials moist.
(vi) Cover with soil and turn the contents every few weeks.
6. An eroded soil with no plants.
(Accept other relevant answers)
7. Planting trees, using mulch, building terraces.
(Accept other relevant answers)
8. Shovel or spade, hoe, wheelbarrow, measuring tape or stick, organic waste

(for example, vegetable peels, grass, dry leaves), watering can or bucket, soil or sawdust to cover the waste.

9. The type of crops that grow well in your locality
10. (a) Adding compost or manure to improve soil fertility and structure.
(b) Mulching the soil to prevent it from drying out and being washed away.
(Accept other relevant answers)
11. B
12. Not controlling soil erosion will not improve soil fertility.
13. Planting grass along the gully, building gabions / check dams.
14. Prevents loss of fertile topsoil and improves water quality by reducing sedimentation.
15. There will be poor harvest.
16. Choose a suitable site.
17. For proper decomposition and provide oxygen for microorganisms.
18. Contour, cut-off
19. Add water to keep the pit moist.
20. Vegetable scraps and fruit peels, grass clippings and leaves, coffee grounds and tea leaves, manure from animals, sawdust or wood chips, cardboard or paper (shredded)
21. Grass, sweet potatoes, clover
22. The type of soil erosion (gully) could have been caused when heavy rain or fast-moving water flows over bare soil, creating deep channels or trenches. This could have been caused by the removal of vegetation that holds the soil together.
23. It leads to the loss of fertile topsoil.
24. Constructing terraces, building gabions, contour ploughing.
25. To keep the materials moist and help in the decomposition process.
26. They will be unhealthy
27. The organic waste rots and becomes manure. Nutrients from the organic material enrich the soil, promoting better crop growth.
28. Sheet erosion

1.2 Conserving water (Workbook 6 pages 19 – 28)



Quickfire zone

1. Sunken beds, shallow pits, moisture beds.
2. Sunken bed.
3. Mulching, drip irrigation
4. A-Shallow pit B-Sunken bed
5. a. Mulching. b. Cover cropping.
c. Water harvesting. d. Using drip irrigation.
6. Raised bed
7. (i) To improve the soil fertility
(ii) To increase the ability of the soil to retain water for longer periods.
(iii) To provide nutrients for the plants and increase crop yields.
8. A. False B. True C. False
9. One challenge is the lack of enough water for crops. This will lead to poor growth of crop.
10. Sunken bed
11. (i) Mark the area.
(ii) Clear shrubs or bushes.
(iii) Dig out the top soil to a depth of about 30 cm.
(iv) Place the top soil on one side of the ground.
(v) Spread the dry grass in the area where the soil was removed.
(vi) Return the top soil and spread it to cover the whole seedbed.
12. Shallow pits are constructed to help conserve water in areas with little rainfall. They collect and store water, which helps keep the soil moist for longer periods, providing water to crops during dry spells.
13. Shading protects young crops from direct sunlight, which can cause them to dry out. It keeps the soil moist and reduces water loss. This helps the crops grow stronger and healthier.
14. We conserve soil moisture to ensure that crops have enough water to grow, especially during dry periods. It helps increase crop yield, reduce water wastage, and maintain soil health.



Stretch zone

1.

| Seedbed | Materials used | Steps followed |
|-----------------|---|---|
| (a) Sunken bed | Spades, shovels, rakes, a string, wheelbarrow, compost manure, protective clothing. 1. | <ol style="list-style-type: none">i. Identify the site to establish the sunken bed.ii. Mark out the groundiii. Remove all the weeds from the area.iv. Dig out the top soil and save this to one side.v. Mix the top soil with manurevi. Dig down a further into the subsoilvii. Place the subsoil onto the paths to raise the pathsviii. Return the mixture of the top soil and manure back into the pit, leaving some depth uncovered at the top to allow for planting. |
| (b) Shallow pit | A fork jembe, spade and compost manure | <ol style="list-style-type: none">i. Choose a suitable locationii. Dig a shallow pit of suitable depth and width.iii. Remove the soil and place it on the side.iv. Mix the top soil with some compost manure and return the mixture into the pit.v. Mulch the pit to help retain most water |

- 2.
- Improve soil moisture for healthier and better crop growth.
 - Reduced water Loss
 - Cost savings:
 - It ensures that we produce enough food for our family or for sale, thereby contributing to better food security for the future.



Monitoring progress 2

1.
 - Improved soil fertility.
 - Better crop growth.
 - Retain water in the soil for a long period.
2. Cabbage, kale, spinach, carrots and onions.
3.
 - They ensure that plants get the water they need to grow strong and healthy. This leads to increased crop yields, making sure there is food security.
 - They reduce the need for frequent watering, saving water, especially in dry areas.
 - They help keep the soil in place, preventing it from being washed away by rain.
4.
 - (a) They improve soil health and fertility.
 - (b) They are not expensive to prepare.
 - (c) Sunken beds and shallow pits capture rainwater and prevent it from running off the surface, making it available for plants.
 - (d) They can be used to grow different types of crops, not just one type of crop.
5. Sunken beds, moisture beds, shallow pits, raised beds.
6. Compost manure or any other organic manure, mulch
7.
 - Mulching prevents weeds growth
 - The soil will stay moist for longer.
 - Mulches decompose and become manure.
 - It reduces the loss of moisture from the soil.
8.
 - They prevent soil erosion.
 - They increase soil fertility.
 - They reduce water loss from the soil.

9.

| Gardening practice | Benefits |
|--------------------|---|
| Drip irrigation | Delivers water directly to the roots of plants. |
| Mulching | Reduces evaporation and keeps soil moist. |
| Shade net | Provides shade for crops. |

10. (Accept any reasonable response)

11. Poles or sticks.

Old nets or cloth material.

Support wires or strings.

