

FOOD AND HUMAN NUTRITION - PAPER II SET ONE (D)

1. ① Choices of dishes

- i Carbohydrate - Whole - Wheat Chapati; Brown rice, Whole-Wheat sandwich
- ii Protein - Grilled fish, Bean stew, Grilled Chicken
- iii Vitamin - Vegetable Salad, Omelette made with Vegetables

- b i Snacks - fried ground nuts
- ii drinks - mixed fruit juice

2. ① Choice of dishes

- i Chicken soups
- ii Meat plau with peas
- iii Mixed fruit Salad

- b Banana milk shake

3. Choices of dishes

- a i Samosa, meat balls, rocks buns, ground nuts sandwiches and banana fritters
- b i Punch drinks

FOOD AND HUMAN NUTRITION Q2.

Form FOUR MARKING SCHEME

SET 02 (Two).

01 ~~Q1~~ a) Bread - French toast, sandwich, bread pudding.

ii) Boiled egg - egg chop, egg salad

iii) Boiled Rice - Rice fritters, Rice cake, Rice pudding, fried rice.

iv) Sautéed Chinese vegetable - vegetable omlette
- vegetable soup

b) Hot drink - Milk tea
- black tea.

02 ~~Q2~~ i) Fried potato chips

ii) Baked chicken, roasted chicken/fish, grilled chicken/fish

iii) Fried Mchicha, kale, Chinese.

b) Drink - i) Orangeade, Lemon juice, Orange juice, Mango juice.

Snack (ii) - Chapati, potato samosas, meat samosas
Doughnut, meat pie

3. a) Traditional dishes

Coconut rice, Beef stew, Fried kale, Fresh/raw vegetable salad, Makande, Banana with meat stew, Soybean stew and Meat Palau.

b) Mixed fruit salad, banana cake, Banana fritters.