



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 HIGHLAND ZONE

FORM TWO JOINT MOCK ASSESSMENT AUGUST 2026

051

FOOD AND HUMAN NUTRITION

MARKING SCHEME

SECTION A (15 MARKS)

1.

I.	II.	III.	IV.	V.	VI.	VII.	VIII.	IX.	X.
C	B	A	C	B	D	B	C	C	A

2.

I.	II.	III.	IV.	V.
E	A	F	C	D

SECTION B (70 MARKS)

3. Fruits and vegetables

a) Reasons of using salad dressing

- Flavor enhancement
- Nutritional value
- Binding/emulsifying
- Texture improvement

Any four relevant points @ 01 mark = 04 marks

b) Types of salad dressing

- French dressing
- Vinaigrette dressing
- Cream dressing
- Cooked dressing

Any three types @ 02 mark = 06 marks

4. Pulses

a) Commonly used pulses in Tanzania

- Beans
- Peas
- Soya beans
- Green grams
- Cowpeas
- Lentils

Any four types of pulses @ 01 mark = 04 marks

b) Nutritional benefits of pulses in the diet

- High protein content
- Rich in dietary fibre
- Good source of complex carbohydrates
- Rich in minerals and vitamins
- Low in fat

Any four nutritive value @ 01 ½ marks = 06 marks

5. Malnutrition

a) Types of micronutrient related malnutrition

- i. Iron deficiency anemia
- ii. Iodine deficiency
- iii. Vitamin A deficiency
- iv. Rickets
- v. Pellagra
- vi. Beriberi
- vii. Scurvy

Any four types @ 01 ½ marks = 06 marks

b) Other forms of undernutrition

- i. Wasting
- ii. Stunting
- iii. Underweight

Any two forms @ 02 marks = 04 marks

6. food groups include

- i. Cereals, starch, roots, tubers, plantains and green bananas.
- ii. Foods from animal origin
- iii. Vegetables
- iv. Fruits
- v. Pulses, nuts and oily seeds
- vi. Fat and oils

Any five food groups @ 01 mark = 05 marks

Two examples on each group @ ½ mark = 05 marks

7. Cereals

➤ Advantages of wholemeal flour

- i. High in fibre
- ii. High in nutrients
- iii. Low in energy density
- iv. Pleasant flavor
- v. Reduce occurrence of cardiovascular diseases

Any relevant five points @ 01 mark = 05 marks

➤ Advantages of white flour

- i. It has improved baking quality
- ii. It contains reduced quantities of antinutritional
- iii. It can be stored for a long time
- iv. It is less susceptible to mycotoxin contamination
- v. It gives a good colour baking product

Any relevant five points @ 01 mark = 05 marks

8. planning meals for invalid person

a) factors to consider when planning meals for invalid person

- i. meals should be soft to facilitate chewing and digestion
- ii. energy foods should be provided in small amounts as the invalids do not generally participate in activities that require much energy exertion
- iii. fat foods such as pastry dishes and deep fried foods, should be avoided because they are not easily digested
- iv. meals containing seasonings to stimulate the appetite. However , it should not contain too many spices or strong seasonings
- v. doctor's advice should be considered when planning meals for the invalids

Any relevant five point @ 01 ½ marks = 07 ½ marks

b) suitable meal for invalid person

- i. mashed potatoes

- ii. milk pudding
- iii. poached eggs
- iv. boiled vegetables
- v. steamed fish
- vi. banana porridge with meat
- vii. boiled chicken

Any five relevant meals @ ½ mark = 02 ½ marks

9. kitchen

a) cuts

Refers to the injuring caused by cutting a hand by sharp objects such as knives and broken glasses.

02 marks

b) Safety precautions to avoid cuts

- i. Do not put knives and sharp objects together with other utensils during washing
- ii. Avoid washing knives together with other utensils
- iii. Pick broken glasses cautiously
- iv. When using a knife, make sure that sharp part is facing away from you
- v. When handling sharp knives, hold them by their handles
- vi. Keep all sharp and pointed utensils in a safe place

Any four safety precautions @ 02 marks = 08 marks

SECTION C (15 MARKS)

10. Beverages

a) Importance of taking beverages

- i. Beverages provide essential fluids for hydrating body organs such as eye, nose, mouth and lungs.
- ii. They replace the water lost from the body through sweating, excretion and breathing.
- iii. Helps us to quench our thirst
- iv. They nourish the body by providing nutrients
- v. They regulate body metabolic processes such as digestion
- vi. They maintain normal bowel function
- vii. They provide social function roles as they are served at most meetings and are part of expressing hospitality
- viii. They regulate body temperature
- ix. Cold drinks like sodas and fruit juices can be refreshing especially during hot weather.

Any six points @ 01 ½ marks = 09 marks

b) Negative effects of beverages

- i. They may cause overweight or obesity
- ii. Increase the risk of non-communicable diseases
- iii. May lead to stimulating and dehydrating effect on the body
- iv. They may increase the risk of miscarriage
- v. Stimulating and depressing effects
- vi. They may lead to social and health problems

Any four points @ 01 ½ marks = 06 marks