

CHRISTIAN SOCIAL SERVICES COMMISSION (CSSC)
NORTHERN ZONE JOINT EXAMINATIONS SYNDICATE (NZ-JES)



FORM FOUR PRE-NATIONAL EXAMINATIONS AUGUST 2024

FOOD AND HUMAN NUTRITION 2

MARKING SCHEME

1.a. (i) Potato balls-dish

(ii) Stuffed chicken -dish

(iii) Fish stew -dish / fish rolls

OR any related dishes

b. From each dish each dish, the items planned should balance the meal

A drink - Party punch-drink or any related answer

2. a.(i) First course meal - starter

(ii) Second course meal -Main meal

Carbohydrates -dish

Protein- dish

vitamin and minerals-dish

(iii) Third course meal – Sweet dish

b. Hot drink

3.a.(i) Carbohydrates - dish

(ii) Protein - dish

(iii) Vitamins and minerals - dish

b. Protein dish – for a strict vegetarian

A stimulating drink – cold drink