

CBC LESSON NOTES

HOME SCIENCE

GRADE 5 NOTES

FREE LESSON NOTES FOR GRADE FIVE

SMALL KITCHEN EQUIPMENT

EXAMPLES OF SMALL KITCHEN EQUIPMENT

1. knives,
2. potatoes peelers,
3. whisks and potatoe mashers,
4. surface cooking utensils e.g saucepans, sufuria, oven cooking dishes like casseroles and baking pans,
5. small electrical appliances e.g sandwich makers, coffee makers, toasters, food mixers, and blenders

Types of small kitchen equipment

cutlery e.g knives, forks and spoons

Choice of small kitchen equipment

should be suitable size and shape

Care of small kitchen equipment

1. washing in warm soapy water,
2. rinsing well,
3. drying with non fluffy cloth,

NB:- Avoid living water on cutlery to keep off silver water marks

Knives

1. choose according to function.
2. Should be ones with high carbon stainless steel material for blades,
3. firmly fixed handle,
4. handle made of wood, plastic, hard rubber or metal,
5. should be ones that don't rust,
6. should be desirable.

Uses of knives:

for general cutting, chopping, and peeling.

Care of knives:-

1. should be cleared separately in warm soapy water,
2. rinsing well,
3. drying well,
4. storing properly,
5. avoid exposing blades to too much heat, why: they loose shape
6. cutting affected areas.
7. sharpening if necessary.

Choice of Glass

1. should be attractive,
2. well moulded and smooth,
3. should stand some degree of temperature,
4. durable.

Uses of Glass

for kitchen items, e.g drinking glasses, water jugs, measuring jugs, plates and bowls, cups and saucers, casserole, mixing casserole, mixing bowls, ornamental, e.g flower vessel.

Care of Glass

1. avoid dropping/banging/subjecting to any pressure,
2. not exposing to too much heat,
3. not sticking them together,
4. washing them separately in warm water,
5. rinsing well,
6. drying on a racks that's cleared,
7. don't use abrasive to avoid scratching glass.



Earthenware (China)

- should have a smooth and attractive finish,
- should be appropriate in weight and size,
- to be plain and simple in design
- easy to clean.

Enamel earthenware

avoid already scratched equipment and one with attractive colours and designs.

Uses of enamel

- spraying on metals and baking them at high temperature,
- used for interior and exterior finishes of plates, serving bowls, freezers etc

Care of enamel

- avoid banging and knocking because they chip and rust,
- wash in warm soapy water,
- rinse and dry well,
- mild abrasives to remove stains.

Plastics

Choosing plastics

- durable,
- should be ones that can withstand heat e.g sunlight.
- should be smooth, firm and able to retain shape,
- odourless,
- should be ones that peel and become discoloured with use.

uses of plastics

for basins, buckets, plates, cups, jugs, mixing bowls, cutlery etc.

Care of plastics

- use warm soapy water to wash,
- should be rinsed and dried well under a shade,
- avoid abrasives to be avoided when cleaning,
- avoid exposing to dry heat, they will be spoilt,
- discolorations should be removed by a good bleach.

Cooking pots and pans:-

- are from metals e.g aluminum, stainless steel with copper alloys and iron coated with enamel,
- pots made of clay/cast iron,
- are in a variety of sizes and shapes,

choice of pots and pans

- should be ones that can balance well on the cooker,
- a thick base and walls for even distribution of heat,
- should have a well fitting lid,
- should have a smooth finish,
- to be well moulded and no cracks.

Use of pans and pots,

surface cooking,

Care of pots and pans

- to be washed according to type e.g aluminum ones in hot camp,
- a mild abrasive to be used,
- use steelwool for stubborn stains,
- sieve improvised cleaning materials in order to prevent surface scratchings.
- rinsing should be done well,

- drying and storing appropriately.

Enamel pot or pan

- clean in warm soapy water,
- avoid harsh abrasives,
- drying to be done well and same to stoves.

Clay pot

- plain hot water to be used not soapy because it leaves an unpleasant smell as a result of the porosity of the material.
- to be rinsed properly and dried before storage.

Baking tins and trays

Choice of tins and trays

- aluminium most preferred why? They don't rust.
- Choose on different sizes and shape,
- Durable,
- should have dark finishes and strong because they absorb heat,

use of tins and trays

for baking

care of tins and trays

- Scrap off foods while hot,
- Soaking in hot soapy water,
- Rinsing well, drying well and storing,
- Rub with oil to prevent rusting.

Wooden utensils

- Choice of Wooden utensils
- to suit intended use,
- those from plain wood are the best,
- shouldn't have any unpleasant smell

Use of Wooden utensils

- chopping board,
- spoons,
- rolling pans.

Care of Wooden utensils

- food to be scrapped off with a knife back,
- scrub along the grain,
- use warm soapy water,
- rinsing and drying with a cloth wrung from cold water,
- drying in an airy place,
- don't soak because it can crack,
- avoid burning or charring kitchen equipment.
- avoid tenting,
- avoid soaking and store in dry place.

