



**THE UNITED REPUBLIC OF TANZANIA  
MINISTRY OF EDUCATION, SCIENCE AND TECHNOLOGY  
NATIONAL EXAMINATIONS COUNCIL OF TANZANIA**



**CANDIDATES' ITEM RESPONSE ANALYSIS  
REPORT ON THE CERTIFICATE OF SECONDARY  
EDUCATION EXAMINATION (CSEE) 2020**

**FOOD AND NUTRITION**



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**051 FOOD AND NUTRITION**

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## **ABBREVIATIONS**

CIRA	Candidates' Item Response Analysis
CSEE	Certificate of Secondary Education Examination
DTaP	Diphtheria, Tetanus and Pertussis
HPP	High pressure Processing
NECTA	National Examinations Council of Tanzania
3Ds	Diarrhoeas, Dermatitis and Dementia
T/L	Teaching and Learning

## **FOREWORD**

The National Examinations Council of Tanzania (NECTA) is pleased to issue the Candidates' Items Response Analysis (CIRA) report for the Certificate of Secondary Education Examination (CSEE), 2020 for the Food and Nutrition subject. The report has been written to provide feedback to students, teachers, parents, policy makers, other stakeholders and the public in general on the performance of the candidates on the subject.

The analysis presented is intended to contribute towards understanding some of the reasons for the candidates' performance in the Food and Nutrition subject. It puts emphasis mainly on the analysis of candidates' performance on every question, thus the sample responses from candidates' scripts and the statistical data are used to provide elaboration. Furthermore, the report focuses on identifying the strengths and weaknesses of the candidates' responses to questions related to different examined topics. The report also highlights some of the factors which made the candidates fail to score good marks in the particular questions. The factors observed include insufficient knowledge about basic concepts of Food and Nutrition, failure to identify the demand of the questions that led them to provide incorrect and incomplete responses and their inability to express themselves in the English language.

It is expected that the feedback provided in this report will enable education administrators, heads of schools, school managers, teachers and other stakeholders to come up with proper measures in order to improve the teaching and learning of the Food and Nutrition subject in Secondary Schools. It is anticipated that this will finally improve the candidates' performance in the future examinations administered by the Council.

Lastly, NECTA would like to express its sincere gratitude to everyone who participated in the preparation of this report up to its completion stage in different capacities.



Dr. Charles E. Msonde  
**EXECUTIVE SECRETARY**

## 1.0 INTRODUCTION

This report analyses the candidates' performance on the Food and Nutrition Theory Paper for the Certificate of Secondary Education Examination (CSEE) done in November/December 2020. The examination measured competences according to the 1997 Home Economics syllabus. The topics tested in this paper were *Good Grooming, The Family, Age Courtship and Marriage Practices, House Compound, Food, Food Preservation, Water Supply, Cakes and Biscuits, Raising Agents, Laundering in the Home, The Toddler, Batter, Cooking Food, Fish, Vegetable and Fruits, Children Ailments and Catering*.

According to the CSEE 2020 results, a total of 2114 (98.97%) candidates sat for this paper of whom 2104 (99.81%) candidates passed and 4 (0.18%) candidates failed. Moreover the results of 6 candidates were withheld for various reasons. These results were based on the grades A – F in occurrence with the following intervals: 75 – 100 (Excellent), 65 – 74 (Very Good), 45 – 64 (Good), 30 – 44 (Satisfactory) and 0 – 29 (Fail). This implies that the overall candidates' performance was good. Furthermore, the performance of the candidates in this year has slightly increased by 0.54 percent as compared to the performance in 2019 in which out of 2200 candidates who sat for the examination 99.27 percent passed and 0.73 percent failed.

In this report, the analysis of candidates' performance on each question is regarded as *good* if the scores range from 65 to 100 percent, *average* if the scores range from 30 to 64 percent and *weak* if the scores range from 0 to 29 percent. These three categories of performance are indicated by using colours that is *green*, *yellow* and *red* colours which denote *good*, *average* and *weak* performance respectively.

The report also presents the requirement of each question, the percentage of the candidates who attempted the question with their scores and the possible reasons for such performance. Some extracts obtained from the candidates' examination scripts and graphs that indicate distribution of candidates' scores are inserted in this report to illustrate the stated information.



## 2.0 ANALYSIS OF THE CANDIDATES' PERFORMANCE ON EACH QUESTION

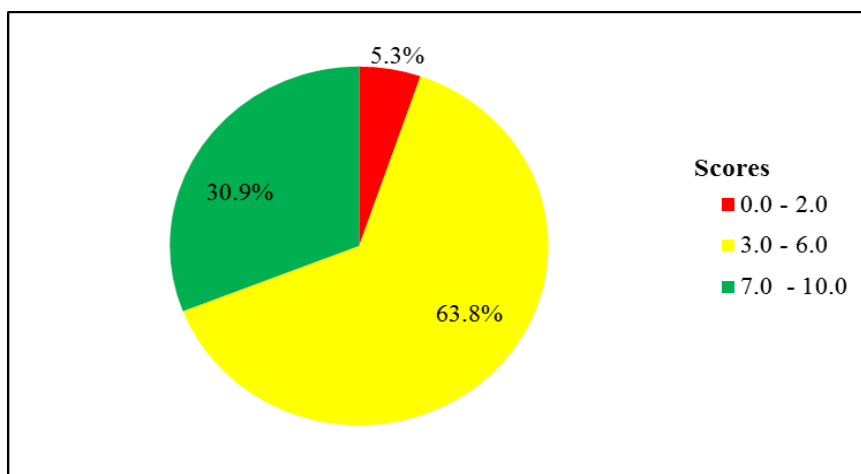
### 2.1 Section A: Objective Questions

This section consisted of two questions. Question one comprised 10 Multiple Choice Items and question two consisted of five Matching Items. Each item in question 1 and 2 was allocated one mark, hence the section carried a total of 15 marks.

#### 2.1.1 Question 1: Multiple Choice Items

Question 1 comprised ten topics, namely *Good Grooming, The Family, Age Courtship and Marriage Practices, House Compound, Food, Food Preservation, Water Supply, Cakes and Biscuits, Raising Agents and Catering*. The candidates were required to choose the correct answer among the given alternatives and write its letter in the answer booklet provided.

This question was attempted by 2108 (99.7%) candidates who sat for this paper and 6 (0.3%) did not attempt the question. The candidates' scores were as follows: a total of 111 (5.3%) candidates scored from 0 to 2 marks, 1345 (63.8%) scored from 3 to 6 marks and 652 (30.9%) scored from 7 to 10 marks. Figure 1 illustrates this performance.



**Figure 1 : Percentage of Candidates' Performance on Question 1**

Figure 1 shows that the general performance on this question was good because 94.7 percent performed average and above. These candidates had adequate knowledge of the content covered in these items and understood

well the demand of the question, hence managed to provide correct answers in almost all the items.

Regardless of the good performance observed on this question, 5.3 percent failed to choose the correct response in almost all items. The following is the analysis of candidates' response in each item (i) – (x):

(i) *From the list of the following socio-cultural behaviours, which set represents good grooming practices?*

- (a) *Proper bathing*
- (b) *Appropriate dressing*
- (c) *Proper talking*
- (d) *Proper eating*
- (e) *Good nutrition*

A (a), (b) and (c)

B (a), (b) and (d)

C (a), (c) and (d)

D (a), (d) and (e)

E (a), (b) and (e)

The correct answer was E - (a), (b) and (e); *Proper bathing, Appropriate dressing and Good nutrition* respectively. The candidates who chose the correct answer were aware that good grooming practices involves good grooming routine which makes someone remain fit, healthy, clean and tidy. The candidates who chose wrong answers A - *Proper bathing, Appropriate dressing and Proper talking*, B - *Proper bathing, Appropriate dressing and Proper eating*, C - *Proper bathing, Proper talking and Proper eating*, or D - *Proper bathing, Proper eating and Good nutrition* mixed the good manner practices such as *proper talking* and *proper eating* with good grooming practices. These candidates did not understand that good grooming is caring for the body and maintaining good health.