12. (a) **Mulching** – Helps retain moisture by covering the soil with dry plant material.
 (b) **Drip irrigation** – Delivers water directly to the roots. This reduces water wastage.
13. a. True b. False c. True
14. Drip irrigation delivers water directly to the plant roots.
15. Mulching covers the soil, thereby reducing water loss through evaporation.
16. Shading prevents the direct sun from hitting the soil, reducing loss of soil water through evaporation.
17. – Grass
 – Dry leaves
18. – Lettuce
 – Spinach
19. – Choose a suitable site for the shade.
 – Put poles to support the net.
 – Stretch the net material over the poles.
 – Tie the net using a wire or string to make sure it stays in place.
20. (a) drip irrigation (b) shallow pits
 (c) raised beds (d) cover crops
21. (a) Spade (b) Hoe
22. Drip irrigation saves water by delivering it directly to plant roots.
 – It reduces water wastage.
 – It ensures plants get the right amount of water.
23. Mulching
24. Old nets or cloth material.
25. Pumpkin, clover, sweet potato and a calabash.
26. Sunken beds help conserve water by trapping moisture in the soil, especially during dry seasons.
27. Beans, peas, peppers and pumpkins.
28. – They conserve water by trapping moisture.
 – They improve soil fertility.
 – They provide better drainage for crops.
29. – Sunken beds and shallow pits help retain water, making it available for plants for a longer time.
 – They ensure that plants get the water they need to grow strong and healthy. This leads to increased crop yields, making sure there is food security.
 – They reduce the need for frequent watering, saving water, especially in dry areas.

1.3 Conserving wild animals: using physical deterrents (Workbook 6 pages 28 - 30)



Quickfire zone

1. Deterrent devices are used to keep wild animals away from harming domestic animals and destroying crops.
2. A plant is a deterrent if it keeps away wild animals from reaching our farms.
3. Fences
4. Foxes
5. Elephants
6. Wire fences
7. Squirrels, moles, mongoose, birds, monkeys, deer
(Accept other relevant answers)
8. (a) - A. Wire fences B. Safe trap C. Smoke fire
(b) Smoke fire
(c) Smoke fire
9. (a) X (b) X (c) X (d) ✓
10. Because of the thorns that can harm a wild animal if it happens to force itself through the fence.
11. Rose bushes
12. (i) Electronic siren and (iv) Laser lights



Stretch zone

1. Deforestation and the decrease in the forest cover, that is clearing of bushes or forests.
2. Elephants, buffalo, deer, wild pigs, monkeys, mongoose.
3. (a) Electric fences (b) Digging deep trenches
(c) Fires and smoke (d) Flashlight
(e) Drums (f) Chemicals
4. Safe traps
5. They help to keep away wild animals from our farms.



Monitoring progress 3

1. Traditional granary.
2. They prevent wild animals from climbing and entering the traditional granary.

3. Rats
4. Beehive
5. Scarecrow
6. Deep trenches and fences.
7. Climatic changes.
8. Wildlife awareness.
9. Putting up the thorny hedge
10. Poultry
11. Reduction in fruit production.
12. Goat
13. Fish
14. Production of honey, pollination services.
15. Reduction in the use of plastics
16. Goat and poultry.
17. Hung reflective objects.
18. Electric fences
19. Garlic
20. Covering waste bins
21. reflective tape, garden net.
22. Scaring them away
23. Habit and behaviour of an animal.
24. Hedgehog
25. They are generally scared and bitten by wild animals.

2

Food production processes

Flashback zone

1. Domestic animals kept at home by humans for work, food or as a pet.
2. Cattle, sheep, goat, poultry (Accept other relevant answers)
3. Meat, wool, milk production
4. (a) Chicken
(b) meat, milk, skin and hides, manure
5. Meat, milk, and eggs are sources of important nutrients such as protein and calcium, which help repair body tissues and growth.
6. Help plants reproduce through pollination.
7. Nutritious meat production, fur production, manure used in farming, pet.
8. Animal welfare maintains the health of animals and increases productivity.
9. Beans, peas, green grams, groundnuts and lentils.
10. Cereals are grass-like grains that can be eaten whole or used to make flour, such as maize, rice, sorghum, millet, wheat, and barley, whereas pulses are edible seeds that grow in pods, also known as legumes, such as beans, peas, green grams, groundnuts and lentils.

11.

| Cereals | Pulses |
|---------|---------|
| Maize | Beans |
| Rice | Peas |
| Sorghum | Lentils |

12. Drying removes all the moisture, making it impossible for the growth of microorganisms and other agents of food spoilage.
13. (iii), (ii), (iv) and (i)
14. **Down**
 1. Wastage
 2. Cereals
 3. Ash
- Across**
 4. Airtight
 5. Available
 6. Sun drying
15. (a) A – Boiling B – Shallow frying
(b) A – Green bananas, arrowroots, yams.
B – Meat, fish, chicken, and green vegetables like spinach.
(c) They are garnished. This is because they have a salty taste.
(d) (i) Wash hands before cooking.

B - Watering animals;

Quench their thirst.

Vital for bodily functions such as temperature regulation, nutrient uptake and removal of wastes.

- C.
- Vet care;
 - Monitoring the animal's health.
 - Treating diseases and injuries.
6. (a) **Fish** – provide us with a rich source of protein.
(b) **Guinea pigs** – their meat is high in protein and low in fat.
(c) **Rabbits** – Their meat is lean, high in protein and low in fat.
(d) **Poultry** – they provide meat and eggs which are a rich source of proteins.
7. (a) They reproduce quickly, providing a steady meat supply.
(b) They require less space, making them suitable for small farms.
(c) They are easy to care for.
8. Their waste (rabbits, guinea pigs, and poultry) can be used as manure to enhance soil fertility and promote agricultural productivity. Their meat can be sold to generate income for the farmers.
9. (a) i. She should observe the rabbit closely for any signs of illness or discomfort.
ii. She should ensure that the rabbit's hutch is clean.
iii. She should check if all rabbits have enough food and water.
iv. she should consider taking the rabbit to a vet for further examination in case of a problem.
- (b) i. Fresh hay
ii. Fresh vegetables like carrots, lettuce and kale
iii. Rabbit Pellets
iv. Fresh water
- (c) i. She should check the feeding equipment daily to ensure it is clean and safe.
ii. She should clean the food and water containers at least once a week.
- (d) i. Stress or discomfort.
ii. Poor living conditions.
iii. The problem may be health-related, digestive issues.
10. (a) i:-Henzel should take the rabbit to the vet as soon as possible for a thorough check-up.
(b) i. Dental problems such as overgrown teeth.
i. Respiratory infections such as runny nose.
ii. Gastrointestinal issues such as diarrhoea.
iii. Skin problems such as mites and fleas.
iv. Ear infections.