Safety precautions when handling kitchen equipment

1. avoid buying family equipment because can cause accidents e.g shock,
2. the dealer should demonstrate on the use of buying appliance if possible,
3. equipment to be used for the right purpose and manufacturers instructions to be followed,
4. serving of the equipment especially electrical ones,
5. clean, dry and store them depending on type, use and material,
6. check on leaking gas because it can cause poisoning and fires,
7. avoid handling them with wet hands,
8. all equipments that aren't in use to be stored away in order to avoid overcrowding the kitchen,
9. gas taps to be switched off when not in use,
10. children not to be left in the kitchen alone,
11. clean and sharp knives to be used because dirty and blunt they can cause cuts,
12. pressure cookers to be handled with great care, they can cause scalding.

IMPROVISED KITCHEN EQUIPMENT

1. perforated tins as graters but avoid ones which had contained poisons,
2. Plates/grease proof paper – use banana leaves that can be planted stitched/tied together,
3. Charcoal cookers used if there is not fridge,
4. Sufuria with tight fitting lid where there are no steamers,
5. kitchen floor mops/dusters from old sheets blankets/khanga pieces,
6. wires for fork/skewers,
7. plastic containers for mugs salt/pepper shakers/floor dredgers,
8. a stand constructed for draining utensils,
9. large sufuria with sand inside and as with charcoal fire,
10. a debe for an oven that uses firewood/charcoal.
11. smooth glass bottle for a rolling pin,
12. hard stone for a knife sharpener.

KITCHEN EQUIPMENT (LARGE)

KITCHEN EQUIPMENT

Importance of a well equipped kitchen, it helps save energy, time and money.

Classes of kitchen equipment

- Large
- Small

Large kitchen equipment

Examples:

1. deep freezer,
2. refrigerators,
3. cookers,
4. microwave ovens

5. food processors and other appliances.

Cookers and cooking facilities

Examples

1. Electric cookers,
2. Gas cookers,
3. Charcoal jikos,
4. Oil stoves and traditional three stones.
5. Electric cooker

Choice of cooking facilities

1. Should have any mechanical defects,
2. Should be bought from reliable dealers and installed by qualified persons
3. Clean,
4. Easy to operate

Disadvantages of cookers

1. can't be used in absence of electricity,
2. expensive,
3. risky if not carefully used.

CHOICE OF GAS COOKER

1. colour should rhyme with colour scheme,
2. should have an attractive and durable finish that is smooth and easy to clean,
3. easy to control knobs,
4. should enable one to use different methods of cooking e.g baking, grilling and surface cooking,

Use and care of gas/electric cookers

1. wiping cooker using a cloth wrung out of warm soapy water (use a mild abrasive e.g vim for stubborn stains),
2. avoid pouring cold water on coils/elements while they are hot because a sudden drop in temperature can crack them,
3. to avoid fuel wastage, flat pans that fit to be used.

Advantages of a gas cooker

1. can be used anywhere,
2. it is quick to use,
3. clean in use,
4. it is locally and readily available.

Disadvantages of a gas cooker

1. needs a lot of attention,
2. can be a source of fire if not used carefully,
3. has no gas gauge,
4. embarrassing when one has no extra cylinder if gas is finished when cooking.

Charcoal jiko

use charcoal, plant and animal waste e.g coffee husks, saw dust, cowdung etc.

Use and care of charcoal jiko

- avoid too much charcoal because it prevents combustion,
- wiping and oiling frequently if it is a material that rusts,
- avoid using it in a non ventilated room because it releases CO₂ that is poisonous.
- putting charcoal off if not easy,
- emptying ashes,
- screen off cooking place with a large house for safety.

Advantages of charcoal jiko

1. used anywhere,
2. it is a bit cheap,
3. can be used in doors/outdoors.

Disadvantages of charcoal jiko

1. messy if not well used,
2. a lot of attention needed,
3. if not a ventilated room, gas produced can cause suffocation / death.
4. Three stoned cooking faulty

Advantages of Charcoal Jiko

- readily available in rural areas,
- can be indoors/outdoors,
- when dry it burns very fast without producing smoke and so food cooks quickly,
- helps warm the room,
- it is cheap and effective,



Disadvantages of Charcoal Jiko

- leads to desertification because of cutting down trees,
- needs a lot of attention,
- slower than gas and electric cookers,
- needs a lot of storage space because it is bulky,
- produces a lot of smoke of wet,

- messy and sooty,
- food can be smoky in taste and smell.

Types of Oil/Paraffin Stoves

1. one burner,
2. two burner,
3. four burner
4. pressure stove.

Advantages of Oil/Paraffin Stoves

- they need little paraffin
- it is locally and readily available,
- it is cheap and easy to carry,
- are clean if well used

Disadvantages of Oil/Paraffin Stoves

1. can be very dangerous.
2. are noisy
3. paraffin catches fire easily,
4. paraffin is smelly (and can get into food) because of unburnt oil,
5. smoky if dirty wicks are used so should be cleaned frequently.

Care of paraffin stoves

- clean wicks frequently,
- trimming tops,
- cleaning the stove with a cloth wrung out of warm soapy water,
- cleaning chimney, holder and burner with old newspaper, tissue paper and soft paper,
- ensuring all holes have wicks,
- cleaning framework,
- drying of stove properly,
- ensuring the stove has oil otherwise it can rust.