(ii) *Family is the smallest social unit which is categorized into*

- A *extended, nuclear, polygamous and child headed family.*
- B *nuclear, extended, single parent and polygamous family.*
- C *nuclear, single parent, extended, widowed family.*
- D *boys, extended, single parent, adult and nuclear family.*
- E *extended, adult, single parent and child headed family.*

The correct answer was B - *nuclear, extended, single parent and polygamous family*. The candidates who chose the correct answer were aware that nuclear, extended, single parent and polygamous family are

basic types of families. The candidates who chose *A - extended, nuclear, polygamous and child headed family* did not understand that child-headed family is either resulted from *nuclear, extended, single parent or polygamous family*. This type of family is formed when children's parents, from either nuclear, extended, single parent or polygamous family die, either by disease, conflict or normal death. Those who chose *D – boys, extended, single parent, adult and nuclear family* and *E - extended, adult, single parent and child headed family* they failed to realise that child, boys and adult are the members of the family. Moreover, the candidates who chose *C - nuclear, single parent, extended, widowed family*, were not aware that widowed is a woman or a man who has lost his/her spouse or partner by death, and usually has not remarried. If they do not remarry after spouses' death they qualify to file as heads of household, thus they will deserve to be single parents.

(iii) *Why partners are advised to practice courtship before marriage?*

- A To get a partner who is wealth or rich.*
- B To get a beautiful or handsome partner.*
- C To get a permanent partner for life.*
- D To get a partner who is highly educated.*
- E To get a partner with permanent employment.*

The correct answer was *C - to get a permanent partner for life*. The candidates who provided correct response understood that marriage is the beginning of the family and is a life-long commitment; hence partners should be advised to get time to know each other and decide if there will be an engagement followed by a marriage. Those who chose incorrect responses *A, B, D and E* did not understand that marriage is a formal union between two individuals that unite their lives legally, economically, emotionally and spiritually. They did not understand that wealth (money, property and valuable possessions), beauty, education and permanent employment are individual preferences, and are not lifelong factors. Therefore, they are not necessary factors for making marriage relationship.

(iv) *Among the following practices, which set makes the house compound clean and comfortable to live in?*

- (a) Cut the grasses, weed and trim the flowers regularly.*
- (b) Weed and trim the flowers every day.*
- (c) Clean the house compound daily.*
- (d) Clean the house compound once per month.*
- (e) Make thorough cleaning after every week.*

- A (a), (b) and (c)
- B (b), (c) and (d)
- C (c), (e) and (d)
- D (a), (c) and (e)
- E (b), (d) and (e)

The correct answer was D - (a), (c) and (e), *cut the grasses, weed and trim the flowers regularly, clean the house compound daily, and make thorough cleaning after every week*, respectively. The candidates who provided the correct answer were knowledgeable about the cleaning schedules such as daily, weekly and occasional/spring cleaning and the activities done in each schedule. Actually, daily cleaning includes cleaning tasks done every day; Weekly cleaning involves cleaning tasks that are time consuming or tasks that cannot be done on daily basis. Spring cleaning is a thorough cleaning of a house or room, typically undertaken occasionally.

The candidates who provided wrong answers A, B, C and E, were not aware of the cleaning schedules, hence they failed to recognise that point (b) *Weed and trim the flowers every day* and (c) *Clean the house compound once per month* are not done every day. The aim of weeding is to remove unwanted plants that grow between flower plants and the best time to weed is when the weeds are very small. Likewise, trimming is the act of removing unnecessary branches and is usually done before the onset of new growth. Thus, these practices cannot be done every day. On the other hand, cleaning the house compound should be done regularly as it is essential for health living because many disease-causing germs exist in dirty environments.

(v) *Which among the following types of vitamins is essential for preventing inability to see in dim light?*

- |   |           |   |           |   |           |
|---|-----------|---|-----------|---|-----------|
| A | Vitamin B | B | Vitamin D | C | Vitamin E |
| D | Vitamin A | E | Vitamin C |   |           |

The correct answer was D - Vitamin A. The candidates who chose the correct answer were aware that vitamin A is a precursor for rhodopsin (visual purple), the pigment found in the retina of the eye that helps people to see in dim light.

The candidates who provided wrong answers were not familiar with various functions of vitamins and their deficiency disorders. For example, those who chose A - Vitamin B did not understand that Vitamin B is a group

of vitamins called vitamin B-complex. Vitamin B-complex includes vitamin B<sub>1</sub> (Thiamin), B<sub>2</sub> (Riboflavin), B<sub>3</sub> (Niacin), vitamin B<sub>5</sub> (Pantothenic acid), B<sub>6</sub> (Pyridoxine), vitamin B<sub>7</sub> (Biotin), vitamin B<sub>9</sub> Folate and vitamin B<sub>12</sub> (Cyanocobalamin). These vitamins perform various functions in the body, but they do not assist ability to see in dim light. The candidates who chose *B - Vitamin D* were not aware that vitamin D assists the absorption of calcium in the small intestine, hence help the formation of strong bones and teeth. Also, lack of vitamin D causes rickets in children and *osteomalacia* in adults. Those who chose *C - Vitamin E* were not aware that the main function of vitamin E in the body is that it acts as an antioxidant. Its deficiency is rare but can occur in very low-weight premature infants and is also associated with cystic fibroids, where fat absorption is impaired. The ones who chose *E - Vitamin C* were not well informed about the function of vitamin C, that is, to assist absorption of iron from the intestine and formation of all body tissues, particularly connective tissues. Absence of vitamin C in the body causes scurvy.

(vi) *Food preservation involves preventing microbial growth on food substance by controlling*

- A air, heat and sunlight.*
- B oxygen, moisture and heat.*
- C liquids, pressure and air.*
- D sunlight, moisture and pressure.*
- E pressure, air and liquids.*

The correct answer was *B - oxygen, moisture and heat*. The candidates who provided the correct answer understood that microbial growth occurs in the presence of oxygen, moisture and heat. Controlling these parameters help to prevent microbial growth. For example, vacuum packing is the method which prevents the growth of aerobic micro-organism because of the absence of oxygen, drying is the method which reduces water activity sufficiently to prevent bacterial growth and canning involves the application of heat and aims at destroying microorganisms and their spores. The candidates who chose *A - air, heat and sunlight*, *C - liquids, pressure and air*, *D - sunlight, moisture and pressure* and *E - pressure, air and liquids* did not understand that sunlight and pressure are the factors affecting food preservation methods, such as drying and HPP (High Pressure Processing) respectively.

(vii) *Which diseases are caused by drinking contaminated water?*

- A Dysentery, typhoid fever and diarrhoea*
- B Measles, diarrhoea and typhoid fever*
- C Yellow fever, measles and diarrhoea*
- D Small pox, dysentery and typhoid fever*
- E Diphtheria, small pox and diarrhoea*

The correct answer was *A - Dysentery, typhoid fever and diarrhoea*. The candidates who provided the correct answer were knowledgeable about waterborne diseases. The candidates who chose *B - Measles, diarrhoea and typhoid fever*, *C - Yellow fever, measles and diarrhoea*, *D - Small pox, dysentery and typhoid fever* and *E - Diphtheria, small pox and diarrhoea* were not aware that yellow fever, measles and small pox are viral infections and diphtheria is a bacterial infection that can spread easily from one person to another through respiratory droplets, likely from coughing and sneezing, hence they cannot be caused by drinking contaminated water.

(viii) *Which of the following types of cakes contains little amount of fat?*

- A Rich cake*                      *B Plain cake*                      *C Swiss roll*
- D Ginger bread*                      *E Madeira*

The correct response from the alternatives was *C - Swiss roll*. The candidates who chose the correct answer understood the four methods of making cakes, hence they managed to recognise the type of cake that contains little amount of fat. Swiss roll is a sponge cake, prepared using whisking method. Usually it contains no fat, though sometimes the use of butter or oil can be an option. The candidates who chose *A - Rich cake*, *B - plain cake*, *D - Ginger bread* and *E - Madeira cake* did not understand that rich, plain and Madeira cakes are prepared using creaming methods, the method suitable for cakes which have more fat and sugar compared to flour. Ginger bread is prepared using melting method whereby butter of fat, syrup (treacle) are melted together in a pan and poured into the flour in the bowl.