- (c) He should observe the rabbit's eating, drinking and activity levels daily. Regularly check for signs of discomfort and changes in behaviour. Ensure the rabbit's environment is clean and dry.
11. (a) Gloria's pet could be suffering from a flea infestation.
- (b) i. Excessive scratching and biting of the skin.
 ii. Presence of flea dirt (small, dark specks) in the fur.
 iii. Red or irritated skin, especially around the neck and tail.
 iv. Restlessness and discomfort.
- (c) Gloria should check her cat for infestations weekly or after outdoor activities.
- (d) i Use flea treatments
 ii. Regularly groom the cat with a flea comb.
 iii. Wash the cat's bedding frequently.
 iv. Treat the environment using flea sprays or powders.
12. (a) i. Remove uneaten food and waste daily.
 ii. Disinfect feeding and watering equipment regularly.
 iii. Provide fresh bedding and remove soiled bedding regularly.
- (b) i. The rabbit hutch should be cleaned thoroughly at least twice a week.
- (c) Use soft, clean bedding materials like straw, hay, or aspen shavings.
- (d) i. Sores or infections on their feet.
 ii. Respiratory issues.
 iii. Increased risk of flystrike (maggot infestation).
 iv. General stress and poor health due to poor unsanitary conditions.
13. – Low cost of maintenance and space requirements.
 – High reproductive rate: Rabbits and guinea pigs reproduce and multiply quickly. This is beneficial for those breeding them for sale or as a sustainable source of food.
 – Lean meat: Both are good sources of lean meat which is low in fat and high in protein, making them a healthy option for consumption.
 – Easy handling: Small domestic animals like rabbits and guinea pigs are generally easier to handle and care for than larger animals.
 – Educational value: Raising small animals offers a great opportunity and rewarding experience for teaching children about responsibility and caring for animals at home and school.
 – Source of manure: Rabbits and guinea pigs produce high-quality manure that can be used in kitchen gardens.
 – Healing benefits: Interacting with small domestic animals like rabbits and guinea pigs can have healing benefits.
14. – Small domestic animals like goats, rabbits, and chickens provide meat and milk, which are important sources of food.
 – Chickens and ducks lay eggs that can be eaten or sold.

- The waste from these animals can be used as manure to improve soil fertility for growing crops.
- Selling products like milk, meat, or eggs helps farmers earn money to buy more food.
- Small animals require less space, making them easier to keep even in small farms or homes.
- They provide proteins and other nutrients essential for a healthy diet.



Monitoring progress 4

1. Guinea pig
2. Meat
3. They can help to carry heavy loads.
4. Dog
5. It helps to reduce the spread of diseases.
6. Pigs thrive in messy surroundings.
7. (a) **False** – Sheep are primarily raised for their wool, meat and sometimes milk but milk is not the main reason.
(b) **False** – Guinea pigs are social animals and require companionship. They should not be kept alone for their well-being.
(c) **True** – Camels provide milk, which is a vital source of nutrition, especially in arid region.
8. Hay and vegetables.
9. Feeding them only carrots.
10. A dry, secure and well-ventilated area.
11. Cow
12. meat
13. True
14. True
15. – Food production; domestic animals provide one with a reliable source of meat, milk and eggs
– Income generation; selling of the different animal products provides a source of income to the farmers.
– Provision of security (dogs).
– Provision of companionship (pets like dogs and cats).
– Job creation for farm workers.
– Used for medical research (guinea pigs).
– Keep rats and mice away (cats).
(Accept any relevant answer)

16. Balanced diet.
17. Helps in digestion and hydration.
18. Guinea pigs have delicate spines, hence they must be picked with great care. Keep them upright with their feet facing the floor. Keep them close to the floor to avoid injury to the spine in case they get frightened and jump off your hands. Holding a guinea pig close to the body makes it feel secure.
19. Prevent common health issues such as infections, parasites and skin problems in domestic animals.
 - Promote productivity and ensure the behavioural health or well-being of domestic animals.
 - Reduce the risk of zoonotic diseases that can be transmitted from animals to humans.
 - Strengthen the bond between farmers and their animals. Regular bathing and brushing can make the animals attached to the owner.
 - Enhance the animal's overall health and appearance.
20.
 - Proper ventilation helps maintain a clean housing environment by;
 - Removal of harmful gases such as ammonia which can accumulate from animal waste.
 - Control of humidity and moisture by preventing mould and bacteria growth that can cause respiratory issues in animals.
 - Reduction of unpleasant odours making the environment pleasant for the animals. (accept any correct answer)
21. Guinea pigs
22. Rabbit, poultry, dogs and cats.
23. Feeding and parasite control.
24. To prevent injury.
25. Wool, transportation and milk
26. Manure
27. Regularly cleaning and disinfecting the area.
28. To keep them warm and safe.
29. To prevent diseases and discomfort in animals.
30. Regularly checking and cleaning water troughs.

2.2 Preserving crop products: Fruits and vegetables (Workbook 6, Pages 52-62)



Quickfire zone

1. (a) Stop spoilage (b) Prevent food poisoning
- (c) Control wastage (d) Provide variety in the diet

- (e) For ease of transport
2. – To provide fruits and vegetables when out of season.
– To stop the spoilage of fruits and vegetables.
– Prevent poisoning from spoilt fruits and vegetables.
– Control wastage of fruits and vegetables.
– Provide variety in the diet.
– For ease of transportation of fruits and vegetables.
 3. – Wash your hands with clean water and soap before handling the fruits and vegetables.
– Prepare the fruits and vegetables in a clean place.
– Dry the fruits and vegetables on clean surfaces.
– Protect preserved fruits and vegetables from dirt, insects and other poisonous substances.
 4. – To provide fruits and vegetables when out of season.
– Stop spoilage of fruits and vegetables.
– Prevent food poisoning from consuming spoilt fruits and vegetables.
– Control wastage of fruits and vegetables by preserving excess.
– For ease of transportation of fruits and vegetables.
 5. Mangoes, Grapes, Pears, Apricots (Accept any other correct answer).
 6. To keep away insects.
To protect the fruits from dust.
 7. Kales, celery, cowpeas leaves, 'managu' (Accept any other correct answer).
 8. Prevent contaminants from coming into contact with fruits.
Protect the fruits from moisture and keeps the food fresh.
They are leak-proof and prevent any spillage.
 9. A – Mango
B – Pumpkin
C – Guava
D – Cabbage
E – Tomatoes
F – Oranges

10. Down

1. Transport
2. Season
3. Spoilage

Across

4. Poisoning
5. Wastage

11. (b) To kill germs and enzymes, to preserve the green colour.
(c) To ensure fast and even drying.
(d) To remove all moisture and ensure they are completely dry.