How to choose a refrigerator

- suit the space available,
- should suit the family size,
- internal storage arrangement,
- size of frozen food compartment,
- repair expert and spare parts should be available,
- should be durable,
- consider fuel available, if its gas buy one operated by gas if electricity but one generated by electricity,
- consider the cost.

Small electric kitchen equipmen

Examples

- Toasters,
- food mixers,
- blenders
- sandwich – makers
- coffee maker,
- microwave ovens

Kitchen factory/food processo

- it is an appliance that makes food preparation easy, faster, and enjoyable.
- Can have a number of attachments fitted e.g potato peeler, blender, juicer, mixer, slicer
- can be for mixing flour mixtures, whisk cream, mince, make juices etc.,

Choice, use and care of kitchen factor

- electricity should be available,
- size should suit the work,
- should be one that is affordable,
- workmanship should be good

Care and cleaning of food processor

- put off after use,
- don't run it when it has no food,
- avoid overloading blender, slicer and mixer,
- wipe off spills immediately,
- follow manufacture's instructors,
- clean according to material,
- avoid wetting motor and wiring,
- serving frequently.

Automatic rice cooler

- its like a sauce pan built in hot plate,
- 2nd bowl fits inside and it fitted with tight fitting lid,
- outer part made of enamel inner part aluminium,

choice, use and care of an automatic rice Cooler

- size should be suitable,
- should to clean,

Using automatic rice cooler

Using:-

- measure rice (pick and wash),
- put rice and water in the pan,
- put the pan in the outer container, put the lid, plug the cable into socket,
- switch on by firming cooler,
- it switches itself off when rice is ready.

NB:-

- (i) hot button should be kept on,
- (ii) lid to be carefully removed for condensed water.

Sandwich maker

1. it is sealing sandwich for cracks,
2. uses electricity,
3. has a cover and bottom part.
4. Sandwich are toasted and cut automatic
5. Sandwich take 2/3 minutes

Cleaning and care of sandwich makers.

- Cleaning inside after use with a clean cloth when warm.
- Avoid washing it.
- Wipe with damp cloth wrung out of soapy water and rinse well if very dirty.
- Outside to be cleaned depending on the material.

Electric toaster

1. vertical type is common,
2. toasts one/two slices,
3. when ready slices pop up and toaster switches off.

NB:-

- Toasted bread is better because starch is converted to dextrin that is easier to digest. It has a temperature indicator low, medium and high for different browning.
- Avoid sharp instruments when it on because they may spoil it/cause shock.

Electric kettle

1. have an automatic cut out that makes kettle not dry,
2. made of aluminium, stainless steel or chrome plate,
3. base has electric element that heat water.

Choice and Care of Electric kettle

choice and care:-

1. buy what is affordable,
2. avoiding putting on when it is dry,
3. not placing on a hot plate,
4. cleaning the inside frequently with a cloth wrung out,
5. cleaning outside according to material,
6. not dipping it in water.

Waffle make

1. for making pancakes,
2. takes 2-3 minutes,
3. inside has reflow finish, outside one is stainless steel,

KITCHEN EQUIPMENT (TOPIC OBJECTIVES AND SUBTOPICS)

SUB-TOPICS

KITCHEN EQUIPMENT (8 Lessons)

- Types of kitchen equipment and their use

- Care of kitchen equipment
 - plastics
 - metal
 - Stainless steel
 - aluminium
 - iron
 - Enamel
 - wood
 - glass
 - earthenware
 - calabashes
- Safety precautions when handling kitchen equipment
- Improvisation of kitchen equipment.



Specific Objectives

By the end of the topic the learner should be able to:

1. identify, use and care for kitchen equipment
2. exercise safety precautions when handling kitchen equipment
3. improvise kitchen equipment where necessary.

CLEANING OF DIFFERENT ROOMS

CARE OF THE HOME NOTES FOR HOME SCIENCE FORM 1

SITTING ROOM (Daily cleaning of sitting (living) room)

1. close windows,
2. shake floor mats and cushions outside house,

3. remove waste baskets,
4. sweep floor and brush carpet/use carpet cleaner,
5. dust furniture and collect dust in dustpan,
6. tidy and arrange room then open windows,
7. arrange mats and cushions,
8. arrange flowers if present.



Weekly cleaning of sitting room

1. open windows to air the room,
2. collect equipment and materials,
3. move furniture to the centre/out if weather is good,
4. collect ornaments on a tray,
5. close windows to prevent dust blowing back to clean parts,
6. dust ceiling and walls using ceiling brush attention to corners,
7. clean fire place,
8. sweep floor methodically and dispose dust,
9. dust all surfaces and polish the ones that need polishing,
10. open windows and clean them according to type,
11. clean wooden surfaces and polish,
12. clean floor according to type and remove stains

Occasional cleaning of sitting room

1. put out cushions, rugs and mats to air,
2. sweep down ceilings and walls – remove cobwebs with a long handled broom,
3. sweep room and clean floor according to type,
4. clean skirting board,
5. dust furniture according to its type,
6. clean carpet, rugs and mats thoroughly using a carpet sweeper,
7. wash floor and polish when dry,
8. replace everything to its right place,
9. change chair covers, cushion covers and curtain if need be.

