

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



FORM FOUR PRE – NATIONAL EXAMINATION 2025

**FOOD AND NUTRITION
MARKING SCHEME**

1. Multiple choice

i	ii	Iii	iv	v	vi	vii	viii	ix	x
A	D	C	C	D	B	C	B	E	A

01 mark@ - 10

2. Matching Items

i	ii	iii	iv	v	vi
C	D	F	A	B	E

01 mark @ = 06

3.(a) Meaning of sanitation

Sanitation refers to the practices and systems used to maintain cleanliness and prevent diseases, especially through proper disposal of waste and safe management of water and hygiene.

Well written 01 mark

(b) Explain four (4) proper methods of disposing of refuse

- i. Incineration/combustion : E.g. burning of unwanted materials into the incinerator and chemical substances.
- ii. Feeding animals: left over foods, peels and raw vegetables can be used as food for animals.
- iii. Recycling: Converting waste materials into the re-useable materials.
- iv. Re- use : minimizing of some materials for the purpose of economizing them by re using them

- v. Converting into manure: making manure by using some waste and organic substances through burying them for some time.

mentioning 0½, Well explained 01 mark = 01½Marks

(c) Two (2) effects of poor sanitation

- i. Can lead to spread of diseases like diarrhea, cholera, typhoid, dysentery and intestinal worms
- ii. Child malnutrition and death. Repeated infection especially diarrhea from poor sanitation can lead to malnutrition , stunted growth and even child mortality
- iii. Environmental pollution: burning of charcoal and dust can cause pollution to the environment
- iv. Water contamination: misusing of water sources like allowing animals feed near the water sources and carrying out domestic activities in the water source may cause water contamination

@ 01 mark

TOTAL 09 MARKS

4. Meal planning is both science and art since it involves wise selection of food for optimal nutrition.

(a) Differentiate with examples between one course meal and one dish meal

Dish meal refers to meal/meals prepared in one dish and it is balanced eg, meat pilau, machalari, and makande (beans and maize)

WHILE

One course meal refers to a single meal which is balanced, it can have one dish or more than one dish e.g. Meat pilau, or meat pilau with accompaniments, or rice, beans and fried vegetables

Well written with examples 04 marks

(b) Five importance of having time plan in meal planning.

- i. It guides how many ingredients are needed and how to budget for them using the money available
- ii. It guide how to plan, prepare, cook and serve dishes
- iii. It enables a person to be organized in buying the ingredients
- iv. It helps a person to be systematic and efficient in food preparation
- v. it specifies all stages and times required to prepare, cook, and serve the **food**.

Well written 5points@01 mark = 05 marks

TOTAL 09 Marks

5. Biscuit making requires a precise recipe to get the desired product. During preparation, rules should be observed to avoid faults. Justify this statement by: Six rules for making biscuits.

- i. The oven should be pre- heated before making biscuits
- ii. Ingredients should be prepared carefully, considering the right measurements
- iii. The mixture should be stiff to allow easy rolling and making biscuits of different shapes
- iv. Biscuits should be pricked or pressed using a fork to prevent them from rising and to make them more crispy
- v. Bake at a moderate temperature on the middle or lower shelves in the oven
- vi. Baking trays should be greased carefully or covered with baking paper to prevent sticking of biscuits

1. (a) The meaning of packed meal and why people pack meal (Give 5 points)

Packed meals are meals prepared at home, then packed and carried elsewhere for consumption.

Well written 01 mark

(b) Reasons for packing meals (five points)

- i. It helps people who work away from home

- ii. To have quality food prepared at home instead of buying fast foods which might not be balanced meal
- iii. To avoid the cost of buying expensive foods while travelling
- iv. To avoid skipping meals when one is away from home, especially breakfast and lunch.
- v. For picknick goers

Five points @ 01 mark= 05 marks

© Materials for packing:

- i. Plastic containers
- ii. Plastic glasses
- iii. Foil papers
- iv. Food carriers
- v. Picknick baskets

Any two points @01 mark = 02 marks

TOTAL 09 Marks

2. As a Form Four candidate, elaborate to your family, six ways of preparing the reheated dishes

- i. Dishes must be reheated but not recooked because some changes may take place in cooked dishes such as hardening of protein
- ii. Reheated dishes can be coated with eggs, bread crumbs, butter or pastry before reheating to avoid overheating
- iii. Reheated dishes should be combined with other flavored ingredients such as herbs and mixed spices.
- iv. All fresh ingredients must be cooked before mixing them with leftover food
- v. Apply a sufficient amount of heat when preparing such dishes.
- vi. Reheated dishes should be served with crisp foods such as fresh salad or other foods because most of them are soft.