(ix) *Which action is appropriate for self - raising flour?*

- A Raising agent added during manufacturing.*
- B Yeast added during making a mixture.*
- C Specific raising agent added to the mixture.*
- D Raising agent added through whisking.*
- E Raising agent added during dough making.*

The correct answer was A - *raising agent added during manufacturing*. The candidates who chose the correct answer were aware that raising agent can be added during manufacturing. On the other hand, the candidates who chose B - *yeast added during making a mixture*, C - *specific raising agent added to the mixture*, D - *raising agent added through whisking* and E - *raising agent added during dough making* had inadequate knowledge about the raising agents. These candidates failed to recognise at what particular time raising agent is added either during flour manufacturing or during dough making. In fact, the raising agent is added depending to the method used to prepare the mixture.

(x) *The eating appetite to the consumers can be influenced by*

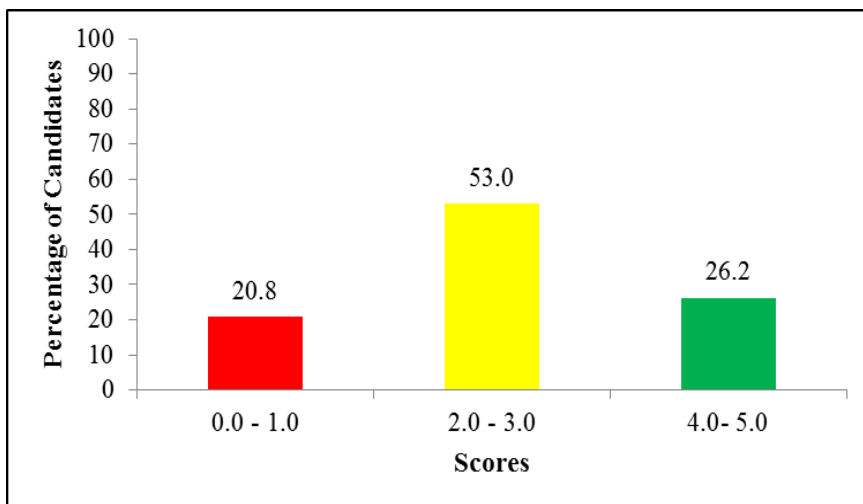
- A *presentation and textures.*
- B *presentation and sweetness.*
- C *texture and saltiness.*
- D *sweetness and colour.*
- E *saltiness and smell.*

The correct answer was A - *presentation and textures*. The candidates who chose the correct response were familiar with the term *appetite* as it refers to the person's general desire to eat. These candidates understood that food presentation is a key factor that pulls all five senses into the desire for eating. Texture is important in determining the eating quality of foods and can have a strong influence on food intake. Therefore, food presentation and texture can influence eating appetite to the consumers. On the contrary, the candidates who chose incorrect responses did not understand that presentation is the art of modifying, processing, arranging or decorating food to enhance its aesthetic appeal. Thus colour and smell can be observed through presentation. Similarly, food texture is the food quality as it can be soft or hard, mushy or crunchy, smooth or lumpy. These food properties are sensed by touch in the mouth and with hand. Likewise, saltiness and sweetness can be observed when eating the food. This proves that the candidates misunderstood the terms *presentation* and *texture* in relation to the food appetite.

### 2.1.2 Question 2: Matching Items – (Malnutrition)

In this question the candidates were required to match deficiency disorders in List A with their corresponding names in List B by writing the letter of the correct response beside the item number in the answer booklet provided.

This question was attempted by almost 100 percent of the candidates who sat for this paper. The data indicates that, 219 (20.8%) candidates scored from 0 to 1 marks, 559 (53.0%) candidates scored from 2 to 3 marks and 184 (26.2%) scored from 4 to 5 marks. Figure 2 illustrates this performance.



**Figure 2:** *Percentage of Candidates' Performance on Question 2*

Figure 2 shows that 79.2 percent of the candidates had average performance and above (2 – 5 marks). This means that the performance on this question was good. The performance indicates that the candidates had adequate knowledge about nutritional disorders. The analysis of candidates' responses in each item is as follows:

Item (i) required candidates to match the statement which stated: *A condition characterised by the deformities of bones due to the failure of new bones and cartilage to calcify adequately* with one of the alternatives given. The correct answer was *A – Rickets*. The candidates who provided the correct answer had adequate knowledge about vitamin D deficiency in children. Some of the candidates matched the statement with *E – Osteomalacia*. These candidates were not aware that osteomalacia is a nutritional disorder caused by lack of vitamin D, characterised by severe pain in the lower back and tenderness in other parts of the body, such as legs and ribs. Those who matched incorrectly had insufficient knowledge of nutritional disorders. Actually, both rickets and osteomalacia are deficiency disorders caused by lack of vitamin D, but the difference is that rickets is a condition that affects bone development in children while osteomalacia is a condition in which bones become soft and weak, usually it occurs in adults.



In item (ii), the candidates were required to match the statement which stated: *A deficiency disorder characterised by 3Ds symptoms, namely diarrhoea, dermatitis and dementia* with one of the alternatives given. The correct answer was *D – Pellagra*. The candidates who provided correct answer were aware that pellagra is also known as 3Ds because the major clinical symptoms begin with letter D: diarrhoea, dermatitis and dementia. The candidates who provided wrong answers were not familiar with the term ‘3Ds’, which represents the symptoms of pellagra. Therefore they failed to link it with pellagra, the severe deficiency of niacin (Vitamin B<sub>3</sub>).

In item (iii), the candidates were required to match the statement which stated: *A deficiency condition which is common in elderly women in whom bones become porous and break easily* with one of the alternatives given. The correct answer was *E – Osteomalacia*. The candidates who provided the correct answer were aware that osteomalacia is common in elderly women and is caused by vitamin D deficiency or body’s inability to metabolise vitamin D. Those who provided wrong answers did not understand the symptoms of deficiency diseases. They did not understand that the symptoms characterised by porous bones which break easily is associated with vitamin D deficiency in adult called *Osteomalacia*.

Item (iv) required the candidates to match the statement which stated: *A severe deficiency disorder characterised by abnormal red blood cells which are larger than normal* with one of the alternatives given. The correct answer was *G - Pernicious anaemia*. The candidates who provided correct answer were aware that vitamin B<sub>12</sub> is needed to make red blood cells which carry oxygen to all parts of the body. Its deficiency may lead to pernicious anaemia which cause nerves damage and can affect memory and thinking. The candidates who provided wrong answers did not understand that pernicious anaemia is vitamin B<sub>12</sub> deficiency, the condition in which the body does not have enough healthy red blood cells.

Item (v) required the candidates to match the statement which stated: *A severe deficiency disorder characterised by the blocked tear glands of the eye and inflammation of the membrane covering the eyes* with one of the alternatives given. The correct answer was *B – Xerophthalmia*. The candidates who provided the correct response understood that Xerophthalmia is a progressive eye disease caused by vitamin A deficiency. Those who provided wrong answers were not aware that lack of vitamin A can dry out tear ducts and the eyes, the disorder is called *Xerophthalmia*. This can lead to permanent blindness.