Cleaning dining room

Refer to sitting room

Pay attention to Dining table, table cloth and floor around the table.

BEDROOM

Cleaning of the bedroom (Daily cleaning of bedroom)

- open all windows to ventilate,
- strip bed, place beddings on a stool to air the bed,
- put mats and floor rugs outside, shake them,
- sweep floor attention to the area under the bed,
- remove all objects from dressing table and other surfaces,
- dust furniture, ornament and skirting board,
- make the bed:
 - cover mattress – use a thin cloth/thin under blanket,
 - place bedsheets W.S down tuck in firmly all round,
 - place top W.S up and tuck it,
 - place top blanket tuck it,
 - fold blanket and top sheet to back,
 - shake pillows well place on top of bed, open slides away from the door,
 - place bedcover don't tuck and let it not touch the ground,
 - open window.

Weekly cleaning of bedroom

1. open window to air the room,
2. change sheets once a week,
3. strip bed take beddings out,
4. clean bed with a cloth dipped in warm soapy water,
5. rinse with a cloth wrung from warm water twice finally from cold,
6. attend to ceiling and walls,
7. make the bed with clean beddings,
8. clean the room as for daily cleaning

Occasional cleaning of the bedroom

bed room should be completely turned out and cleaned occasionally.

Procedure

1. strip the bed
2. put pillows on the sun to air,
3. brush mattress, put out on sun to air
4. wash mosquito net if necessary and also curtains,
5. clean beds frame with a damp cloth wrung out of warm soapy water and rinse well,
6. clean wardrobes, chest of drawers and cupboards,
7. change pillowcases and sheets,
8. clean like for daily cleaning.

NB:-

- (i) Give bedrooms for guests and sick special care so that they are comfortable,
- (ii) Use warm soapy water having a disinfectant to clean the bad floor and water.
- (iii) Use warm soapy water having a disinfectant to clean the bad floor and walls.

KITCHEN

Daily cleaning of the kitchen

- Ventilate in the morning,
- Sweep the floor while windows are closed so that dust doesn't rise,
- Clean the sink,
- Empty the bin and wash it,
- Clean cooker with a damp cloth wrung out of warm soapy water,
- Clean work tables,
- Clean floor with warm soapy water attend to stains,
- Wipe floor with cloth wrung from soapy warm water,
- Change kitchen clothes.

Weekly cleaning of kitchen

1. Pay much attention to kitchen surfaces,
2. Clean cooker both top and sides using warm water, clean inside too and rinse well then dry,
3. Defrost and clean fridge, remove all unwanted foods,
4. Clean sink and dustbin,
5. Ventilate room,
6. Empty and clean waste bin with disinfectant,
7. Clean windows and sink,
8. Clean all cupboards and drawers and line them,
9. Sweep floor, open windows to bring in fresh air,
10. Clean floor with warm soapy water,
11. Remove all stains, rinse and dry well

Special cleaning of kitchen

1. Ventilate room,
2. Empty cupboards and drawers, remove all unwanted items,
3. Clean storage containers,
4. Wash curtains,
5. Dust ceilings and walls,
6. Close windows so that dust doesn't rise and sweep,
7. Clean wall with warm soapy water and damp cloth, remove all stains,
8. Rinse using a cloth wrung from warm water finally cold,
9. Clean windows and floor thoroughly depending on type and rinse well and dry with a dry cloth.

BATHROOM

Daily cleaning of the bathroom:

1. Ventilate the room,
2. Pour away all used water,
3. Wipe shower curtains to remove traces of soap,
4. Clean mirror use a plain duster,
5. Clean floor with warm soapy water and rug,
6. Rinse well using warm water and clean rug,
7. Dry using dry duster.

Weekly cleaning of bathroom:

1. Open windows,
2. Remove dirty water, bath towels and face towels and clean,
3. Clean bathtubs, hand basin use a good cleaning agent,
4. Clean walls with soapy warm water having a disinfectant,
5. Rinse and dry,
6. Clean mirrors and windows,

7. Clean shower curtains so as to remove splashes of water,
8. Clean taps and towel rail,
9. Scrub floor and clean rest of bathroom thoroughly,
10. Rinse well and dry

Occasional cleaning of the bathroom

1. Open windows,
2. Clean and polish bath tub/basin if they have brass taps, chrome, aluminum etc.,
3. Clean walls depending on type,
4. Clean bathroom as for daily cleaning,
5. Replace mats with clean ones,
6. Put out clean towels

TOILET

Daily cleaning of toilet

1. Cleaned together with bathroom if on the same room,
2. Ventilate toilet,
3. Flush and clean bowl using a toilet,
4. Brush with an appropriate cleaning agent,
5. Rinse brush in warm soapy water having a disinfectant,
6. Rinse the bowl and flush again,
7. Wipe seat, cover bowl with a damp cloth wrung in soapy water having a disinfectant. Wipe also flush handle.
8. Clean floor depending on type wash with warm soapy water having disinfectant if ceramic/plastic tiles,
9. Change towel,
10. Rinse and wipe dry use a dry duster,
11. Clean cloths and dry them,
12. Put toilet paper if needed,
13. Use air fresher

LATRINE

1. Normally far from the house,
2. Clean and disinfect everyday,
3. Give great care around opening,
4. Sprinkle water on couter floor that is disinfectant and sweep,
5. Cemented ones should be scrubbed with soapy warm water that has a disinfectant and rinsed well,
6. Opening should be sprinkled with soil/ashes.