Six points @ 01¹/₂ marks= 09 marks

3. (a) Six characteristics of fresh egg

- i. No sound when shaking
- ii. Has rough shells

- iii. Good smell
- iv. Easy to separate egg yolk from egg white
- v. Sinks in water
- vi. Transparent when seen against the light

@ 01 mark = 06 marks

(b) Ways of storing egg

- i. Using of an egg rack
- ii. Using of sawdust
- iii. Keeping into the refrigerator

@ 01 mark = 03 marks

TOTAL 09 Marks

SECTION C

ESSAY QUESTIONS (30 marks)

4. According to the past history, people were not cooking food but now days they are cooking by using different methods. Justify this statement under the following:

Introduction 02 marks

Six reasons for cooking food

- i. Softening fibers and plant cell walls. This will make food tender and easy to chew, digest and absorbed.
- ii. Killing germs and bacteria which can cause diseases
- iii. Keeping perishable foods long by creating an unfavorable environment for spoilage and rotting
- iv. Making food more attractive and appetizing
- v. Improving the appearance, flavor and smell of food.
- vi. Keeping perishable food stays longer by creating unfavorable conditions for microbes growth
- vii. Proving the variety of menu by using different methods of cooking

Six point @ 02 mark = 12 marks

Relevant conclusion 01 mark

TOTAL 15 Marks

10 Your mother wants to establish a catering business so as to get income for your family basic needs. But she does not know how to state the business. With six points help her to become a successful woman in her business.

Before starting a successful catering business consider the following important factors

Catering refers to providing food and drinks to people in various places such as schools , hospital, work places and hotels.

Any relevant introduction 02 marks

Points to consider when starting a business catering industry

- i. Source of funds or capital : funds are required for purchasing the ingredients and kitchen equipment and paying staff. It can come from various sources such as personal finance, grants and aids, co- operative societies and bank loans
- ii. The site : the area where catering is established should be easily accessible to the intended customers.
- iii. Size of the catering space : this will be determined by the type of catering establishment and type of the intended services.
- iv. The building: it should be well constructed and the rooms should be strategically allocated. For example the kitchen room should be near to the dining room for easy serving of meals.
- v. Furniture : consider different types of furniture . Ensure the furniture is durable and suitable for the business and the type of service planned.
- vi. Sanitary and hygienic aspects : this prevents contamination and foodborne illnesses. For example, there should be hand washing facilities for personal hygiene, waste bins drainage and sewage systems should be available for waste disposal.
- vii. Type of service : the type of service to be offered will determine the size of catering space required. For example, a buffet which offers self -

service utilizes more space than waiter or waitress services do.

- viii. Storage facilities and other equipment, good storage facilities such as refrigerators, cold rooms, storage rack and freezers should be available in catering establishment
- ix. The type and number of staff : these are required to prepare, cook and serve meals to customers. The type and number of staff will be determined by the funds available, service type , work hours whether in shifting or not and the dishes needed
- x. Ingredients: the ingredients depends on the menu on offer. These ingredients can be both perishable and non- perishable.

Any six points@02 marks= 12

Any relevant conclusion 01 mark

TOTAL 15 MARKS

11.Types of cake icing

Icing is a sweet often creamy glaze made of sugar and liquid such as water and milk. It can be enriched with butter, egg white or flavorings it used on baked food items, such as cakes.

Any relevant introduction 02 marks

- i. Almond paste : it is made with ground almonds sugar and a thickening agent such as the egg white. It is a soft texture which makes it easy to roll and cover the cake
- ii. Marzipan : it is made using castor sugar , ground almonds, eggs, glucose and lemon juice. It is stiffer than almonds paste. It is applied on a cake that is already iced.
- iii. Royal icing : it is prepared using icing, sugar, egg white and lemon juice. Cakes decorated using this icing can be kept for several months.
- iv. Glace icing : it can be quickly made by mixing icing sugar , water , flavorings and food colors .It is soft and easy to cut
- v. Butter icing : it's very simple, it made by creaming butter and icing sugar in the proportion of 1:2 , meaning that the amount of butter is half the amount of icing sugar

- vi. Chocolate icing : it made by icing sugar, milk or water melted chocolate and butter. It is used to cover a cake which is already iced
- vii. Fondant icing : It is made by mixing glucose syrup, gelatine , vanilla essence, water and sodium carboxy methyl cellulose. The main steps in making fondant icing include boiling, cooling kneading and rolling.

Any six points@02 marks

Any relevant conclusion 01 mark

TOTAL 15 Marks