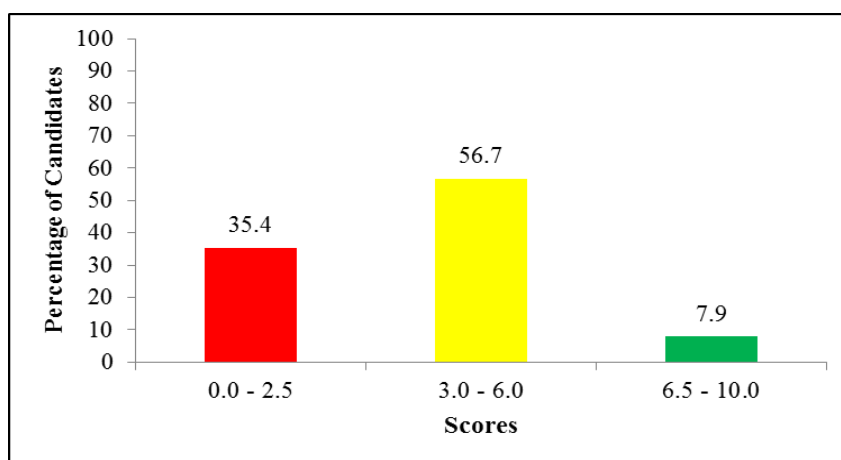
## 2.2 Section B: Short Answer Questions

This section was constructed from seven topics, namely *Laundrying in the Home, the Toddler, Batter, Cooking Food, Fish, Vegetable and Fruits and Children Ailments*. The candidates were required to answer all the questions and each question had 10 marks, giving a total of 70 marks

### 2.2.1 Question 3: Laundrying in the Home

In this question the candidates were required to: (a) outline four points to observe when selecting charcoal iron, (b) briefly describe three important conditions to observe when using charcoal iron and (c) give three points on how charcoal iron can be stored to maintain its quality.

The data shows that a total of 2072 (98.0%) candidates attempted this question and their scores were as follows: 122 (35.4%) candidates scored from 0.0 to 2.5 marks, 168 (56.7%) scored from 3.0 to 6.0 marks and 23 (7.9%) scored from 6.5 to 10.0 marks. Figure 3 provides a summary of this performance.



**Figure 3:** *Percentage of Candidates' Performance on Question 3*

Figure 3 indicates that the general performance on this question was average because 64.6 percent had average performance and above. These candidates demonstrated adequate knowledge about charcoal iron. They managed to provide correct responses, though some of the responses were incorrect, and some responses were partially answered, hence the majority had average performance.

The item response analysis shows that the candidates (7.9%) with high scores, managed to outline points to observe when selecting charcoal iron

in part (a). For example, one candidate wrote, *look good quality iron, materials used to make iron, iron which do not rust easily, look money you have, insulated handle, and should have standing base holder*. The other one wrote; *charcoal iron should have handle that is an insulator of heat, it should have holes on the bottom, it should be free from rust and consider the durability*. Another one wrote; *the iron should be free from rust, the iron should be durable, the iron should be of good quality and it should be well made to allow ventilation*.

In part (b), the candidates managed to describe briefly important conditions to observe when using charcoal iron. For example, some of the correct conditions described were; *do not overfill the charcoal iron with burning charcoal, stand the charcoal iron on the stand to avoid burning clothes, the amount of heat should be correct for the clothes, the iron should be clean, the iron should not be too hot, ensure proper locking of the iron to avoid burning clothes*. In part (c), the candidates were aware of how charcoal iron can be stored to maintain its quality. Some of the correct responses provided were; *do not allow iron contact with water, remove the charcoal remained from the iron every after use, store in a dry place to avoid rust, keep it on its stand, empty the charcoal and ashes before storing*. These candidates were familiar with charcoal iron, how to use it and its care. However, some of the candidates provided insufficient explanation and others provided a few points as per question requirement, hence they failed to score all the 10 marks. Extract 3.1 is a sample of a good response from the script of a candidate who had good performance.

SECTION B	
3a) <u>Points to observe when selecting Charcoal iron</u>	
i) It should be cheap and affordable.	
ii) It should have holes to allow in air.	
iii) It should have its standing base holder.	
iv) It should have a wooden handle.	
3b) <u>Important conditions to observe when using Charcoal iron</u>	
i) Do not overfill the charcoal iron with burning charcoal.	
ii) Do not sprinkle water onto the cloths.	
iii) Place the charcoal iron on its standing base holder during ironing. To avoid burning cloths.	
3c) <u>Ways to store Charcoal iron to maintain its quality</u>	
i) Do not clean the charcoal iron with water as it undergoes rusting.	
ii) Remove the charcoal remainings from the charcoal iron every after ironing.	
iii) Store the charcoal on top of its standing base in a dry and non moist place.	

**Extract 3.1:** A sample of a good candidate's response to question 3

In Extract 3.1, the candidate managed to provide correct answers in all parts, though in part (b) (ii) he/she provided insufficient explanation. In fact water can be sprinkled on clothes during ironing with charcoal iron to remove creases, but not on to the white clothes because white clothes are stain absorbers.

On the other hand, 35.4 percent of the candidates who got low scores provided irrelevant responses. In part (a), some of them failed to outline the points to observe when selecting charcoal iron. For example, one candidate wrote; *they pay hot in the body, they observe for iron to constructed clothes, they observe for laboratory studies, when do not produce ashes to the kitchen*. The other one wrote; *should be brought for colours, charcoal iron must be roasted well, and does not very high*. Another one wrote; *firewood, cookery, labour and money*; and the other candidate wrote; *to put charcoal in the iron, to make maintenance of charcoal in the iron, to take*

*care the balance of charcoal and to make the balanced of keeping charcoal iron.* All these responses did not make sense in the context of the question.

In part (b), some of the candidates misunderstood the question, for example one candidate wrote; *help person to cook food, it solve the time, it prevent to destroy the saucepan.* The other one wrote; *it support to cook clear their food, it should be very warm condition for cooking and it help to know cooking good starch.* These candidates seemed to have an idea about charcoal stove and not charcoal iron. Others provided irrelevant responses, for instance one candidate wrote; *they observe construct the clothes, kill bacteria in the clothes, they observe studies science subjects.* Another one wrote; *it very fast, it is not expensive and it is not time consume.* Furthermore, in part (c), the candidate demonstrated insufficient knowledge of the care of charcoal iron in order to maintain its quality. Some of them wrote irrelevant responses such as *they maintain attractive, they maintain fresh air, they maintain beautiful, charcoal iron should be store in special room, should keep in room which have an enough air, keep in a room which people does not sleep because it can cause death of people.* The candidates also showed poor understanding of the English language. Extract 3.2 is a sample response from the script of a candidate who had weak performance.

3.	i) They pay hot in the body	
	ii) They observe for the quality.	
	iii) They observe for iron to consuctract clothes.	
	iv) They observe for laboratory studies	
	b) - They observe consuctract the clothes	
	- They observe to kill bacteria in the clothes.	
	- They observe to studies science subjects.	
	c) They maintain atractive	
	They maintain fresh air	
	They maintain beatiful	

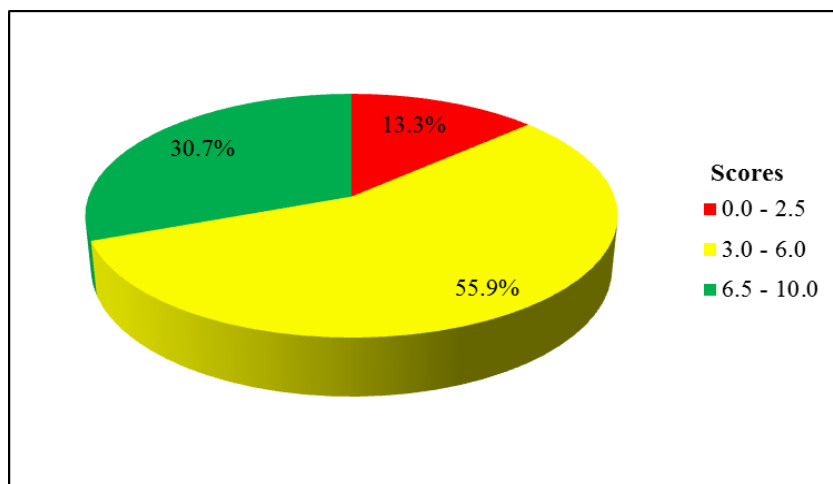
**Extract 3.2:** A sample of a poor candidate's response to question 3

In Extract 3.2, the candidate provided irrelevant responses to all parts of the question, the responses did not make sense. This indicates that the candidate did not understand with charcoal iron is.