Refer to daily cleaning

NB:-

1. Smoke latrine occasionally by burning twigs to fumigate
2. Pouring ashes around latrine

Bath shelter

Daily cleaning

Keep step clean and dry

CARE OF THE HOME SPECIFIC OBJECTIVES AND SUB-TOPICS

CARE OF THE HOME

Specific Objectives

By the end of the topic the learner should be able to:

1. classify different types of dirt found in the home
2. choose, use and care for different types of cleaning materials and equipment
3. improvise cleaning materials and equipment
4. practice methods of removing dirt from different surfaces
5. practice cleaning different areas in the home.

SUB-TOPICS

1. Classification of dirt:
 1. loose dirt
 2. fixed dirt
2. Choice, use and care of different types of cleaning materials and equipment
3. Improvisation of cleaning materials and equipment
4. Reasons for cleaning a house
5. Removing dirt from surfaces
 1. sweeping
 2. dusting
 3. scrubbing
 4. suction
6. Daily, weekly and special cleaning of different areas in a house:
 1. sitting/living area
 2. sleeping area
 3. sanitation area
 4. storage area
 5. dining area
 6. cooking area

CARE OF THE HOME NOTES, CLEANING THE HOUSE, DIRT, BROOMS, MOPPERS AND BRUSHES

Reasons for cleaning the house

- promotes good health by keeping away germs and bacteria,
- it helps retain the original appearance of surfaces in the home,
- to help surfaces stay free from stains and remain attractive and in good condition,
- to cut down cost by cleaning regularly

CLASSIFICATION OF DIRT

Definition of dirt:

Any substance that makes appearance of a surface/object unattractive, it can also be a health hazard.

Classes:

1. loose dirt,
2. fixed dirt.
3. loose dirt

(i) loose dirt

- are fine particles of both organic and inorganic matter.
- are normally carried by wind and deposited on a number of surfaces and objects,

Classes of loose dirt

- animal matter e.g dried skin, waster matter, hair etc.
- vegetable matter, e.g pollen grains fibres, moulds, bacteria, yeast etc.
- inorganic matter e.g powdered earth, soot, ashes, fine particles of rocks etc.

(ii) fixed dirt

- it is dust that sticks on surfaces,
- normally held together by grease or moisture,
- can't be blown by wind/wiped off by dusting but requires mechanical means,
- - e.g tarnishes on metals.

NB:- Tarnish can be a health hazard if it occurs on cooking and serving dishes.

Methods of cleaning surfaces:

1. Dusting
2. Brushing
3. Sanction
4. Scrubbing

Sweeping

- It is removing dust from large surfaces smooth/rough.
- Not all dust is removed some is blown into the air and settles back on surfaces.

General methods of sweeping

Order or work:

- Collect all required equipment and materials in order to (a) save time and energy, (b) to prevent unnecessary movement.
- Move light furniture to one side of room or centre for easy movement during sweeping,
- Close windows and doors to prevent dust being blown about,
- Start from furthest corner to fire place/door to keep dirt off cleaned parts.
- Use forward/side to side strokes overlapping parts so as feet are not covered with dust,
- Move furniture to sweep part that are not swept so as all parts of room are cleaned,

- Gather dust together and collect using a dustpan because it is easier and comfortable,
- Wrap in a newspaper in a polythene bag and dispose it in a dustbin since it is healthier and more hygienic,
- Rearrange room and open windows and door to make it neat and fresh.

NB: If earthen sprinkle with water to prevent dust being blown around.

Dusting

- Done by gathering up the dust with a clothing on dusting mop.
- **NB:-** Avoid fluffy materials because they shed bits on surface and make it difficult to clean.
- A feather duster/mop is better if delicate articles.
- Treat cotton dusting mop with a special liquid for them to be able to absorb dust effectively.
- Use long handled mops when dusting floor e.g polished wood, linoleum etc.
- General method of dusting
- Collecting all equipment and materials so as to save time and avoid unnecessary movement.
- Fold duster move round room and dust from top,



NB:-

- (i) If folded, the pad will have no loose corners that can pull down ornaments,
- (ii) It gives several clean surfaces,
 - Starting from top ensures no dust settles on the cleaned surfaces,
 - Use circular movement to puff and shine surfaces,
 - Remove sticky/dirty marks with a damp cloth/chamois leather,
 - Shake off dust into a dust bin/waste paper basket so as no dust falls on already dusted parts and for it to clean well,
 - It is a room used by the sick, dampen duster with water having a disinfectant to avoid dust raising and to kill bacteria.
 - Shake off inside a lined waste paper basket. Wash and dry then store for dust to be removed from the house and for duster to be used again.

Brushing

- Refers to removing dust from rough surfaces using a brush, e.g from carpets, rugs, heavy curtains, mats etc. clothes can also be brushed to remove dust and fluff if not ones that are washed frequently.
- method is similar to sweeping.

