



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

051/01

FOOD AND HUMAN NUTRITION 1

AUGUST

2024

MARKING SCHEME

1.

i	Ii	iii	Iv	v	vi	vii	viii	ix	X
E	C	A	B	D	C	E	B	B	E

10 MARKS 01@

2.

I	Ii	iii	iv	v	Vi
D	G	B	A	E	C

06 MARKS 01@

SECTION B 54 MARKS

3.(a) Quality of fresh egg.

- (i) Rough shell surface, especially in its blunt part due to the presence of Many pores.
- (ii) Be heavy when held and sunk in cold water .
- (iii) Not produce any sound when shaken .
- (iv) Be clear without a dark spot when held against the light .
- (v) Have a pleasant egg smell when cooked.

05MARKS 01@

(b)Ways of tasting egg freshness.

(i) Light test .

This method is done by holding an egg to the light .

- The light penetrates the egg and makes if possible to observe the inside of the egg.
- For fresh egg should be translucent with no black spots or spikes visible through the light .

(ii) Water test

This method use plain water to test the eggs freshness

- If the egg sinks to the bottom it is quite fresh
- If the egg suspends , it is still fine to eat
- If the egg floats to the surface it is stale .

(iii) Shake test

This method require shaking the egg gently near the ear and listening to the sound produced .

- If it is fresh it will not produce a sound if it produce sound the egg has gone bad.

03MARKS 01@

4.(a) Prevention of food contamination

- (i) Maintain personal hygiene when handling food .
- (ii) Wash utensils with clean water after every use.
- (iii) Ensure the kitchen is always clean .
- (iv) Dried grains should be kept in sealed airtight containers to prevent pest infestation .
- (v) Ingredients that are used to prepare foods that are eaten raw should be washed with clean and safe water.
- (vi) Pest and other domestic animals should be kept away from food access area.
- (vii) Avoid cross- contamination by separating cooked and un cooked foods.
- (viii) Adhere to slaughtering rules to minimize food contamination
- (ix) Keep chemicals or substances which are un fit for human consumption .
- (x) Use agricultural and industrial chemicals as per the manufacture's instructions .
- (xi) Wash groceries like roots, tubers fruits and vegetable before storing them

04MARKS 01@

(b) factors facilitate food spoilage .

(i) Air

When Air react with food components oxidation occurs . Oxidation causes undesirable change in food colour, flavor and nutrient content.

Light

Light facilitate food spoilage . Exposing food no light causes its outer layer to spoil in the process known as photodeg radiation.

- This process causes discoloration, loss of flavour and some nutrients .

(iii) Pests

When pests and their extra get into contact with food they may cause Spoilage. Pests such as rats, housefly and cockroaches.

(iv) Physical Damage.

Bruises and cracks of food during harvesting process, storage or

Distribution increase the chance of chemicals o r microbial contamination and spoilage.

(v) Temperature

Temperature control is important to keep food safe various foods require different temperature conditions to prevent spoilage .

(vi) Time

Time is an important factor in food spoilage microorganisms need time to grow and multiply .

The longer the time food exposed to favorable spoilage condition , the higher the rate of food spoilage .

04MARKS 01@

5. (a) Points to consider when choosing meat .

- (i) Buy meat from a clean and well - ventilated butchery

- (ii) Meat should have a pleasant fresh smell
- (iii) The colour of meat should be good for the type of meat .
- (iv) choose the right cut according to the cooking method .
- (v) consider the amount of money and time available for cooking .
- (vi) The meat should not have too much visible fat.

04MARKS 01@

(b) Ways of tenderizing meat.

- (i) Marinating the meat by sprinkling with marinade
- (ii) Mincing or cutting meat into small pieces.
- (iii) Mechanical pounding or beating meat with meat hammer.
- (iv) pricking the meat with knives or skewers before cooking to break the meat fibers .
- (v) Adding small amount of crushed pawpaw leaves or pawpaw sap.

04MARKS 01@

6.(a) choose of green leave vegetable

- (i) Select fresh green coloured vegetable.
- (ii) Green leafy vegetable should be firm and crispy.
- (iii) Avoid selecting wilted and bruised leaf vegetables as they have lost Some nutrients.
- (iv) The stem should be medium - sized and white.
- (v) The vegetable leaves should be tender and their ribs should break Crispy.