### 2.2.2 Question 4: The Toddler

In this question the candidates were required: (a) to give four growth changes that take place during toddler's stage, (b) with reasons to outline two nutrients needed in large amount when preparing toddlers' meal and (c) to briefly describe four important things to observe when feeding the toddler.

The question was attempted by 2092 (99.0%) candidates who sat for this paper. The data shows that 279 (13.3%) candidate scored from 0 to 2.5 marks, 1170 (55.9%) scored from 3 to 6.0 marks and 643 (30.7%) scored from 6.5 to 10 marks as displayed in Figure 4.



**Figure 4:** *Percentage of Candidates' Performance on Question 4*

Figure 4 indicates that the performance on this question was good because the majority (86.6%) of the candidates who attempted this question had average performance and above. This is an indication of good understanding the candidates had about the toddlers, that is, a child approximately 12 – 36 months old. During this period, the child is growing from infancy toward the preschool age.

The analysis indicates that the candidates (30.7%) who had good performance (with 6.5 to 10.0 marks) were well informed about the growth changes that take place during toddler's age and meal preparation for the toddler. In part (a), the candidates managed to show growth changes that take place during the toddlers' stage. For example, one candidate wrote; *teething, standing, moving and speaking*. Another candidate wrote; changes like, *increase in length and become tall, eating alone, from crawling to*

walking, able to play with its own things. The other one wrote; *teeth develop in the mouth, he/she starts to learn few words, a child starts walking, the child increases height*. Some managed to give three instead of four changes. In part (b), the candidates managed to outline with reasons two important nutrients needed in large amount when preparing toddlers' meal. Some of the correct answers outlined were; *protein for building up the body, vitamins for protection against diseases, mineral for strong teeth and bones* and others outlined the nutrients without giving reasons.

In part (c), the candidates were able to describe four important things to observe when feeding the toddler. For example, one candidate wrote; *do not give large portion of food, give balanced diet, do not force a toddler during feeding, served food should be attractive, serve the food neatly*. The other one wrote; *don't give too hot food. To serve food in attractive dishes, feed a toddler at specific time; avoid giving the toddler snacks before meals or within meal*. The majority were able to provide two to three out of four important things to observe when feeding the toddler. Extract 4.1 is a sample response from the script of a candidate who had good performance.

4.	(a) Growth changes take place during a toddler's stage.	
	→ A child is able to walk by him/herself.	
	→ A child is able to talk well.	
	→ A child is able to eat soft solid food.	
	→ A child is now asking question of different issues.	
	(b) Nutrients needed in large amount in a toddler's meal.	
	→ Protein: By this age the child's body has the high rate of metabolic activities. The body need protein to make tissues for the growth of the child and building the child's body.	
	→ Carbohydrates: Also, by this age a child need more carbohydrate, since a child now is doing many works alone like playing and also the rate of metabolic activities is high. All these need carbohydrate to provide energy to the child's body.	
	(c) Important things to observe when feeding the toddler.	
	→ The food should be well balanced. When preparing / feeding the toddler, the food should be well balanced.	

4	① This will ensure the toddler to get all necessary nutrients for his health.	
	→ Introduce a simple new food to a toddler and let him get used to it before introducing another food.	
	→ Do not force a toddler to eat when he refused to eat the certain food oftenly. Maybe he doesn't like it.	
	→ Ensure that a toddler is full. He/she must eat well in order for him/her to have good health.	

**Extract 4.1:** A sample of a good candidate's response to question 4

In Extract 4.1, the candidate was able to give four growth changes that take place during toddler's stage. With reasons, he/she correctly outlined two nutrients needed in large amount when preparing the toddlers' meal. Moreover, he/she briefly described four important things to observe when feeding the toddler.

The analysis further indicates that the candidate (13.3%) who performed poorly did not understand that a toddler is a young child who has started walking up to 3 years old. In part (a), some of them misunderstood the demand of the question. They wrote changes that may occur during the puberty stage instead of growth changes that take place during toddlers' stage. For example, one candidate wrote; *voice change, menstruation start, development of pubic hair, broad hips and chest*. The other one wrote *chest expand, pubic hair are grown, soft voice in ladies and deep voice in men*. Another candidate wrote; *development of voice, development of chest/breast, development of shape to ladies and strong muscles to boys*. Others provided irrelevant responses. For instance, one candidate wrote; *wearing baby, breast feeding, feeding baby and bottle feeding*. There was a candidate who wrote the *child started to eat, the start to sit down alone, he/she start to know her/his mother*. These responses proved that the candidates were not familiar with the term *toddler*.

In part (b), some of the candidates provided irrelevant responses. For example, one candidate wrote; *to get energy in the body, to get nutrient value*. Another one wrote; *to avoid some disease, to live in the environment* and the other one wrote; *Toddler contains all nutrients in the body, they contain enzyme*. These candidates were not aware that, growth and activity



are greatly increased at this toddlers' age. The candidates also failed to realize that meals should be provided with plenty of nutrients, for example *Protein* is required to help rapid growth of muscles and tissues. Toddlers also need *minerals* like, calcium and phosphorous for bones and teeth formation which the candidates were expected to be aware of. Likewise, they need *vitamins* to prevent them from diseases and infections and *carbohydrates* to give them energy and strength. In part (c), some of the candidates also wrote irrelevant responses such as, *to use money, to use modern equipment, to use self-confidence, it helps to save accident, to have fuel and climate, must be planned before, must help the toddler to grow properly*; instead of writing about important things that need to be observed when feeding the toddler such as:

- Encourage the toddlers to feed themselves and teach them how to handle a spoon, bowl and a drinking cup.
- Toddler's meal should be different from family meals and meal periods should be given in bigger frequencies than those of elders.
- Introduce new foods in small amounts and if possible with a food that is most liked.
- Serve the food when the child is in hungriest state, perhaps after some activity.
- Give the food which is neither too cold nor too hot, which has a smooth texture and good flavour.
- The meal should be well balanced.

These candidates also demonstrated poor command of the English language. Extract 4.2 is a sample response from the script of a candidate who had weak performance.

04	i Adopt	
	ii Adoption	
	iii child	
	iv childhood	
	b/i Mashed potatoes this are nutrients who need to get toddlers because that meal is used for children elders and sick people and also they get vitamin	
	ii Banana with meat steamed also this are nutrient that the toddlers they need to get because that meal is source of get protein	
	c/i source of getting all nutrients	
	ii they not cause by disease	
	iii they not get deficiency disorder	
	iv they protect good body	

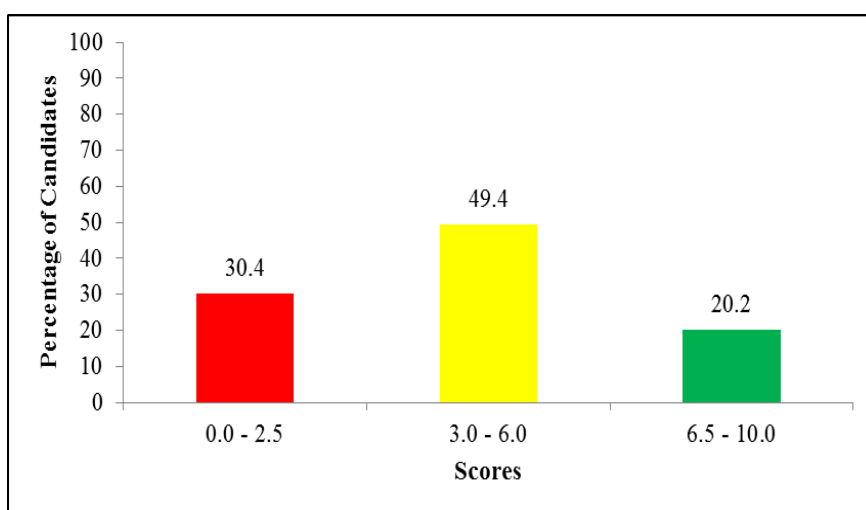
**Extract 4.2:** A sample of a poor candidate's response to question 4

In Extract 4.2, the candidate provided irrelevant responses in all parts of the question. In part (b), he/she described the types of food suitable for the toddler instead of nutrients needed in large amount when preparing the toddlers' meal, hence scored 0 marks.