Suction:-

- It is removal of dust using a vacuum cleaner,
- It is more efficient than sweeping/dusting since dust is sucked into a bag of cleaner and not scattered,
- Electric ones come in a variety of shapes, sizes and cost,
- Can be used for many jobs of fitted with many attachments for cleaning curtains/upholstered furniture, sweeping, dusting etc.

NB:- the cleaner should always be given enough time when moving over a dirty surface for the suction action to remove dirt. If it is quickly run over it doesn't work effectively.

Cleaning equipment:

When choosing they should be ones that simplify the task and also perform in an efficient manner.

Basic cleaning equipment:

- Brooms
- Brushes
- Dustpans
- Mops
- Basins
- Buckets

Brooms and brushes:

Types of brushes and broom

- **Cupboard brooms** – have tough bristles,
- **Short handled brooms** – for sweeping small areas/collecting dust, Short brushes normally made of nylon and coconut husks,
- **Cloth brushes** – smooth and have short tuft made from animal hair/synthetic materials,
- **Bottle brushes** – twisted on wire,
- **Soft brooms** – for removing loose dirt,
- **Cobweb brushes** – have long handles,
- **Toilet brushes** – are for cleaning toilet bowls made from nylon/coconut husks.
- **Wire brushes** - for cleaning terrazzo floor, not suitable for wooden floors,
- **Scrubbing brushes** – from palm tree fibre and nylon. For scrubbing wood, cement, clean canvas, shoes etc.

Choice and care of broom and brushes

- Should be quality ones, durable and efficient at performing tasks,
- Consider workmanship i.e.
 - (i) bristles should be firmly fixed,
 - (ii) handle should be durable,
 - (iii) should be of comfortable length
- Should be easy to clean and store.

Care of Brooms:

- Shake off dust after use,
- Clean in warm soapy water combing bristles,
- Rinse well,
- Hang bristles down to dry,
- Clean toilet ones in water having a disinfectant,
- Store them in an open container kept besides the toilet.

A mop is for removing loose dirt. Clean just like a floor cloth.

Types of masks

- **Dry mops**
made of twisted cotton threads with long handle,
- **Damp mops :**
- **Wet mops :**
 - similar to dry mops,
 - for cleaning floors with water in the basin.
 - Mop buckets can be used and are made of plastic/galvanized iron,
- **Polishing mops** – for polishing by hand,
- **A long handled foam mop** – made of sponge and steel handle.
- **A dusting mop** – made of feathers.

CLEANING MATERIALS

- water
- detergent
- toilet cleaners,
- stain removers
- polishes
- soap
- abrasives
- window cleaners
- bleaches

CARE OF THE HOME OBJECTIVES OF THE TOPIC AND SUB-TOPICS

SUB-TOPICS BREAKDOWN

1. CARE OF THE HOME(12 Lessons)

1. Classification of dirt:
 1. loose dirt
 2. fixed dirt
2. Choice, use and care of different types of cleaning materials and equipment
3. Improvisation of cleaning materials and equipment
4. Reasons for cleaning a house
5. Removing dirt from surfaces
 1. sweeping
 2. dusting
 3. scrubbing
 4. suction
6. Daily, weekly and special cleaning of different areas in a house:
 1. sitting/living area
 2. sleeping area
 3. sanitation area
 4. storage area
 5. dining area
 6. cooking area



TOPIC OBJECTIVES

CARE OF THE HOME(12 Lessons)

Specific Objectives

By the end of the topic the learner should be able to:

1. classify different types of dirt found in the home
2. choose, use and care for different types of cleaning materials and equipment
3. improvise cleaning materials and equipment
4. practice methods of removing dirt from different surfaces
5. practice cleaning different areas in the home.

Different rooms and their functions

Living (sitting) room

- it's a meeting place for family members and largest in the house,
- for relaxation and for social activities like entertaining, listening to music, games and eating,
- furniture and furnishing should provide maximum comfort and atmosphere that gives complete relaxation.

NB:-

- it should be easily accessible from all rooms and
- should have a back door if possible for privacy of other rooms,
- if possible let it have activity areas where different activities can be done without interference.

The dining room

- it is for eating,
- smaller than sitting room,
- have furniture and chairs for family members,
- may have a cupboard/sideboard,
- some times in absence of a dining hall one end of a living room/area of kitchen is used,

NB:

- (a) should be next to kitchen/directly joined to the kitchen,
(b) should have a window/hatch to allow easy serving of meals.



Bedrooms

for sleeping/resting,

NB:-

1. should be located in a way which offers comfort and relaxation,
2. should be in a quiet part of house,

3. adequately furnished e.g should have a bed bedside table, dressing table and wardrobe.

The kitchen

- for food preparation, preservation, cooking and storage,
- acts as a serving area,
- serves as a dining room and can be for laundry.

NB:-

- Should be located in a place naturally and artificially lit.
- Should be near the dining room and living rooms, near food store and back door.

The food store

for storage of non-perishable food though a house may have a fridge/cupboard for this.

NB: should be near kitchen

Sanitation

Has a bathroom and toilet, could be in one room/separate.

NB:-

- should be where there is water supply,
- should be near the bedroom for privacy.

