

**CHRISTIAN SOCIAL SERVICE COMMISSION (CSSC)  
NORTH ZONE JOINT EXAMINATION SYNDICATE (NZ – JES)**



**FORM SIX PRE-NATIONAL EXAMINATION 2026**

**FOOD AND HUMAN NUTRITION 1**

**155/1**

**Time: 3Hours**

**Thursday, 26<sup>th</sup> February 2026 p.m.**

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**Instructions**

1. This paper consists of Section **A** and **B** with a total of **nine (9)** questions.
2. Answer **all** questions in section **A** and **two (2)** questions from section **B**.
3. Section A carries **sixty (60)** marks and section B carries **forty (40)** marks
4. Cellular phones and any unauthorized materials are not allowed in the examination room.
5. Write your **Examination Number** on every page of your answer booklet(s).

## SECTION A: (60 Marks)

Answer **all** questions in this section

1. Explain vitamin A under the following:-
  - (i) **Five** causes of vitamin A deficiency.
  - (ii) **Five** ways of preventing vitamin A deficiency.
2. “Too much of anything is harmful” Justify this statement by considering fiber intake.
3. Carbohydrates are classified based on the number of sugar units or saccharide units which are present in their structures. Justify this statement in **four(4)** points with example in each class.
4. Household food security is the ability of a household to ensure enough food which provides all the nutrients required by all members of the household at all times for a healthy and active life. Explain how this can be achieved and give **six (6)** ways of ensuring stability of food supplies in the country throughout the year.
5. Some type of food contains toxic substance which can cause health hazards to people when consumed in large quantities. Identify **five** ways of removing natural toxicants found in food.
6. You are asked to advise mama lishe on how to improve their baked products to meet their customers need. Briefly describe to them:
  - (i) Contribution of eggs, steam and baking powder to lightness and porosity of the baked product.
  - (ii) Advantages of using yeast raising agents over bicarbonate of soda raising agent.
7. Food deterioration and losses are generally severe when the packaging is poor or inadequate. Therefore, proper and adequate packaging is necessary to reduce such losses. In view of this statement, describe
  - (a) Functions of packaging. **(five points)**.
  - (b) Factors affecting food stuffs in transit and storage. **(four points)**.
8. Along with advances in the field of food storage, the use of modern storage structures become popular by many farmers. Good storage management is the best way of ensuring that crops are kept safe for a long time. In view of this statement, describe:-
  - (a) **Four** practices involved in a good store management.
  - (b) **Six** characteristics of improved storage structure.
9. The handling procedures in food processing convert the food into consumable form. Support this statement by describing.
  - (a) The **three** stages of handling food in food processing.
  - (b) **Six** effects of drying food grains on their quality.