- (e) Prevent contact with air and moisture that cause spoilage.
12. (i) Choose ripe fruits.
(ii) Wash the fruits using clean running water to remove all dirt.
(iii) Peel and slice them into thin slices to enable them to dry completely.
(iv) Spread the slices on a tray or mat, and place them in an open place with sufficient sunlight and free air circulation.
(v) Turn the fruit slices regularly for even drying. Dry until firm and crispy.
(vi) Once completely dry, put the dried fruit in an airtight container or gourd.
13. (a) Fresh.
(b) Germs and the green colour.
(c) Drying.
(d) Crispy.
(e) Airtight.
14. A – Fruit and vegetable ladder
B – Refrigerator
- 15.

| Storage facility | advantage | Disadvantage |
|-------------------------|---|---|
| (a) Refrigerator | They protect foods from spoilage. They can preserve cooked vegetables. | They are expensive to buy. Paying electricity bills can be expensive. They may not be useful in homes where there is no electricity. |
| (b) Food ladder | They can be made locally. They are strong and durable. They are well ventilated which enables the fruits and vegetables to stay fresh. | Pests can attack wood. |
| (c) Woven basket | They are available in different sizes. They are easy to carry. They allow free circulation of air, which enables the fruits and vegetables to stay fresh. | They are less durable. They can rot if exposed to moisture. |

| | | |
|-------------------------|--|---|
| (d) Wooden crate or box | <p>They can be made locally.</p> <p>They are strong and durable.</p> <p>They are good for storing larger fruits like watermelons.</p> <p>They allow free circulation of air which enables the fruits and vegetables to remain fresh.</p> | <p>Pests can attack the wood. The wood can get damaged if the crates and boxes are stored in damp places.</p> |
|-------------------------|--|---|



Monitoring progress 5

1. – Smoking
– Sun drying
– Use of pesticides
2. Mangoes
3. – To kill germs.
– To inactivate the enzymes.
– To preserve the green colour.
4. To provide fruits and vegetables when out of season.
 - Stop spoilage of fruits and vegetables.
 - Prevent food poisoning from consuming spoilt fruits and vegetables.
 - Control wastage of fruits and vegetables by preserving excess.
 - For ease of transportation of fruits and vegetables.
5. – To protect the groundnuts from air/oxygen that speeds up spoilage.
– To prevent contact with moisture which leads to poor keeping qualities.
– To protect the groundnuts from germs which cause contamination.
6. – Wash your hands with clean water and soap before handling the fruits and vegetables.
– Prepare the fruits and vegetables in a clean place.
– Dry the fruits and vegetables on clean surfaces.
Protect preserved fruits and vegetables from dirt, insects and other poisonous substances.
7. Legumes
8. (v), (i), (ii), (iv), (vi), (iii).
9. – To kill germs and prevent spoilage.
– To inactivate the enzymes and slow down deterioration.
– To preserve the green color.
10. Sun drying.
11. – To prevent wastage.
– To preserve and use when out of season.

- To prevent spoilage of the vegetables.
 - To guard against food poisoning that may arise from eating spoilt vegetables.
12. Peas and green grams.
13. They provide proteins to the body.
14. Sun drying, smoking, use of wood ash, use of chemical preservatives.
15. – It may take long to dry the maize because of low sunshine
– It may be difficult to extract all the moisture from the maize.
16. – It should be spacious.
– The room should be well ventilated
– The windows should be well secured with a mesh to prevent entry of pests.
– The door should be lockable for the security of grains.
– Should have a rainproof roof to prevent dampness.
- (Accept any other correct answer).
17. Smoking reduces the moisture content and slows the action of bacteria and enzymes.
18. The maize may have been stored in a damp place that facilitated the action of bacteria and enzymes leading to spoilage.
19. To prevent moisture which speeds up spoilage.
20. Glass jars, freezer bags or plastic containers with a tight-fitting lid.
21. Use clean containers with fitting lids for storing cereals and pulses.
Dry cereals and pulses on clean surfaces.
Store preserved cereals and pulses in a clean place.
Protect preserved cereals and pulses from poisonous substances.
Fit the windows of storage facilities for cereals and pulses with wire mesh to keep off pests
22. To protect the vegetables from dust and bacteria.
Keep off pests, bacteria, and air, thus preventing spoilage of the vegetables.
Protect the vegetables from picking up any smell from other foods or in the surroundings.
23. (a) For faster and even drying of the vegetables.
(b) – To kill germs.
– To inactivate enzymes.
– To preserve the colour.
24. Moisture aids the growth of fungus, mould and bacteria in the vegetables.
25. – Store the vegetables in an airtight container.
– Keep the containers in a cool, dry and dark place away from direct sunlight.
– High temperatures, light and air shorten the shelf life of preserved vegetables.

- Keep your vegetables in the refrigerator or freezer to extend the shelf life.
 - Check on the vegetables regularly and ensure they stay dry.
26. Preservation of food reduces wastage and ensures that food is available at the household level, therefore improving food security.

2.3 Stewing and Baking (Workbook 6, Pages 62-74)



Quickfire zone

Stewing

1. Stewing is cooking food in a measured amount of liquid, usually water.
2. A sufuria or a saucepan with a fitting lid.
3. A, B, C, D, G, I.
4. Simmering is cooking just below the boiling point where food bubbles gently.
5. Water
6. (i) Wash the meat and remove unwanted fat
(ii) Cut the meat into cubes
(iii) Heat oil in a sufuria and add the beef, stirring regularly until it browns evenly
(iv) Add a little liquid and lower the heat; let it cook for some time.
(v) Add the prepared vegetables.
(vi) Add remaining liquid and simmer until meat is soft and tender
(vii) Serve the beef stew and garnish.
7. (a) i. The vegetables became overcooked.
ii. The beef can become tough and chewy.
(b) it gives it a good colour and flavour.
(c) No, it would drain the liquid which is supposed to be served with the stew.
8. (a) To prevent the banana sap from sticking to the hands.
(b) To prevent the bananas from changing colour.