### 2.2.3 Question 5: Batter

The question required the candidate to: (a) outline the procedures for preparing batter mixtures; (b) (i) outline two reasons for beating batter mixture during preparation; (ii) give reasons for relaxing the batter mixture for a while before cooking and (c) describe the effect of heat when cooking the batter mixture.

The question was attempted by 2075 (98.2%) candidates who sat for the examination. The analysis of data indicates that 630 (30.4%) candidates scored from 0 to 2.5 marks, 1025 (49.4%) scored from 3.0 to 6.0 marks and 420 (20.2%) scored from 6.5 to 10 marks as illustrated in Figure 5



**Figure 5:** *Percentage of Candidates' Performance on Question 5*

Figure 5 indicates there was good performance because 69.6 percent of the candidates who attempted the question had average performance and above. These candidates had adequate knowledge about preparation of batter.

The item response analysis in this question reveals that 20.2 percent of the candidates who had good scores understood that batter is a mixture of flour and liquid with other ingredients such as eggs, sugar or salt and the raising agent. These candidates managed to outline the procedures for preparing the batter mixtures in part (a), but some of them mixed up the steps. In part

(b) (i), the candidates correctly outlined reasons for beating batter mixture during preparation, though some managed to outline one reason. For example, one candidate wrote; *to introduce as much air as possible, to prevent the occurrence of lumps in the batter mixture*. Another one wrote; *in order to incorporate air, to make the batter free from lumps* and the other one wrote; *to make it smooth and to incorporate air*. Moreover, in part (b) (ii), some of the candidates gave correct reasons for relaxing the batter mixture for a while before cooking. But, majority mixed up the reason for relaxing the dough in bread making with that of batter. As a matter of fact, the reason for relaxing dough in bread making is to allow the gluten to reform easily and make it easy to roll out the shape while relaxing the batter mixture gives the liquid to soften the flour and dissolving any remaining lumps.

In addition, very few candidates were able to describe the effect of heat when cooking the batter mixture in part (c), hence majority of the candidates in this group failed to score all the 10 marks. These candidates were not aware that the main raising agent in the batter mixture is steam, which is produced during cooking, from the large amount of water in the mixture. When the mixture is cooked, the air expands and acts as a raising agent. Therefore, for effective results the cooking temperature must be high, so that the water changes into rapidly. Some of the candidates misunderstood the demand of the question, for example some of them outlined the uses of batter such as; *to add nutritive value, to prevent the food from breaking, to improve the appearance of food* instead of effect of heat on batter. Others wrote the effect of heat on protein such as *the batter mixture coagulate* and some provided irrelevant responses such as *heat causes the batter mixture to bind all its ingredients together, heat makes the batter to be hard*.

Despite the good performance on this question, the candidates (30.4%) who performed poorly had inadequate knowledge about batter making. Therefore, some of them failed to provide the correct responses in all parts of the question and others managed to provide correct responses in some of the parts. For example, some of the candidates misunderstood the demand of the question, hence they outlined the procedures for making bread instead of procedure for preparing the batter mixture in part (a). For example, one candidate wrote about *creaming, mixing, shaping*. Another one outlined; *heat treatment of milk, addition of starter culture, addition of rennet, cutting the curd and scolding*, some of these are the steps of making

yogurt. Others wrote irrelevant procedures such as *They boiling warm water, they clean flour, they put yeast and baking soda, they put hot water and mixing all dough*.

In part (b) (i), the candidates were not aware of the reasons for beating the batter mixture during preparation, that is, during beating, some air is incorporated and flour lumps dissolve to make the mixture soft. As a result they provided irrelevant responses. For example, one candidate wrote; *to mix the mixture well, to avoid the mixture from shrinking*. The other one wrote; *may lead to evaporation of nutrients, they cook bread after preparation* and another candidate wrote, *preparation we get example of preparation, the batter do not floor down*. In part (b) (ii), the candidate did not understand that the reason for relaxing the batter mixture for a while before cooking is to allow the starch particles to absorb the liquid, instead they provided irrelevant responses such as *batter floor down, it may lead to easy setting responses, it may lead to easy setting of nutrients present in it*. In part (c), the candidates did not understand that during the cooking of the batter mixture, the air expands and acts as a raising agent while the water vapour produced from the large volume of water is evaporated. For example one candidate wrote; *It may lead to evaporated of nutrients especially protein that where introduced in the food of butter*. The other one wrote; *high heat denatures the butter, high heat leads to swelling and loss of nutrients*. Furthermore, the candidates demonstrated poor use of the English language. Extract 5 is a sample response from a script of one of the candidates who had weak performance.

5. a) i) To prepare all necessary ingredient if we can prepare the batter mixture make sure that all necessary ingredients are correctly.	
ii) Flour. Quality of flour when used in preparing batter mixture.	
iii) Liquid. In preparing batter, the liquid can be used in the preparation.	
iv) egg. The batter should be can take the egg then add in the solution of flour and water or milk.	
v) mix it. after all this procedure we can mixture together milk, flour and egg.	
5. b) i) enzyme. through enzyme, the batter can be beating during preparation.	
ii) air. This can cause beating of batter during preparation.	
5. b) ii) because to relax the batter for while before cooking because batter have a easy to prepare before cooking while different for during of cooking.	

5	c) i) texture and tenderness: during the heat of batter the tenderness of batter are good.
	ii) colour: through heating the batter the colour of batter mixture have a good colour.
	iii) Flavour: The flavour of the batter mixture should be tested to know the flavour.

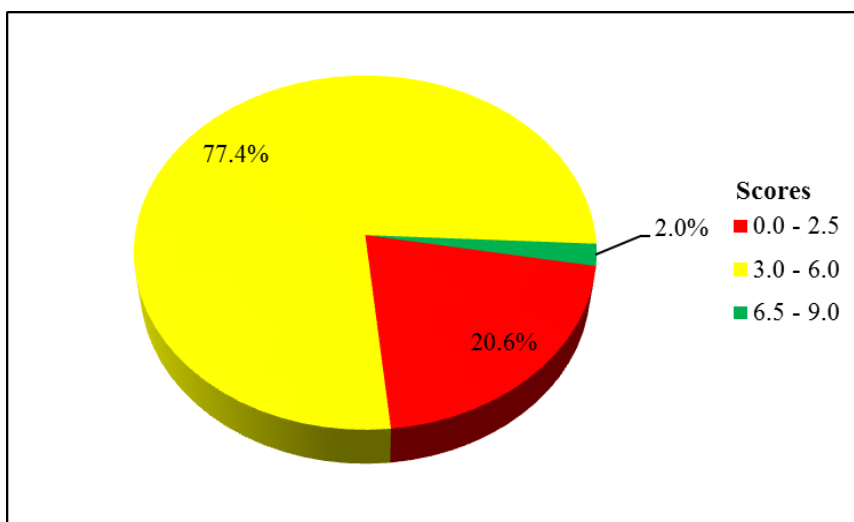
**Extract 5:** A sample of a poor candidate's response to question 5

In Extract 5, the candidate had insufficient knowledge about batter, hence provided irrelevant responses to all parts of the question.

#### 2.2.4 Question 6: Cooking Food

This question required the candidates to (a) give reasons for cooking food, (b) explain how to ensure safety condition when deep frying food and (c) briefly describe the procedure for cooking food using the braising method.

The question was attempted by 2105 (99.6%) candidates who sat for this paper. The data analysis shows that 434 (20.6%) candidates scored from 0 to 2.5 marks, 1629 (77.4%) scored from 3 to 6 marks and 42 (2.0%) scored from 6.5 to 9 out of 10 allotted marks. Figure 6 illustrate this performance.



**Figure 6:** Percentage of Candidates' Performance on Question 6

Figure 6 illustrates that the candidates' performance on this question was good, because 79.4 percent of candidates had average performance and above. This performance explains the adequate knowledge the candidates had about cooking food, particularly methods of cooking.

