



CHRISTIAN SOCIAL SERVICES COMMISSION
 An Ecumenical Body of Tanzania Episcopal Conference and Christian Council of Tanzania
P.O. Box 9433, Dar es Salaam, Tanzania

CSSC-SOUTHERN ZONE FORM FOUR JOINT EXAMINATION

051/02

FOOD AND HUMAN NUTRITION 2

TIME 2:30 HOURS

AUGUST 2024

MARKING SCHEME

ACTIVITY	MARKS
Choice of dishes	10
Plan of work	05
Shopping list	05
Tidiness and washing up	05
General impression	05
Serving and appearance	05
TOTAL	35

DISTRIBUTION OF MARKS FOR A PARTICULAR QUESTION .

Qn	Work to be done	Skill 35 marks	Quality 30 marks
01	(a)malnutrition		
	1 st dish	08	07
	2 nd dish	08	07
	3 rd dish	08	07
	(b)sweet snack	08	07
	Nutritious drink	03	02

Qn	Work to be done	Skills 35 marks	Quality 30 marks
02.	(a) packed meal		
	(i) bread crumbs	08	07
	(ii) Cheese	08	07
	(iii) Minced meat	08	07
	(iv) Eggs	08	07
	(b) refreshing Beverage	03	02

Suggestion .

- (a) The food should be well balance by making food containing .
- Protein, Roasted chicken , fish , meat
 - Starch, stewed banana, vegetable rice, pastries dishes, stewed potatoes.
 - Minerals, vegetable , vegetable pastries , live, small garden
- (b) (i) Sweet snack
(ii) Orange milk milkshake , enriched porridge , milk tea .

Suggestions foods

- (i) Bread crumbs foods such as, meat balls , scotched egg, coated fish, coated meat, meat cutlers, etc.
- (ii) Cheese starch food such as cheese buns , cheese biscuits , Macaroni cheese . etc.
- (iii) Minced meat - meat pie, meat samosa, meat balls, scotched, eggs etc.
- (iv) Eggs- cake, biscuits, bread rolls, meat ball, scotched eggs.

Suggestions.

Qn	Work to be done	Skill 35 marks	Quality 30 marks
03.	(a) Vegetable dishes		
	1 st course meal	08	07
	Second course meal		
	1 st dish	08	07
	2 nd dish	08	07
	3 rd dish	08	07
	(c) Punch	03	02

Suggestions.

The meal should be well balance

- (a) 1st course meal – soup, vegetable soup ,mushroom soup ,bean soup e.tc.
 Second cause meal. (Main meal)
 1st dish starch - potato with peas, stewed banana with peas
 Vegetable pilau, peas pilau and other starched foods.
 2nd dish protein – Beans, stewed coconut peas.
 3rd dish Vitamin, fried vegetable, fried cabbage.
 Third course meal –biscuits ,fried ground nuts

- (b) Any type of Punch.