Baking

1. Baking is a method of cooking that uses hot dry air. Baking is usually done in an oven.
2. It ensures even cooking of the baked item.
3. G, E B, F, D, A
4. Their colour - will not be as brown and therefore less appealing.
Flavour – eggs contribute to flavour therefore, the cake may be more bland.
Texture -the eggs help in raising a flour mixture; therefore, the cake may not rise properly, having a flatter and more dense texture.

5. – Switch off an electric oven with dry hands to ensure one does not get an electric shock
- Using gloves when handling hot objects prevents a burn
6. Insert a skewer of the knife in the middle of the cake. If it comes out clean, the cake is cooked.
7. To ensure circulation of air so that it cools evenly and faster
8. (a) and (b)

| Baking material | Function | Measuring equipment |
|------------------|--------------------------------|--------------------------------|
| A. Flour | The main ingredient in baking. | Weighing scale, measuring cup. |
| B. Sugar | Sweetens and adds colour. | Weighing scale, measuring cup. |
| C. Margarine | Adds flavour. | Weighing scale, measuring cup. |
| D. Milk | Adds moisture and flavour. | Measuring jar, measuring cup. |
| E. Baking powder | Raising agent. | Measuring spoon. |

9. (a) To prevent the cake from sticking to the baking tin.
- (b) To introduce air into the mixture and remove any foreign particles.
- (c) To ensure even distribution of the fat. The use of fingertips ensures that fat does not melt prematurely.
10. (a) The cake would not rise, resulting in a heavy texture.
- (b) The colour and taste of the cake would be affected.



Stretch zone

1. Baking uses dry heat
2. – To ensure correct temperature.
- To ensure good results.
3. The food can burn outside before it cooks inside
4. They can experiment with ingredients; it is a great way to spend time with family and friends.
5. They can use a fuel-saving jiko, a bigger sufuria that is covered halfway with sand and a big fitting lid to cover the bigger sufuria.



Monitoring progress 6

1. Water, salt.
2. It does not have any fat added.
3. Pork, fatty fish, fatty meat, chicken, groundnuts.

4. (a) Serve the liquid together with the food.
(b) Cook with a measured amount of liquid.
(c) Stew using a sufuria or a saucepan that has a fitting lid.
5. After serving the food.
6. Sugar, eggs, milk.
7. Finger tips are cooler than the palms, therefore preventing fat from melting during the rubbing-in process.
8. – When opening a pot with hot liquid, always tilt the lid away from your face and body to allow steam to escape safely.
– Add ingredients to hot liquids slowly to avoid spluttering.
9. To prevent the cake mixture from sticking to the sufuria during baking.
10. Dusting with icing sugar.
11. Wash the egg with clean water.
12. Wear oven mitts when handling hot objects.
13. (a) washing hands before cooking.
(b) wearing protective clothing like an apron and cover for the hair.
14. He did not begin the process by browning the meat.
15. To make the food look attractive when served.
16. Baking
17. – Switch off the jiko after cooking.
– Do not leave the food cooking unattended.
18. – Flour
– Fat
19. To introduce air to the mixture; to improve impurities.
20. A baked cake has been cooled.
21. Remove all the greasy fat before stewing
22. Browning the meat in hot fat helps to seal in the meat juices which contribute to the flavour of the meat.
23. The liquid is nutritious.
24. (a) They have a crisp outer texture.
(b) they have a rich pleasant smell.
25. To ensure that the result after baking is the desired one.
26. To help incorporate air into the flour mixture.
27. It may not cook evenly.
28. The cake may sink in the middle.
29. Food if left unattended may burn and even cause a fire.
30. Milk

3

Hygiene practices

Flashback zone

1. Practicing good hygiene helps to prevent the spread of diseases.
2. (i) Wet your hands with clean water.
(ii) Apply soap and lather well.
(iii) Rub hands together for at least 20 seconds.
(vi) Rinse your hands under clean, running water.
(v) Dry your hands with a clean towel.
3. 20
4. short
5. Bathing regularly.
Wearing clean clothes.
Washing hands regularly.
Practising oral hygiene.
Changing menstrual products regularly for girls.
6. False
7. True
8. Apron, overall, face mask, gumboots, gloves, scarf.
9. To maintain personal hygiene
10. Showering or bathing daily; brushing teeth; wearing clean clothes; combing hair.
11. Wearing clean clothes helps prevent body odour and keeps you looking and feeling fresh.
12. Changing underwear daily helps prevent infections and keeps you feeling fresh and comfortable.
13. (i) **Occasion:** Think about the event or activity (for example wedding, casual outing, job interview) and what is appropriate for that setting.
(ii) **Weather:** Check the weather forecast to decide on layers, fabrics, and styles (e.g., warm clothes for cold weather and breathable fabrics for heat).
(iii) **Comfort:** Choose clothes that feel good to wear, allowing you to move easily and enjoy your day.
(iv) **Personal style:** Consider your personal taste.
(vii) **Body type:** Choose styles that flatter your body shape and make you feel confident.
(vii) **Cultural values:** Be mindful of cultural expectations or traditions that may influence what is appropriate to wear.
14. A formal dress or suit.

15. Laundry work refers to the process of cleaning, drying, ironing and storing clothes and other fabrics to maintain hygiene and neatness.
- 16.
- **Maintains hygiene and health** – Washing clothes removes dirt, sweat and germs, preventing skin infections and diseases.
 - **Improves appearance and confidence** – Clean and well-ironed clothes make a person look neat and feel confident.
 - **Increases the lifespan of clothes** – Proper washing, drying and storage prevent damage, making clothes last longer.
17. (a) Pegs
(b) Iron box
(c) Bucket
18. Cotton plant
19. • **Handle detergents with care** – Avoid direct contact with eyes and skin to prevent irritation.
• Use warm water safely – Ensure the water is not too hot to avoid burns.
• Keep the working area dry – Wipe any spilled water to prevent slipping and falling.
20. False
21. Soaking the cotton shirt was important because it helps to loosen dirt and stains, making washing easier and more effective. It allows water and detergent to penetrate the fabric, softening dirt so that less effort is needed when scrubbing.
22. Cold
23. The colour may fade over time due to exposure to strong sunlight. The fabric may also become brittle and wear out faster, reducing its lifespan.
24. It is important to air coloured cotton articles after ironing to allow any remaining moisture to evaporate and prevent mildew or musty smells. This also helps to cool the fabric before storing, preventing creases and maintaining the quality of the cloth.
- 25.
- Hanging it on a hanger – This helps to keep the shirt wrinkle-free and maintain its neat appearance.
 - Folding it neatly and placing it in a drawer or wardrobe – This prevents dust and keeps the shirt clean and ready for use.
25. Land, darn, yarn, lard and rand.