The candidates' responses analysis shows that majority (77.4%) of the candidates had average (3.0 to 6.0 marks) scores. In part (a), these candidates managed to give the three reasons of cooking food. For example, one candidate wrote; *to improve flavour, to make it digestible, to kill germs*. Another one wrote; *to improve the texture and taste, to soften fibres and make it edible and to kill germs*. In part (b), majority of the candidates managed to explain one to two safety conditions when deep-frying foods, but some managed to explain three conditions. Some of the correct responses provided were, *Food to be fried must be dry and free from water, avoid too much oil in deep frying, be careful when putting food in hot oil, do not over load the pan with food, do not overfill the frying pan to avoid overflow of oil, and avoid over heating of oil, since it can cause burns when deep frying*.

In part (c), a few candidates managed to provide some of the procedures correctly. The majority were not aware that braising is a method of cooking food in the oven; the food is then cooked in liquid in a covered pan or casserole. For example, one candidate wrote; *Food should first have prepared by using stewing method, after that food should be placed in a roasting tin like casserole*. This candidate understood that braising is a combination of stewing and pot roasting, but he/she failed to describe the correct procedure that involve the two methods of cooking. The candidate also mixed up the roasting tin with casserole. In fact, the procedure is as follows: (i) *Put the food such as meat, fish and poultry in a sauce pan or casserole on a bed of fried root vegetables*. (ii) *Pour enough stock or water barely to cover the bed of vegetables*. (iii) *Cover the pan with greased paper or foil and a weighted lid and cook with low heat*. (iv) *Baste the food at interval with the hot liquid till the food is tender. All the food from the braising pan should be served with the dish*.

Another candidate wrote; *cooking food in a little amount of water by sealing its juices, browning food hot fat first cooking in a little amount of water after browning*. This candidate understood that there is a brown braising, but he/she failed to explain the procedure in a correct order and the language used was also poor. In actual fact, Brown braising is suitable for joints such as beef and venison as well as cuts such as steaks, chops and liver. The procedure is as follows: (i) *Marinade the meat and sealed by browning on all sides in a pot oven or in a pan on the stove*, (ii) *Then place on a bed of root vegetables in a braised pan, with the liquid and other flavourings*, (iii) *Cover with a lid and cook slowly in the oven*. Failure of

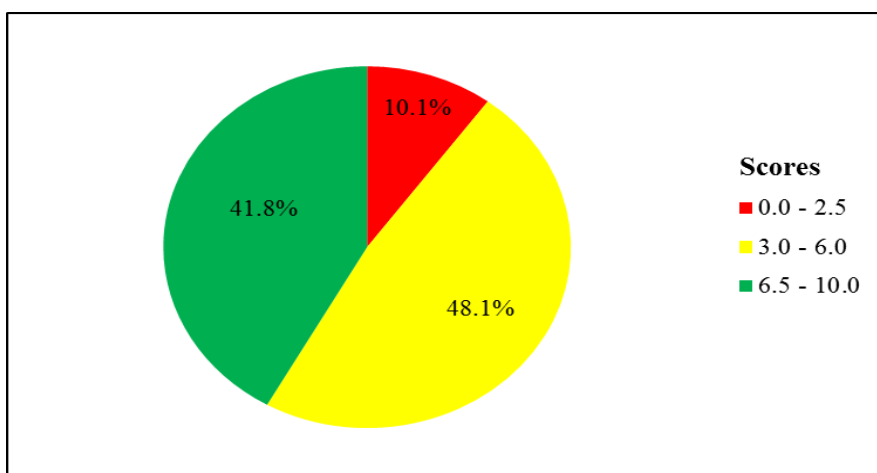
the candidates to provide correct responses indicated lack of enough knowledge about the braising methods of cooking. In this question, there was no candidate who scored all the 10 marks.

The analysis further indicates that the candidates (20.6%) with low performance had inadequate knowledge about methods of cooking. The candidates failed to give reasons for cooking food, though some managed to give one or two reasons. For example, one candidate wrote; *to kill harmful bacteria, to make their body, and it help to provide power of the body*. This candidate managed to give only one correct reason, and provided incorrect response to all other parts of the question. The other one wrote; *in order to kill harmful bacteria, in order to get nutrient and it help to make it palatable*. This candidate managed to give two reasons but provided incorrect answers to the rest of the question. Others answered only part (a) and left other parts of the question unanswered and some provided incorrect answers in all parts of the question. Extract 6 is a sample response from the script of a candidate who had weak performance.

6. a,	Why food should be cooked? give three reasons.	
	1) because food should be cooked because it is a source of life in the system of people.	
	2) food it help to introduce people in our life or knowledge of people.	
	3) It helps to contaminate food in the body in food it help to stimulate our neural system in the body nutrients	
	4) For medical purpose, due to that when the food must be an authorized material for eating balance diet in your life.	







**Figure 7:** Percentage of Candidates' Performance on Question 7

Figure 7 indicates that the candidates performance on this question was good because 89.9 percent of the candidates who attempted this question had average performance and above. These candidates had adequate knowledge about fish and how to preserve them.

The item response analysis indicates that the candidates (41.8%) who performed well understood that the unsaturated fats in fish have health benefit and it has larger amount of omega fatty acids than meat. Therefore, they managed to give reasons why fish are assumed to be more worth nutritionally than meat in part (a). The majority of these candidates also managed to describe four ways of preserving fish correctly in part (b), hence they scored all the 10 marks. However, some provided insufficient description, hence failed to score all the 10 marks. The correct methods of preserving fish described were; *salting, freezing, smocking, canning* and *drying*. Extract 7.1 is a sample response from the script of a candidate who had good performance.

07.07	The fish is assumed to be more nutritionally worthy than meat because:-	
	(i) Fish is a white meat hence contain less amount of bad cholesterol than meat because its the red meat hence containing high amount of bad cholesterol.	
	(ii) Fish has soft connective tissues and contain high amount of minerals and vitamins while meat does not contain much minerals than fish and contain hard and tough connective tissues.	

07.	b) (i) Canning.	
	Fish can be preserved through this method by treating the fish and packing them in the cans where there is no air in it to prevent the micro-organisms from attacking the fish.	
	(ii) Smoking.	
	This is the practice where by the fish is kept above the fire where it is receiving smoke hence keeping away the harmful micro-organisms that can spoil the fish.	
	(iii) Deep freezing.	
	The fish can be preserved by keeping them in the deep freezer where receiving low temperature hence avoiding the spoilage of the fish.	
	(iv) Salting.	
	This is the method of preserving fish whereby the fish is added enough salt so as to destroy the favourable conditions for the micro-organisms to grow and cause the decaying of the fish.	

**Extract 7.1:** A sample of a good candidate's response to question 7

In Extract 7.1, the candidate was able to give reasons on why fish is assumed to be more worth nutritionally than meat in part (a). Moreover in part (b), the candidates described correctly four ways of preserving fish.

Conversely, the candidates (10.1%) with weak performance failed to give reasons on why fish is assumed to be more worth nutritionally than meat in part (a). The majority of them provided irrelevant responses. For example, one candidate wrote; *fish contain more than one nutrient and fish can be used in everyday life*. Another one wrote; *fish cook all nutrient to the body, because has very smooth body*. The other one wrote; *too much protein because fish was white meat, fish too danger to one day, meat to don't have danger one day*. Some candidates misunderstood the question. For example, one candidate wrote *fish is a meat because they live in the water, fish is not meat because they do not have blood*. These examples explain the insufficient knowledge the candidates had about fish. In fact, fish is assumed to be more worth nutritionally than meat because fish contains more mineral salts than meat i.e. calcium, iodine, iron phosphorus, zinc,

potassium and sodium; fish is quickly cooked and more easily digested than meat because it has short connective tissues and fat in fish consists mostly of oils of unsaturated fatty acids which are of benefit to health.

