

THE UNITED REPUBLIC OF TANZANIA

DODOMA REGION

FORM FOUR MOCK EXAMINATION - 2023

151/1

FOOD AND NUTRITION 1 -MARKING SCHEME

TIME: 3hours

MARCH 2023

MARKING SCHEME

1.

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

10 marks @ 01
mark

2.

LIST A	i	ii	iii	iv	v	vi
LIST B	H	F	A	G	E	B

06 marks @ 01
mark

SECTION B (54 MARKS)

3.a) The tags give the specific information on;

-washing

-drying

-ironing

-pressing and

-dry cleaning **05 marks @ 01 mark**

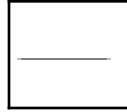
b) i)



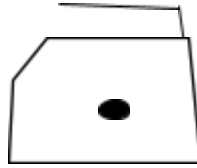
ii)



iii)



iv)



04 marks @ 01 mark

Total 09 marks

4. a) **Colostrum** is the first milk produced by the mammal after giving birth which is yellowish and thicker than later milk and it contains more antibodies and more white blood cells.
01 mark

b) **Advantages of breastfeeding;**

- it has the right temperature for the baby
 - it contains antibodies which fight against diseases
 - it is safe with no contamination at all
 - it contains all required nutrients in correct proportions
 - it strengthens the relationship and bond between the mother and the baby
 - it is easily available at any time and does not require any preparation
 - its quality remains the same all the time
- 05 marks any five points@01 mark**

c) **In order for mothers to produce enough milk their diet should contain the following nutrients;**

- i) adequate amount of protein
- ii) minerals like calcium and phosphorus for strong bones
- iii) iron to prevent anaemia
- iv) adequate amount of vitamins

03 marks any three point@ 01 mark

Total 09 marks

5. a) **Two different methods of incorporating air into the mixture;**

- i) when sieving the flour
- ii) when beating the mixture

02marks @ 01 mark

b) **Seven procedures for making batter;**

- i) sieve the flour and salt together and make a well in the Centre
- ii) add the egg and little liquid and start to stir from the Centre

iii) add more liquid and mix to a smooth batter and the rest of the liquid and beat thoroughly for

five minutes.

iv) during beating, some air is incorporated into the mixture and this has a limited action as a raising

as a raising agent during cooking.

v) use the mixture according to the recipe.

vi) If food is to be cooked with the batter, it must be dry to ensure good adhesion when applied.

vii) Cover and leave batter to stand

viii) Use as required **07 marks @ 01 mark**

Total 09 marks

6.a) General rules for making pastry are;

i) keep all the ingredients and utensils as cold as possible

ii) handle the pastry lightly to avoid toughening of pastry

iii) allow pastry to relax in a cool place for 20 minutes

iv) bake the pastry in a pre-heated oven

v) use enough amount of water to bind ingredients together

vi) cool the pastry after cooking

vii) use little flour when rolling pastry **05 marks any five points@ 01 mark**

b) Methods of incorporating fat to flour;

i) shredding or finely chopping (in suet pastry)

ii) rubbing in fat (in short crust pastry)

iii) adding fat into small flakes, dots or lumps (flaky pastry)

iv) add and enclosing a block of fat (puff pastry)

v) melting fat (in hot water crust pastry) **04 marks any four points @ 01 mark**

Total 09 marks

7.a) changes detected in spoiled foods are;

-smell

-color

- taste
- texture
- fermentation
- fungi

04 marks any four points@ 01 mark

b) Importance of maintaining hygiene and proper food handling of complementary food are;

- i) It helps to prevent childhood communicable foodborne disease like diarrhea
- ii) It helps to prevent food contamination
- iii) It prevents food spoilage
- v) It helps the food to keep longer
- vi) It prevents food poisoning

05 marks@ 01 mark

Total 09 marks

8. a) The importance of administering vaccination to a child are;

- i) The vaccine introduced in the child's body activates his/her immune system
- ii) The antibodies protect the baby's body against disease
- iii) it strengthens the body immunity
- iv) it offers resistance to a particular disease for a certain period of time

04 marks@01 mark

b)

Vaccine	Time to be administered	Disease
	i)At birth	
ii)Rotavirus vaccine (ROTA)		
		iii)Pneumonia
iv)Oral Polio Vaccines (OPV)		
	v)14 weeks	

05 marks@01 mark

Total 09 marks

SECTION C (30 MARKS)

9. Introduction

Meal planning is the action of deciding meals in advance using your schedule, preferences, food on hand, seasonal produce, sale items, etc. **OR**

Is a sketching out or any strategy that is used to map out what you or somebody else is going to eat on a particular day, week or month.

Any other related meaning 02 marks

Points to consider when planning meal for a family;

- i) Occupation
- ii) Health status
- iii) Cooking facilities
- iv) Family size (number of people)
- v) Family customs
- vi) Age
- vii) Sex
- viii) Individual needs
- ix) Occasion

12 marks any six points @ 02 marks

Conclusion 01 mark

Total 15 marks

10. Vegetables are different parts of plants eaten as food.

Introduction 02 marks

Classification of vegetables;

- i) Root vegetables Eg carrots, beet roots
- ii) Tubers vegetables Eg potatoes, ginger
- iii) Bulbs vegetables Eg garlic, onions, leeks
- iv) Leafy vegetables Eg cabbage, spinach
- v) Flower vegetables Eg cauliflower, pumpkin, broccoli flower
- vi) Fruit vegetables Eg tomatoes, cucumber, brinjals
- vii) Stems vegetables Eg celery, bamboo shoots
- viii) Seeds vegetables Eg beans, peas,
- ix) Fungi Eg mushroom

any five types 05 marks@ 01 mark

(0 ½ mark type, 0 ½ mark example)

Precautions needed when preparing vegetables;

-blanching; put in hot boiling water to reduce loss of vitamins and destroy enzymes

-peel thinly or scrap Eg potatoes

-prepare vegetables just before cooking to prevent destruction of vitamins

-do not cut them into too small parts

- do not shred vegetables so thinly to prevent loss of vitamins

-wash and drain vegetables, do not soak them as water soluble vitamins will be lost

-some vegetables are scraped Eg carrots

any three points 03 marks @ 01 mark

b) Points to consider when choosing vegetables;

- i) Leaves should not be braised
- ii) Leaves should not have worm holes
- iii) Leaves should be firm, crispy and break easily
- iv) Roots should be firm without wrinkles
- v) Root juice should splash out when scraped
- vi) fruits should be fresh, smooth, firm not be too large
- vii) Flowers should be firm, close and break easily, fresh not wilted
- vii) Bulbs should be soft not bruised not be too large

any four points 04 marks @ 01 mark
conclusion 01 mark
Total 15 marks

11. **Furnishing** a house involves providing items and decorations in the house.

Introduction 02 marks

Classification of house furnishings;

i) Hard furnishing

This is a type of furnishing which is normally made using steel or wood. These include furniture of different types which fall under two groups; namely; case goods and upholstered furniture. **02 marks @ 01mark (01mark type, 01mark example)**

ii) Soft furnishing

This basically involves fabric items that are used for decoration as they make the house attractive. This include items such as curtains, sheets, pillow and pillow cases, blankets, bed covers, door mats, carpets, cushions and cushion cover, rugs and ornaments.

02 marks@01 mark (01-mark type, 01-mark example)

Factors to consider when selecting home furnishing;

- i) Space available
- ii) Durability
- iii) Cost
- iv) Design
- v) Comfort
- vi) Material used
- vii) Color of the furniture

Any four points 08 marks @ 02 marks

Conclusion 01 mark

Total 15 marks