3.1 Body Cleanliness (Workbook 6, Pages 86-91)

1.
 - Rapid growth and increase in weight in both boys and girls.
 - Appearance of pimples on the face in both boys and girls.
 - Growth of hair in the armpits and pubic area in both boys and girls.
 - Growth of beard and moustache in boys.
 - Broadening of hips and enlargement of breasts in girls.
 - Onset of menstruation in girls.
2. (a) Acne is a condition where the skin develops pimples due to blocked skin pores.
- (b) Twice a day

3. Puberty

4. Menstruation

| Body Change | Body Cleanliness |
|-------------------------------|---|
| Acne and pimples | Cleaning the face regularly with mild soap. |
| Menstruation | Changing menstrual products frequently. |
| Sweating | Wearing clean clothes after bathing. |
| Growth of hair in the armpits | Shaving excess hair. |

5. Cleaning the face regularly with mild soap.
Changing menstrual products frequently.
Shaving excess hair.
6. 1. Deodorant 2. Water 3. Toothbrush
4. Shave 5. Acne 6. Bathing
7. (a) – Bathing with soap and water.
– Brushing teeth.
– Wearing clean clothes.
(b) – For good health - Poor hygiene can cause illnesses and infection.
– To improve self-confidence – A clean person feels confident about themselves because they know they are clean and presentable.
– For social reasons - A clean person is more acceptable in the society.
8. To avoid infections and body odour.
9. Practicing good hygiene helps to prevent the spread of diseases.
10. Showering or bathing daily, brushing teeth, wearing clean clothes, combing hair.
11. Soap, water
12. – Bathing regularly with soap and clean water to remove sweat and bacteria that accumulates under the armpits and pubic areas.
– Wearing clean clothes after bathing.

- Using a mild deodorant on the armpits after bathing.
13. – Brushing teeth at least twice daily, in the morning and in the evening after meals.
 - Using toothpaste and a good quality toothbrush to brush teeth.
 14. Every four hours.
 15. To avoid infections caused by germs breeding in dirty menstrual products.
 16. To maintain personal hygiene.
 17. Deodorant helps reduce body odour caused by sweat.
 18. Keeping your feet clean and dry helps prevent odour due to excessive sweating. It also prevents conditions like athlete's foot, especially if you wear closed shoes often.
 19. For good health
 - To improve our self-confidence
 - To be more acceptable in the society
 20. A clean person feels confident about themselves because they know they are clean and presentable.
 21. Poor hygiene can lead to poor health. If you do not maintain good personal hygiene, your body will harbour germs which can cause illnesses and infection.
 22. Our clothes absorb a lot of sweat and dirt, so wearing dirty clothes transfers the dirt to our bodies.



Monitoring progress 7

1. Shower immediately and change into clean clothes.
2. Sweating
3. Regular bathing, using deodorant and wearing clean clothes.
4. Clean water, toothbrush, toothpaste, dental floss.
5.
 - Bathing regularly.
 - Wearing clean clothes.
 - Washing hands regularly.
 - Practising oral hygiene.
 - Changing menstrual products regularly for girls.
6. Broadening of the chest, increase in height and weight, Appearance of pimples, Growth of hair in the armpits and pubic area.
7.
 - Bathing with soap and water.
 - Brushing teeth.
 - Wearing clean clothes. (Allow other correct answers)
8. Acne
9. Acne, oily skin, or rashes.
10. Sharing items like towels, razors, or combs can spread bacteria and infections, so it is best to use your own.

11. Changing menstrual products regularly.
12. Regular bathing and using mild deodorant.
13. Regularly washing the face with mild soap to prevent acne.
14. Increased oil production in the skin, leading to blocked pores.
15. – They remove sweat from the skin.
– They help remove dirt from the skin.
– They prevent body odour.
16. Take a shower, wash your face, and change into clean clothes.
17. Towels, razors, toothbrushes, makeup brushes.
18. Pores
19. Sweat, bacteria
20. After visiting the toilet, before touching or eating food, after touching a dirty surface, before and after changing menstrual products.
21. Good hygiene helps prevent infections, body odour, and skin problems, and it boosts your confidence and overall health.
22. Showering, choosing clean clothes to wear, brushing teeth, combing hair.
23. Rapid growth and increase in weight; Broadening of hips; enlargement of breasts.
24. Both may develop acne due to increased oil production in the skin.
25. Change out of sweaty clothes, take a shower, and apply deodorant to refresh yourself.
26. – Wash the feet regularly.
– Drying feet thoroughly after washing.
– Wearing clean socks.
– Trimming toe nails.
27. Keeping skin clean and well moisturized.
28. Sanitary pads.
29. – Washing hands without soap
– Washing hands with dirty water
– Wiping hands before properly rinsing them
– Wiping hands with our clothes
30. Back of the hands, between fingers and under nails.

3.2: Laundry: Stain removal (Workbook 6, Pages 89-98)



Quickfire zone

1. A stain is a discolouration on a fabric that cannot be easily removed by the ordinary method of washing.
2. A stain requires special treatment to remove it. It should be removed before washing the garment.

