

CHRISTIAN SOCIAL COMMISSION SERVICES
FORM SIX PRE-NATIONAL EXAMINATION 2025

FOOD AND HUMAN NUTRITION 2

MARKING SCHEME

SECTION A (60 Marks)

1. (a) Conditions present for food poisoning to occur

- The micro organism or its toxin must be present in the food
- The food must be suitable for microorganism to grow
- The temperature must be suitable for the micro organism
- Enough time must be given for the microorganism to grow and to produce a toxin.
- The food containing the micro organism or its toxin must be eaten.

04 points @ 01 mark = 04 marks

(b) groups of micro organisms in food processing

- Moulds- multicellular filamentous fungi. Special moulds are special in manufacture of foods or ingredients of food example of moulds used are oomycetes and zygomycetes groups

Examples

Some kinds of cheese are mould ripened like blue and brie

Production of oriental foods like soysauce, sticky tofu and soybean paste uses mould

Amylase for breadmaking and citric acid used in soft drinks employ moulds.

- Yeast- unicellular micro organisms oval or spherical in shape used in food processing and preservation. The saccharomyces species of yeast are used.

Examples

In baking it is used as leavening agent

In industrial production of alcohol, wine and liquor *S. cerevisiae* is used

Fermentation of lactose in milk and milk products uses *S. lactis*

- Bacteria- heterogeneous group of multicellular organisms that possess a rigid cell that determines their shape as spherical, rod shaped or comma shaped. The useful bacteria are used in industrial fermentation as follows;

Examples

Oxidation of ethanol to acetic acid to ripen beer utilises gluconobacter species

Acidification of raw or pasteurized milk to prepare natural cheese, require bacterial cultures

Fermentation of milk to yoghurt and shredded cabbage to sauerkraut involves lactobacillus

bacteria @ 02 marks = 06 marks

2. (a) Washing

(b) Soaking

(c) Boiling and cooking

(d) Fermentation

(e) Peeling

(f) Drying

five @ 02 marks = 10 marks

3. (a) (i) a good weaning food should have all the nutrients in good quality
(ii) should be in soft consistency
(iii) low bulk and viscosity to enable the child to swallow it easily
- (b) (i) poverty in the family may cause poor preparation of the weaning foods
(ii) lack of knowledge about preparation of weaning foods
(iii) heavy workload to the mothers (**@ 2marks = 10**)
4. Health practices to be addressed;
- promotion of breastfeeding- encouraging mothers to prolong breastfeeding as long as possible. Weaning can start when the child is 6 months
 - encouraging the mothers to attend the RCH clinics for immunization, growth monitoring, and supplementation of vitamin A.
 - Guiding the mothers on the preparation of balanced diet for their children. The meal should meet all the body's nutrient requirement and it must contain all the nutrients in their correct proportions.
 - Encouraging birth spacing or family planning.
 - Promotion of personal hygiene and environmental hygiene
 - Encouraging more frequent feeding of children with existing food
 - Encouraging mothers to send their children to the hospital for the treatment of diseases like malaria.
- Any five points @ 02marks= 10 marks**
5. (a) (i) food safety is a food quality characteristic that is difficult to observe because food can appear to be of high quality but unsafe due to unseen contamination/ it requires high hygienic condition of food. **01mark**
- (ii) Through food quality assurance they abide by the system which guide them to produce products of good standard and adhere to the government regulations.**01mark**
- (b) – Customers demand; as customers select food of high quality from the market, food industries will produce products of high quality to meet customers expectations.
- Requirements set by the regulatory agencies
 - To ensure company's management on quality of manufactured products
 - High demand of foods free from chemicals
 - Emergency of technology in food industries
- four @ 02=08**
6. – Advertising
- Personal selling
 - Sales promotion
 - Merchandizing
 - Public relations
 - Agents
- five points @ 02 marks=10marks**

- 7(a) (i) To integrate food and Nutrition activities undertaken by various sectors.
 (ii) To enable each sector to play its parts in the elimination of malnutrition problem.
 (iii) To improve the nutrition situation of the Tanzania community especially children and women.
 (iv) To strengthen the procedures of obtaining and supplying food within the household, villages and towns by utilizing locally produced foods.
 (v) To enable Tanzania to produce and properly the available foods.
 (vi) To establish a variable research program which will facilitate the improvement of food and nutrition in the country.

(b) Food security

- Food and nutrition committees
- Care of special groups
- Essential human services
- Roles of various sectors in the implementation of food and nutrition policy in Tanzania.

@ 02 marks = 18 marks, intro 01 mark, concl 01mark

8. (a) Capital for equipment

- Premises
- Transport
- Start up cost
- Working capital
- Labor cost
- Ingredients

(b) - personal finance

- bank loans
- grants and aids
- private loans
- trade credit financing

09 points @ 02 marks = 18marks, intro 01mark, concl 01 mark

9. (a) - Effectiveness: How successful is the in preventing pregnancy when it is used instructed.

- Acceptability to the couples involved: How easy it is to be used by the couples. Its interferences with their sexual intercourse. Both should accept the chosen method.
- Availability: How easily is the method available to get.
- Side effects: What side effects may occur and what is their significance.
- Reversibility: How easily can woman conceive after the method is stopped.

@02marks=10marks

(b) - Reduction of number of dependencies

- The baby is able to breastfeed long enough to protect from infections and promote growth.
- Reduction of maternal and infant's mortality rate
- Reduction in number of miscarriages
- Reduction the incidences of criminal abortion
- Alleviation of poverty and promotion of social welfare
- Protection and improvement of life quality and healthy of mother and child
- Protection of human rights of women pertaining to the burden of raising children

Four points @ 02 marks= 08marks, intro 01mark, concl 01mark