

**PRIME MINISTER'S OFFICE
REGIONAL ADMINISTRATION AND LOCAL GOVERNMENT
DAR ES SALAAM AND GEITA REGIONS
FORM FOUR INTERSCHOOL PRE – MOCK EXAMINATION APRIL 2026**

051/1 FOOD AND HUMAN NUTRITION 1 MARKING SCHEME

1.

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

01 mark@=10 marks

2.

I	ii	lii	iv	V	vi
G	A	I	B	H	D

01 mark@ = 06 marks

3. a) Classification of fish

- i) According to fat content
 - White fish (lean fish), low fat content e.g. Tilapia
 - Oily fish (fatty fish)-high fat content e.g. sardines
- ii) According to their habitat
 - Fresh water fish live in rivers, lakes, wells, dams etc.-e.g. tilapia
 - Salt water fish live in oceans/seas e.g. Tuna

01 1/2 mark@=03 marks

b) Points to consider when choosing fresh fish are

- i) Should have bright eyes, clear and clear and bulging, not sunken or cloudy
- ii) Should have bright red gills or pink, not brown or dull
- iii) Should have fresh smell, mild smell like the sea, not strong or unpleasant
- iv) Should have a firm and elastic body(flesh), when pressed it should spring back
- v) Should have a shiny and moist skin. Not dry or dull
- vi) Should have a tightly scales, well attached to the flesh, not falling off easily

01 mark@=04 marks

c) Fish preservation

- i) Cooling/refrigeration - slow down bacterial growth. Suitable for short time storage
- ii) Freezing- keeps fish fresh for weeks-months slows down enzymes activity and bacteria
- iii) Salting – remove moisture and prevents bacteria growth
- iv) Smoking – adds flavor and kills bacteria
- v) Drying
- vi) Canning- can last for months or years without refrigeration

01 mark@=02 marks

4. a) Characteristics of a good kitchen

- i) Should be well ventilated with big window, vents or extractor fans
- ii) Natural and artificial light for safe by and efficient cooking
- iii) Easy to clean surfaces, non-slippery floors and walls
- iv) Adequate storage facilities such as cup boards, shelves, refrigerators and freezers
- v) Proper layout/organization, working areas for preparation, cooking, washing must be well arranged
- vi) Proper waste disposal
- vii) Availability of utilities such as running water, gas, electricity and proper drainage system

01 mark@=05 marks

b) Importance of kitchen planning

- i) Time saving-reduces unnecessary walking and searching for utensils or ingredients
- ii) Safety- prevents accidents like slipping, burning or cuts
- iii) Convenient storage
- iv) Cost-effective, reduces wastage of food and energy
- v) Durability
- vi) Smooth work flow

5. a) Importance of using fibers in the body are

- i) Prevents constipation-fibers adds bulk to food and helps waste pass easily through the intestine
 - ii) Aids digestion-it keeps the digestive system working properly
 - iii) Helps to control body weight-fiber-rich
 - iv) Foods make you full quickly. So you don't over eat
 - v) Controls blood sugar-fiber slows down sugar absorption, helping prevent diseases like diabetes
 - vi) Prevents some digestive disease like colon cancer
 - vii) Supports good gut bacteria
- 01 mark@=06 marks**

b) Food sources rich in fibers are

- i) Fruits-oranges, bananas, mangoes, apples etc.
- ii) Vegetables- cabbages, carrots, spinach etc.
- iii) Whole grains-brown rice, maize, millets
- iv) Legumes- beans, lentils, peas etc.

00 ½ mark@=05 marks

6. Ways of preventing malnutrition are

- i) Eat balanced diet include all foods groups such as carbohydrate, proteins, fats, vitamins, minerals and fibers
- ii) Proper feeding for children especially under 5 years' old
 - Breastfeed babies for the first 6 months
 - Proper weaning programmes
- iii) Maintain good hygienic- washing hands before eating and after using toilets to prevent diseases
- iv) Ensure food security
- v) Nutrition education about proper feeding and healthy food choices
- vi) The use of fortified foods especially those rich in vitamins and minerals e.g. iodized salts
- vii) Regular health checkups especially for children
- viii) Proper food preparation, cooking and serving
- ix) Earth prevention and treatment of diseases
- x) Vegetables and fruit garden to ensure availability of vegetables and fruits at family

01 mark@=09 marks

7. a) Types of chemical raising agents are

- i) Bicarbonate of soda
- ii) Baking powder
- iii) Baking ammonia

01 mark@= 03 marks

b) Mechanical ways in which air is incorporated into mixture

- i) Sieving
- ii) Rolling and folding
- iii) Whisking
- iv) Rubbing-in
- v) Creaming

01 mark @=05 marks

8). a) Types of food contamination

- i) Biological food contamination
- ii) Physical food contamination
- iii) Chemical food contamination

01 marks @= 03 marks

b) Guidelines that should be observed to prevent food contamination

- i) Maintain personal hygiene
- ii) Keep utensils and equipment clean
- iii) Store food properly
- iv) Cook food thoroughly
- v) Use safe and clean water
- vi) Protect food from pests
- vii) Handle food properly
- viii) Dispose of waste properly
- ix) Avoid cross contamination

01 mark @= 06 marks

9. a) Causes of obesity are

- i) Eating too much food especially more than the body needs
- ii) Eating unhealthy foods such as salty, sugary, and processed foods like chips, sweets and soda
- iii) Lack of physical activity
- iv) Overeating/poor eating habits
- v) Eating frequently without hunger
- vi) Eating late at night
- vii) Genetic factors, obesity can run in families (inherited traits)
- viii) Hormonal imbalance
- ix) Stress and emotional eating
- x) Poor life style habits

02 mark @=06 marks

b) Diseases associated with obesity

- i) Type 2 diabetes
- ii) Elevated blood lipid levels
- iii) Hypertension
- iv) Cardiovascular diseases
- v) Certain type of cancers

02 mark @= 06 marks

Introduction= any related 01 ½ marks

Conclusion= any related 01 ½ marks

10. Rules to observe when preparing reheated foods are:-

- i) Reheat food thoroughly that helps to kill harmful germs and bacteria
- ii) Do not reheat food many times
 - reheat only the amount you will eat
 - repeated reheating can cause food poisoning
- iii) Store food properly before reheating
- iv) Keep leftover food in a refrigerator or in a cool place
- v) Cover food to prevent contamination
- vi) Reheat food within a short time
- vii) Do not keep food for too long before reheating
- viii) Use leftovers within 1-2 days
- ix) Use clean utensils
 - always use clean spoons, pans and plates when reheating food
- x) Avoid mixing old and fresh food
- xi) Do not add fresh food to already cooked leftovers
- xii) Check food before reheating
- xiii) Do not reheat spoiled food (bad smell, color or taste)
- xiv) Keep the food covered while reheating
- xv) Serve immediately after reheating

02 marks@= 12 marks, 01 mark= intro,02 marks=conclusion

11. Basic procedures in bread making are

- i) Mixing and kneading
- ii) Rising
- iii) Re-kneading
- iv) Shaping
- v) Proving
- vi) Baking

02 marks @ = 12 marks

Introduction-01

Conclusion- 02