3. (a) Grass stains (b) Blood stains
(c) Ink stains (d) Chewing gum stains
4. Ants, tins, sits, sins, tans, anti.
5. (a) Salt (b) cotton wool (c) methylated spirit
6. – To prevent the stain from spreading to other parts.
– To prevent the methylated spirit from evaporating.
– Hot water fixes blood stains making it more difficult to remove.
7. So as to remove the stain effectively.
8. To prevent accidents or getting burnt.
- 9 (a) True (b) False (c) True
10. – So as to remove the stain effectively.
– To prevent accidents.
- 11.

| Step 1 | Step 2 | Step 3 | Step 4 | Step 5 | Step 6 |
|--------|--------|--------|--------|--------|--------|
| i | v | iii | iv | vi | ii |

12. (a) Salt
(b) Methylated spirit.
13. Fresh stains are easier to remove than old stains.
14. i. Put some cold water in a basin or bucket.
ii. Add some salt to the water.
iii. Soak the stained part in cold, salty water. Leave the garment undisturbed until the stain dissolves.
iv. Remove from the soaking water.
v. Rinse the garment well.
vi. Wash the garment in the normal way according to the type of fabric.



Monitoring progress 8

1. True
2. – Wipe off any spills of water on the floor.
– Always switch off the iron box after use.
– Store soaps away from small children.
– Do not use very hot water.
3. Bleaching agent.
4. To loosen dirt, hence making washing easier.
5. – Fold and store in a drawer.
– Hang it in a wardrobe using a hanger.
6. – cotton wool
– Methylated spirit
7. Grass stains require special treatment before washing.

8. To avoid spreading the stain onto clean parts of the fabric.
9. So as to use the correct stain remover.
10.
 - i. Put some cold water in a basin or bucket.
 - ii. Add some salt to the water.
 - iii. Soak the stained part in cold, salty water. Leave the garment undisturbed until the stain dissolves.
 - iv. Remove from the soaking water.
 - v. Rinse the garment well.
 - vi. Wash the garment in the normal way according to the type of fabric.
11. Sorting
12. The tear will extend/the damage will become worse.
13. A fabric whose colour does not run when dipped in water.
14. To remove creases.
15. Grass stains, blood stains, ink stains, chewing gum stains.
16. To remove all traces of the stain-removing materials.
17. To prevent inhaling the fumes from methylated spirit.
18. Fresh stains are easier to remove than old stains.
19.
 - i. Place the garment on a flat surface.
 - ii. Soak a piece of cotton wool in methylated spirit. Ensure the bottle of methylated spirit is tightly closed when not in use.
 - iii. Rub the methylated spirit on the stain. Work from the outside towards the inside of the stain.
 - iv. Repeat the process until the stain is removed.
 - v. Rinse the garment well.
 - vi. Wash the garment in the normal way according to the type of fabric.
20. To prevent accidents.
21. To prevent colour fading.
22. Hot
23.
 - Handle the hot iron with care.
 - Always switch off the iron box after use.
 - Do not touch the sockets with wet hands.
24. To prevent them from falling off the line.
25. To freshen the fibres.
26.
 - Use it to clean shoes.
 - use it to clean a cemented or tiled floor.
 - sprinkle it on an earthen floor before sweeping.
27. A stain is a discolouration on a fabric that cannot be easily removed by the ordinary method of washing.
28. Salt and cold water.
29. False
30. To look smart.

Flashback zone

1. manure
2. sticks
3. sand
4. tiny seeds
5. Vertical gardens grow upwards, while horizontal gardens grow along the ground or parallel to the ground.
6. Vertical garden
7. A kind of garden that uses little space to grow crops.
8. Little space and water is used to grow crops at any time of the year.
9. Little
10. Retains a lot of moisture.

4.1 Crocheting of PPEs (Workbook 6, Pages 100-109)

Quickfire zone

1. a) Crocheting
b) (i) Scarf (ii) shoes (iii) mat
 (iv) sweater (v) booties (accept other correct answers)
2. Crocheting is the craft of creating fabric by interlocking loops of yarn, thread, or other materials using a hooked needle called a crochet hook.
3. Crocheting needle; Yarn.
4.
 - Crochet in a place where there is good light.
 - Use the right equipment and tools for crocheting.
 - Ensure the crochet hook remains smooth with no rough edges.
 - Keep the crochet hook and yarn in a safe place when not in use.
 - Maintain correct body posture when crocheting to avoid unnecessary strain on the wrist and elbows.
 - Alternate between knife and pencil holds to avoid fatigue.
 - Pick a yarn size and crochet hook that is not too large or too small to avoid fatigue and strain on the wrist.
 - Use a wrist guard if experiencing wrist joint pain.
5. a) The stitches will be larger and looser. The loops created will have more space between them, and the overall fabric will be more flexible and stretchier.

- b) The stitches will be **smaller and tighter**. The loops will be more compact, and the overall fabric will be firmer.
6. A) Single crochet stitch B) Double crochet stitch
 7. A slip knot
 8. **For ease of work:** A crochet hook should be smooth and free from any rough edges. Any roughness on the hook can cause snagging or splitting of the yarn, making the crochet process more difficult and frustrating.
 9. Crochet tension refers to the tightness or looseness of the stitches that you create while crocheting.
 10. It creates a row of **foundation chain** stitches, which act as the base for your first row of crochet stitches.
 11. By always storing your crochet hook safely when not in use. This means placing it in a designated case or container, or ensuring that it is placed flat on a surface where it won't roll off or pose a risk of injury.
 12. – To prevent yarn from tangling, you can wrap leftover yarn into small balls.
 - Yarns can be stored in a bag to avoid tangling and keep it clean.
 - Keep crochet hooks in a protective case.
 13. – Take a break every 20 to 30 minutes to stretch and rest your hands, wrists, arms, and shoulders.
 - Ensure you're sitting upright in a comfortable chair that supports your back.
 - Don't grip the crochet hook too tightly. Keep your hold relaxed, allowing for better flexibility and less strain on your fingers and hands.
 - Ensure you have sufficient lighting to avoid straining your eyes.
 14. Store crochet hooks in a crochet hook case with designated slots or pockets for each size.



Stretch zone

For questions 1-4, assess the Learner's work in their portfolio.

5. Tape measure, needle, scissors, crochet hook, yarns.



Monitoring progress 9

1. Crocheting
2. – The soft grip would provide extra comfort, reducing hand fatigue and strain during long crocheting sessions. This is especially important if Jan crochets for extended periods.