Bath shelters and latrines:

- common in rural areas,
- outside the house to keep away flies.

NB: -

- should be kept clean,
- should be away from the water source,
- latrine pits should be covered to keep off flies and bad smells.

Types of houses:

A house is a shelter that provides:

1. physical protection,
2. psychological protection,
3. emotional protection

NB:- A good house should be able to cater for all the family needs.

TYPES OF HOUSES

1. Traditional houses.
2. Modern houses

The two differ in material used and designs:

NB:- Design and type of house depends on:

1. Building materials available,
2. Money available.



(i) Traditional houses

Traditional houses are constructed using materials such as palm leaves, grass, mud and cow dung, which are not durable. Examples of traditional houses include:

- Manyatta (Maasai hut)
- Kikuyu hut
- Borana/ Somali hut
- Giriama hut
- Luo hut
- A Manyatta



Manyatta Hut (Maasai)

Oblong in shape. Uses poles, sticks, grass leaves which are smeared with a plaster of cow dung and mud on both walls and roof. The house has small openings for ventilation.



Kikuyu hut

Circular in shape. Constructed using poles, sticks and grass. Walls are plastered with mud and then smeared with clay.



Borana/Somali hut

The Borana /Somali people are nomads and as such their houses are constructed in a way that they can easily be dismantled and moved to new locations.

Constructed using poles, sticks and grass. Long grass is neatly woven and tied together with strings into portions.

The portions are secured in an overlapping manner onto a supporting frame in both the roof and walls of the house. These portions can easily be rolled up and secured for ventilation.



Giriama hut

Cone shaped with no apparent difference between the wall and the roof.

Made of overlapping long grass tied using strings to a framework of poles and sticks. Palm leaves and twigs are closely woven together to form a detachable door.



Luo hut

Round in shape. Made of poles, sticks and grass for the roof. Wall and floor are smeared with mud and cow dung and beautifully patterned. There are holes on the wall for ventilation. The floor is smeared with cow dung and mud.

Advantages of a traditional house:-

1. building materials can be found locally are cheap and some are free. E.g mud, wood, cowdung, grass etc.
2. are easy to build,
3. extra houses can easily be provided,

Disadvantages of a traditional house:-

- not durable – affected by weather changes and wear out easily,
- they occupy a large area of land,
- don't provide enough privacy, space and security,
- materials for construction are becoming scarce.

Improved designs of a traditional house:

- most of them have improved shapes e.g rectangular, square / L-shape,
- they are improved to give more room and privacy,
- Traditional materials may be used partly/entirely, but design is changed and improved.

(ii) Modern houses:-

- are an improvement of traditional houses,
- one building is normally divided into different rooms for different purposes,
- materials used include wood, tiles, marble, cement, glass, stones, building limestone, bricks etc.

Types of modern houses:

(a) Bungalow

A house with all rooms on the ground level, suitable for families with young children and elderly because it is less dangerous. If on sloping grounds, rooms can be on a split level.

Advantages of Bungalow:

- saves money because it can be extended,
- saves labour,
- easier to extend,
- more private.

Disadvantages of Bungalow:

- occupies a lot of space,
- not safe if in a lonely place.

(b) Flats/Apartments

- A house with all facilities provided on one floor and may have one more or more blocks above or below it.
- Common in towns because of limited space.

Advantages of a flat/apartment:

- gives sense of community living,
- safe from break-ins.

Disadvantages of a flat / apartment

- fire and pests can easily spread from one house to another,
- has not privacy,
- neighbours could be noisy,
- staircase not safe for children and aged,
- not easy to keep compound neat because it is shared.

(d) Storeyed house/maisonette/town house

- A house with some rooms on the ground floor, others upstairs. E.g sitting room, kitchen, toilet on ground floor, bedrooms and bathrooms upstairs.
- Are attached to other houses in rows of several houses.

Advantages Storeyed house/maisonette/town house:

- save land space,
- safe from break-ins because many houses are together,
- save building materials because they share a common wall,
- provides privacy because each unit may have its own garden.

Disadvantages Storeyed house/maisonette/town house:

- sometimes are too close so no privacy,
- pests and fire can spread from one to another,
- not easy to extend,
- expensive because strong building materials are needed for supporting upper room,
- staircase is dangerous in children, sick and elderly,

HOUSING THE FAMILY

HOUSING THE FAMILY

A house is a basic need along with food, clothing and security.

Reasons for housing the family/individual

1. for protection from rain, wind, sun, snow etc,
2. for security from criminals/wild animals
3. to give a sense of belonging, a sense of well being and emotional and social development,
4. for privacy,
5. for aesthetic value/static in society.

Factors to consider when providing family shelter:-

1. money available (family income),
2. size of family,
3. family composition (gender and age),
4. family interests (hobbies , entertainment),
5. social amenities, e.g schools, hospitals etc,
6. neighbourhoods security.

Methods of providing family shelter

(a) building a house: factors to consider

1. money available

1. it determines type of house, size and materials to be used. Cost of house includes expenses like planning, legal fees etc.

2. the size of house

1. should be near amenities e.g hospitals, schools, shopping centres etc., services e.g electricity, telephone, water etc.
2. well drained soil,
3. space enough for expansion,
4. safe environment – safe from e.g natural calamities like landslides etc.
5. direction and growth of town it is in town.