05MAKRS 01@

(b) Three ways of preserving vegetable

- (i) Freezing
- (ii) Blanching
- (iii) Canning
- (iv) Drying
- (v) Pickling
- (vi) Salting

03MARKS 01@

7.Rules to be observed when preparing reheated foods.

- (i) Dishes must be reheated but not recooked
- (ii) Reheated dishes can be coated before reheating to avoid are heating .
- (iii) Reheated dishes should be combined with other flavored ingredients Such as herbs.
- (iv) All fresh ingredients must be cooked before mixing them with leftover Foods.
- (v) Apply sufficient amount of heat when preparing reheated dish.
- (vi) Reheated dish should observed with crisps food such as fresh salad .
- (vii) To make dishes appealing garnish savory dishes and decorates sweet Dishes.
- (viii) Serve and eat reheated dishes immediately after preparation.
- (ix) Never reheat food more than once.

08MARKS01@

8. (a) Reasons of using convenience food.
- (i) They are easy and quick to prepare
 - (ii) They can be useful in emergencies or when unexpected guests arrive
 - (iii) They are also available even out of season
 - (iv) They are fortified during processing to add extra nutrient.
 - (v) They are easy to store especially dried or dehydrated foods.

03MARKS 01@

- (b) Types of convenience foods.

- (i) Ready - to - eat foods
- (ii) Frozen foods
- (iii) Dehydrated foods.
- (iv) Canned or Tinned and bottled foods.

04MARKS 01@

SECTION C:30 MARKS

Each question 15marks

Introduction 01^{1/2}marks

Main body 12 marks each point and correct explanation 02 marks

Conclusion 01^{1/2}marks

9. Meaning of bread

Bread is made from the mixture of flour, yeast, salt, sugar, liquid and fat

02 MARKS

Procedures of bread making.

- (i) Sieving

Mix yeast, flour and other powdered dry ingredients together.

- Sieve them to trap enough air and ensure even distribution of the ingredients.

- (ii) Rubbing -in fat into the flour.

Rub - in fat into the flour through to ensure even distribution of fat.

ensure proper blending of the ingredients and to obtain elastic dough.

- (iii) Mixing and kneading

During mixing slowly add warm liquid to the flour while stirring to ensure proper blending of the ingredients and to obtain elastic dough

- (iv) Rising

This involves putting the dough in a warm condition to allow its steady fermentation reaction to continue.

- (v) Re- kneading.

This is done to break down the large air bubbles formed during rising.

- (vi) Shaping

This involves cutting the dough and shaping it following the loaf tin to be used or baking tray for any desirable design of bread.

- (vii) Proving

This procedure tends to allow the shaped dough to stand under a warm

condition to allow the fermentation process to proceed and release more Carbon dioxide gas.

viii. Baking.

Baking the bread at the oven temperature between 180⁰c and 230⁰c.

During baking , carbon dioxide gas expands as the temperature rises.

(ix) Cooling

This should be done on a cooling rack , immediately after removing the bread from the oven to prevent the bottom crust from becoming moist or soggy .

(x) Storing

This is the last procedure. It retains the freshness of crustily loaves. The bread should be stored at room temperature.

01MAKRS FOR @ CORRECT XPLAINED POINT

CONCLUSION 02 MARKS

10. Meaning of malnutrition

Malnutrition is body condition which result from inadequate or excessive intake of one or more nutrients for a long time **02MARKS**

10. Ways of preventing and managing malnutrition

- (i) Provision of nutritional education
- (ii) Exclusive breast feeding and continue breastfeeding for 24 months.
- (iii) Food fortification
- (iv) Safe water supply ,sanitation and hygiene.
- (v) Treatment and prevention of disease.
- (vi) Home gardening and live rstock keeping
- (vii) Family planning
- (viii) Physical exercise

12 MARKS @ CORRECT EXPLAINED POINT 02 MARKS

11. Meaning of beverage

Beverage is any cold or hot drink needed by the body for different functions example of beverage are juice, tea, enriched porridge ect.

02MARKS

Importance of beverage

- (i) Beverages provides essential fluids for hydrating body organs such as eyes, nose , mouth .
- (ii) Used to replace the water lost from the body through sweating ,excreating and breathing .
- (iii) Beverage helps to quiche our thirst eg water
- (iv) They nourish the body by providing nutrients eg enriched porridge
- (v) It regulates body temperature.
- (vi) They maintain bowel function.
- (vii) Beverage stimulate the nervous system and digestive juice
- (viii) used as appetizer's eg soups

12MARKS 02@ CORRECT EXPLAINED POINT