- A well-designed handle helps Jan maintain better control over the hook, making it easier to hold and manoeuvre while crocheting. This can lead to more precise stitches and an overall smoother crocheting experience.
 - A good handle with cushioning helps distribute the pressure more evenly, preventing strain on the fingers, wrists, and palms. This can help avoid discomfort or injury from repetitive movements.
 - The soft grip ensures that Jan’s hand won’t slip while crocheting, even if her hands get a little sweaty or slippery. This stability can improve her speed and accuracy while working.
3. She should cut the yarn using a pair of scissors.
 4. (i) Single crochet stitch (ii) Double crochet stitch
 5. At the beginning of a crocheting project.
 6. It determines the uniformity of the stitches as well as the size of the stitches.
 7. Hassan can improvise by using a pencil case or a small zipped pouch to store his crochet hooks.
 8. He can use a single crochet stitch.
 9.
 - Taking frequent breaks to rest your hands, wrists, and eyes.
 - Doing simple hand, wrist, and shoulder stretches to relieve tension.
 10. Pencil grip: this is holding the crochet hook as if you were holding a pencil.
 11. Crochet hook, yarn
 12. It is the primary material used to create crochet stitches and crocheted fabric.
 13. A grip is important in crocheting because it directly affects the comfort of the person crocheting, control of the crochet hook, and efficiency while working with the crochet hook.
 14. How to hold crocheting yarn
 15.
 - Store the yarn in a yarn bag or a small plastic container to keep it contained.
 - Before starting to crochet, wind the yarn into a ball. This keeps the yarn from unravelling freely and tangling as you crochet.
 16.
 - Crochet in a place where there is good light.
 - Use the right equipment and tools for crocheting.
 - Ensure the crochet hook remains smooth with no rough edges.
 - Keep the crochet hook and yarn in a safe place when not in use.
 - Maintain correct body posture when crocheting to avoid unnecessary strain on the wrist and elbows.
 - Alternate between knife and pencil holds to avoid fatigue.
 - Pick a yarn size and crochet hook that is not too large or too small to avoid fatigue and strain on the wrist.
 - Use a wrist guard if experiencing wrist joint pain.
 17. Thread the yarn tail through a yarn needle, then weave the thread through the crocheted stitches.

18. (i) Start by making a slip knot with the yarn, which will be placed on the crochet hook to begin your project. This knot will act as your starting point for the first stitch.
- (ii) Make a row of foundation chain stitches.
19. Double crochet stitch.
20. They act as a base on which one will make the first row of crochet stitches.
21. This is a darning needle.
 - It is used to weave in the loose ends of yarn to secure them. This ensures that the yarn tails do not unravel and that the finished piece looks neat.
 - It is also used to stitch the pieces of crocheted fabric together.
22. Crocheting yarn, crochet hook, pair of scissors.
23. The purpose of a crocheting pattern is to provide detailed instructions that guide the crocheter in creating a specific project.
24. She should weave in the loose ends of yarn into the crocheted article using a darning needle to secure them.
25. By ensuring that the tension of the thread is even while crocheting.
26. – Crochet in a place where there is good light.
- Use the right equipment and tools for crocheting.
- Ensure the crochet hook remains smooth with no rough edges.
- Keep the crochet hook and yarn in a safe place when not in use.
- Maintain correct body posture when crocheting to avoid unnecessary strain on the wrist and elbows.
- Alternate between knife and pencil holds to avoid fatigue.
- Pick a yarn size and crochet hook that is not too large or too small to avoid fatigue and strain on the wrist.
- Use a wrist guard if experiencing wrist joint pain.
27. Booties, socks, sweater.
28. Inserting a slip knot into a crochet hook.
29. By placing the yarn in a clean basket or box.
30. B

4.2 Constructing moist bed gardens (Workbook 6, Pages 109-113)



Quickfire zone

1. Moisture bed garden is a garden that conserves moisture in the soil.
2. Conserve moisture in the soil for the crops to grow without being affected.
3. Vegetable crops and root crops like arrow roots that need moist conditions.
4. (a) X (b) ✓ (c) ✓ (d) ✓
5. (a) A. Raised B Sunken
- (b) Sunken bed

Sample KPSEA Assessment Papers (Workbook pages 114 - 139)

Test Paper 1 (Workbook page 114)

- | | | | | |
|-------|-------|-------|-------|-------|
| 1. D | 2. C | 3. B | 4. D | 5. A |
| 6. B | 7. C | 8. D | 9. A | 10. C |
| 11. D | 12. C | 13. A | 14. D | 15. D |
| 16. B | 17. D | 18. A | 19. C | 20. D |
| 21. B | 22. C | 23. C | 24. B | 25. D |

Test Paper 2 (Workbook pages 119)

- | | | | | |
|-------|-------|-------|-------|-------|
| 1. C | 2. B | 3. A | 4. B | 5. D |
| 6. A | 7. C | 8. C | 9. B | 10. D |
| 11. D | 12. D | 13. B | 14. B | 15. A |
| 16. B | 17. A | 18. B | 19. C | 20. D |
| 21. C | 22. A | 23. A | 24. C | 25. B |

Test Paper 3 (Workbook pages 124)

- | | | | | |
|-------|-------|-------|-------|-------|
| 1. D | 2. C | 3. A | 4. B | 5. D |
| 6. C | 7. A | 8. C | 9. C | 10. C |
| 11. B | 12. C | 13. C | 14. D | 15. C |
| 16. D | 17. B | 18. B | 19. A | 20. A |
| 21. C | 22. B | 23. C | 24. D | 25. A |

Test Paper 4 (Workbook pages 130)

- | | | | | |
|-------|-------|-------|-------|-------|
| 1. B | 2. D | 3. C | 4. A | 5. B |
| 6. A | 7. C | 8. A | 9. D | 10. B |
| 11. C | 12. C | 13. C | 14. D | 15. C |
| 16. C | 17. B | 18. D | 19. B | 20. D |
| 21. B | 22. B | 23. B | 24. B | 25. C |

Test Paper 5 (Workbook pages 135)

- | | | | | |
|-------|-------|-------|-------|-------|
| 1. A | 2. B | 3. C | 4. A | 5. B |
| 6. A | 7. D | 8. A | 9. B | 10. D |
| 11. C | 12. D | 13. C | 14. D | 15. C |
| 16. D | 17. A | 18. D | 19. B | 20. D |
| 21. B | 22. A | 23. B | 24. B | 25. C |