3. Neighborhood

1. safe from - criminals, noise from airports, bus-stops, markets etc,
2. clean environment – industrial waster, pollution, garbage dumping absent.
3. Morally reputable neighborhood.

4. Plans and orientation

1. consider requirement of family e.g size and composition, age of family, activities of members, hobbies etc.
2. money available – plan should be in relation to this.
3. design – elaborate as is affordable
4. type of building materials can increase final cost / reduce it.
5. choose building materials basing on weather, availability of materials, transport etc.
6. position of the room, should be in relation to direction of sun, wind, natural view e.g mountains, behind valleys

Advantages of building a house;-

1. house is built according to ones taste and specification to suit his needs.
2. if built well it can last long and attract buyers if put up for sale,
3. owner develops a feeling of permanence and suitability
4. ownership of the house is a way of added security, independence and stability,
5. alterations and renovation can be done at ones will.

Disadvantages of building a house;-

1. cost sometimes ends up going beyond estimates because of inflation, bad weather changes in labour costs etc.,
2. lack of building materials may delay construction and increase final cost,
3. one is forced to live where the house is.

(b) Buying a house

Reasons for buying a house;-

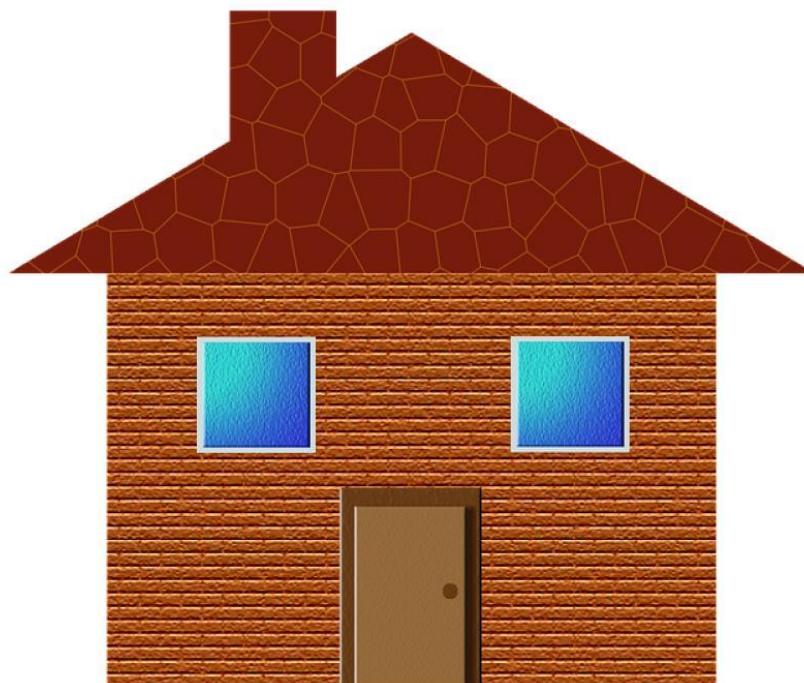
1. provides stability and security to the family – no worry of being evicted,
2. gives social and emotional stability – no worry of where children will live if anything happens.
3. It is a means of saving e.g it can be sold when somebody has financial problems it can be sold,
4. It can become a source of income if rented out,
5. It can be used for security in case one wants to pick a loan,

Advantages of buying a house;

1. the house is available immediately. No delay as in constructing one,
2. it can be paid for by instalments and it becomes the owners after completion of payment,
3. the price can be less than cost of construction of a new house,
4. it can be redesigned and remodeled if the owner is creative

Disadvantages of buying a house;

- it may not be able to meet requirements of the buyer,
- it may need renovations and repairs in future,
- the house doesn't belong to the buyer if payment is in instalments until one completes paying for it.



(c) Renting a house;

Disadvantages of buying a house;Points to consider before renting a house:

- length of tenancy,

- should be a contract between tenant and owner for safety measure,
- amount to be paid and to whom,
- who will be responsible for maintenance (tenant/landlord)
- security,
- size of the house – depends on size of family and composition of members.
- public amenities (should be near).

Advantages of renting a house:

- one can be able to rent a house that suits her/his income,
- it is realistic if income is not...
- one is free from paying insurance premiums on the house,
- one isn't involved in keeping the house in good state and repair instead it is the owner who does that.
- one can leave the house on giving the required notice.

Disadvantages of renting a house:

- one has no security of ownership,
- the house may not be repaired on time and if done so may not be to ones taste,
- rent may be increased and may be more than what one can afford,
- if landlord is not satisfied with one he/she may remove her from the house,
- personal items/possessions may be damaged in case of moving to another house,
- ones children / animals may not be allowed to move to the other tenant place

(d) Living in an employer's house:

Advantages of living in an employer's house

- convenient because in most cases it is normally near place of work,
- rate of expenditure reduced/cut,
- most are well maintained as a way of motivation,
- it creates a feeling of togetherness when one stays near the workmates.

Disadvantages of living in an employer's house

- it may not be to ones expectations,
- conflicts may arise because of close interaction with workmates,
- one may have no notice to look for another house if sacked abruptly