

**FOOD AND NUTRITION**  
**MARKING SCHEME FORM 3**

**SECTION A (16 MARKS)**

1.

i	ii	iii	iv	V	vi	vii	viii	ix	x
B		C	D	C	D	D	A	A	A

2.

LIST A	i	ii	Iii	iv	v	vi
LIST B	H	F	D	I	B	E

**SECTION B (54 MARKS)**

3. Cleaning agents are substance used to remove dirt such as dust, stain and bad smell.

a) Briefly explain five factors to consider when selecting cleaning agents

- ✓ Select will remove the intended dirt
- ✓ Should be safe for the user
- ✓ The price should be economical for the user
- ✓ The container should be labelled to enable easy handing and application
- ✓ Should be of good quality, effective and easy to use
- ✓ It should save time and labour
- ✓ Should have a good smell
- ✓ Low toxicity

**6 points @ 6 marks**

b) Identify cleaning that four are locally obtained and uses of each

- ✓ Charcoal
- ✓ Sand
- ✓ Salt @ 1 marks 3 marks

4. a) How is nutrition education important in managing malnutrition? (four points)

- ✓ helps people to know about the importance of balanced diets

- ✓ helps people to use locally available nutritious food in making meals
- ✓ helps people in proper child feeding practices
- ✓ Community will get knowledge of immunization, supplementation, fortification, supplementation, sanitation and hygiene practices

**@ 1marks = 4 marks**

b) What is the importance of practicing physical exercise as one of the ways to control Malnutrition? (five points)

- ✓ Make a person to feel better with more energy, mood and sleep
- ✓ Improves the function of body system such as digestion and respiratory system
- ✓ Helps to achieve proper energy balance
- ✓ Lowers the risk of overweight and obesity
- ✓ Improves heart rates and pumping of blood

**@ 1 = 5 marks**

5. Advantages of white flour

- ✓ Improved cooking qualities
- ✓ It has reduced quantities of nutritional compounds
- ✓ It can be stored for a long time without undergo rancidity **3 marks**

Disadvantages of white flour

- ✓ Insufficient nutrients
- ✓ Low dietary fibre
- ✓ Increased the risk of cardiovascular diseases
- ✓ Lower bowel movements

**4 marks**

b ) It is done in order to replace the lost nutrients **2 marks**

6. a) i. Pastries which require a cool condition

ii. warm condition

**@ 1 marks = 2 marks**

b) ingredients used are flour, liquid, salt and fat **@ ½ marks = 2 marks**

c) methods used to incorporate fat into the mixture are

- ✓ shredding finely or chopped as in suet pastry
- ✓ rubbing in as in pastry making

- ✓ adding in small lumps to the flour as in rough puff pastry
- ✓ adding in small flakes and roll out the pastry
- ✓ folding inside the pastry as in puff pastry
- ✓ melting in milk or water
- ✓ add in the form blocks in the rolled pastry dough

**any 5 @ 1 = 5 marks**

7. a) six advantages

- ✓ Nutritious
- ✓ Does not need preparation
- ✓ Create a strong bond between a mother and the baby
- ✓ Reduce the risk of contamination
- ✓ Encourages the uterus to return to its normal size
- ✓ Available
- ✓ Cheap to obtain
- ✓ Reduce the risk of Malnutrition

b) what are the disadvantages of artificial feeding

- ✓ risk of food contamination
- ✓ expensive
- ✓ need time to prepare

8. a) Four general rules for grilling

- ✓ preheat the grill before grilling
- ✓ oil the food to avoid sticking
- ✓ cook at right temperature
- ✓ marinate/season the food to enhance flavor

**4 points @ 1 marks = 4 marks**

b) Three foods that can be cooked by using grilling methods

- ✓ steak
- ✓ chicken
- ✓ fish
- ✓ pepper
- ✓ onion

**any four @ ½ mark = 2 marks**

c) Three disadvantages of using grilling

- ✓ Require much attention
- ✓ Overcooking may happen and cause loss of nutrients
- ✓ Can harbor bacteria if not cooked well
- ✓ Create smoke due to dripping of extractives and oil

**Any 3 @ mark = 3 marks**

### **SECTION C (30 MARKS)**

9. Introduction

Food poisoning is Foodborne illness caused by eating food that is contaminated with bacteria, fungi, viruses, parasites or toxic substance. **2 marks**

Identify any 6 ways to prevent food poisoning

- ✓ Good personal hygiene
- ✓ Good kitchen hygiene
- ✓ Good food purchasing practices
- ✓ Proper food preparation and cooking
- ✓ Proper storage of food
- ✓ Discard doubtful food
- ✓ Reheating the food
- ✓ Proper selection of food
- ✓ Proper handling of chemicals **6 points @ 2 marks**

Conclusion **1 marks**

10. Introduction

Malnutrition

Is a body condition which results from inadequate or excess food intake of one or more nutrients for a long time **2 marks**

6 Effects of malnutrition

- ✓ Decreased productivity
- ✓ Increased risk of NCD
- ✓ Illness and death
- ✓ Increased cost of treatments
- ✓ Development of disabilities
- ✓ Progression of malnutrition from one generation to another

**@ 2 marks = 12 marks**

**Any relevant Conclusion 1 mark**

11. Air is one of the raising agents that incorporated into a mixture mechanically.

Five mechanical ways

Raising agents are substances that are added to a flour mixture to enable it to rise

**1.5 marks**

- ✓ Sieving
- ✓ Rolling and folding
- ✓ Creaming
- ✓ Whisking and Beating
- ✓ Rubbing in
- ✓ @ 2 1/2 marks=12.5 marks

**Conclusion 1 mark**