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	Iii	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 slippering, 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, applies 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 fo 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 dread 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