In part (b), the candidates failed to describe ways of preserving fish. Some of them misunderstood the demand of the question. Hence, they outlined the ways of preparing fish before cooking instead of the ways of preserving fish. For example, one candidate wrote; *to avoid the gills and cleaning by using knife and water, to cut these fish into large pieces, to mixture the some agent like salt, then make in the dish for use in cooking*. The other one wrote; *prepare fish and cut the smell, washing the water and utensils, add salt and all ingredients, then add the spices*. These ways were also not correct. In addition, some of the candidates provided irrelevant responses. For example, one candidate wrote; *it's a source of food, its studies, they live in the liver and ocean*. The other one wrote; *to have a smooth body, it is take short time for cooking, fish can used to stew, the fish body it is so real*. These answers did not make sense in the context of the question. The candidates in this group also demonstrated poor use of English language. Extract 7.2 is a sample response from the script of a candidate who had weak performance.

7	a)- Because fish was formed in live to source of water	
	- Because fish was a salt of the water in a liver meat have live in the body of animal who are moving many place	
	b)- to clean in the lungs	
	- To wash the stomach because have a waste.	
	- To wash in the soft water again	
	- To cooking for many method example Frying or whisking	

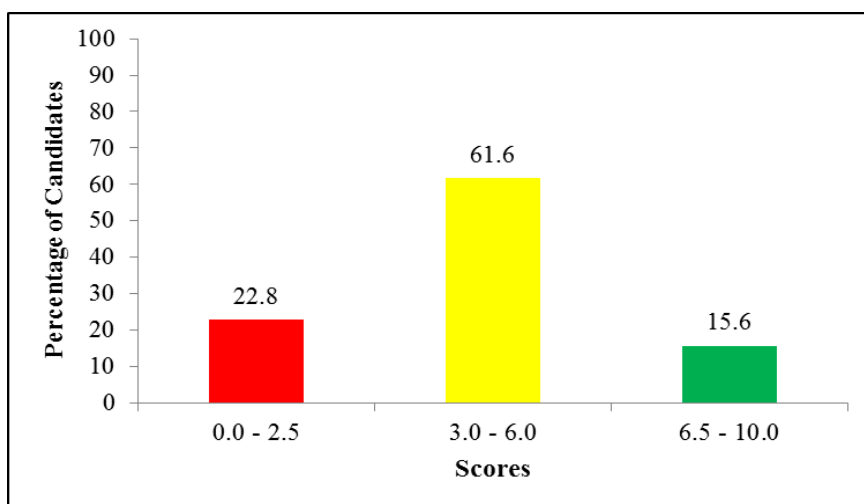
**Extract 7.2:** A sample of a poor candidate's response to question 7

In Extract 7.2, the candidate misunderstood the requirement of the question, hence they provided irrelevant responses. In part (b), he/she explained the procedure of cleaning a fish, but the procedure was also incorrect.

### 2.2.6 Question 8: Vegetable and Fruits

In part (a) of this question, the candidates were required to briefly explain two practices that ensure nutrients in vegetable are conserved during the preparation and cooking processes. In part (b), the candidates were required to show how (i) potatoes and (ii) leaf vegetables should be stored to maintain their freshness.

The question was attempted by 2092 (99.0%) candidates who sat for this paper. The analysis indicates that 476 (22.8%) candidates scored from 0 to 2.5 marks, 1289 (61.6%) candidates scored from 3.0 to 6.0 marks and 327 (15.6%) candidates scored from 6.5 to 10.0 marks. Figure 8 illustrates this performance.



**Figure 8:** *Percentage of Candidates' Performance on Question 8*

Figure 8 illustrates the general performance of this question which was good because 77.2 percent of the candidates had average performance and above. This performance indicates that the candidates had insufficient knowledge about vegetables.

The item response analysis shows that, among the candidates (15.6%) with good performance, some of them were able to briefly explain practices that ensure nutrients in vegetables are conserved. For instance, one candidate wrote; *shred the vegetable with a sharp knife, avoid cooking in too much water, avoid cooking vegetables for a long time*. The other one wrote; *peeled vegetable like eggplant and potatoes should not be exposed to air as oxidation may take place, avoid cutting vegetable with blunt knife, avoid cooking vegetable in a strong heat, and vegetable should be cooked with*

*lids. In part (b) (i), the candidates understood that potatoes should be stored in a cool, dry, airy and dark place. For example, one candidate wrote; potatoes should be putted in a tray and in a cool and dry place, to prevent moist. The other one wrote; potatoes must be stored in a cool and dry place, away from water which may cause decaying of potatoes. In part (b) (ii), one candidate wrote; placing vegetable in a basin with water and sprinkle some water on it. The other one wrote; Leaf vegetables should be putted in a polythene bag the putted in a refrigerator and another one wrote; Store leaf vegetables away from the source of sunlight, stand them upright in a basin containing water. Furthermore, some of the candidates provided less points or insufficient explanation. Extract 8.1 is a sample response from the script of a candidate who had good performance.*

8.	(a) i) <u>Avoid cooking vegetable by too much heat and covering the pan while cooking.</u>	
	- When cooking vegetables avoid cooking by high temperature or heat because the nutrients will evaporate by means of vapour.	
	- Also, you must cover the pan while cooking vegetables as it will conserve the nutrients which are evaporated and return it to the food.	
	ii) <u>Start by washing vegetables and then cutting also use a sharp knife while cutting.</u>	
	- Avoid cutting vegetables then washing as it cause all nutrients remain in the water, hence you should start by washing then cutting.	
	- Avoid using blunt knives because it will cut improperly, cause the vein to release nutrients hence use a sharp one	
	(b) ii) <u>Leaf vegetables.</u>	
	- The leaf vegetables should be stored in the refrigerator, at dry and cool place, store the leaf vegetables at the dark corner or dark area of the refrigerator, hence it can be stored and maintain its freshness.	
	i) <u>Potatoes.</u>	
	- Potatoes can be stored, in the dry area free from moisture, because moisture can lead to spoil.	

**Extract 8.1:** A sample of a good candidate's response to question 8

In Extract 8.1, the candidates were conversant with the practices which ensure nutrients in vegetable are conserved during preparation and cooking

processes and how to store potatoes and leaf vegetables in order to maintain their freshness.

The analysis further indicates that, the candidates (22.8%) with weak performance had insufficient knowledge about preparation, cooking and storage of vegetables. Some of them misunderstood the question. For example in part (a), some listed methods for cooking vegetables such as *braising, frying, boiling and stewing*, and others wrote the preparation of vegetable salads such as; *arranged vegetable salad and mixed vegetable salad* instead of practices which ensure nutrients in vegetable are conserved during preparation and cooking processes. Others provided irrelevant responses which make no sense. For example, they give responses *over cooked, protein vegetable must be cook in large time, do not remove any water from the vegetable, use safety method, it did not cooked but it eaten without cooking, it have chlorophyll which have nutrient during cooking*.

In part (b) (i) some of the candidate showed inadequate knowledge about storage of potatoes. Examples of the incorrect responses were; *potatoes can be stored through refrigeration, potatoes can be stored in the oven, potatoes should be stored by frying or canning, drying on sunlight, is the food special for mother feeding, potatoes give the body good muscle tissue*. These candidates did not understand that when storing potatoes, air circulation is necessary because potatoes will sweat and rot if kept in sealed polythene bags. Likewise, if potatoes are stored in direct sunlight they will sprout and turn green. In part (ii), the candidates failed to explain the storage of leaf vegetables to maintain their freshness. The wrong answers provided were; *must be stored in a freezer, keep in a wet place, remove cellulose and store frozen*. These candidates did not understand that when storing leaf vegetables, they should be waterless but fresh, then stored by wrapping loosely in newspaper, in polythene bag or in a covered bowl or pan and store in a vegetable drawer in a refrigerator. This prevents them from withering through loss of moisture to the air around them. Extract 8.2 is a sample of a response from the script of a candidate who had weak performance.

8. (a) (i) vitamins; This is the nutrient in vegetable are conserved during preparation and cooking processes	
(ii) protein; and this is the nutrient in vegetable are conserved during preparation and cooking processes	
(b) (i) potatoes - To give body good muscles tissue	
(ii) Leaf vegetable - To give body Vitamin	

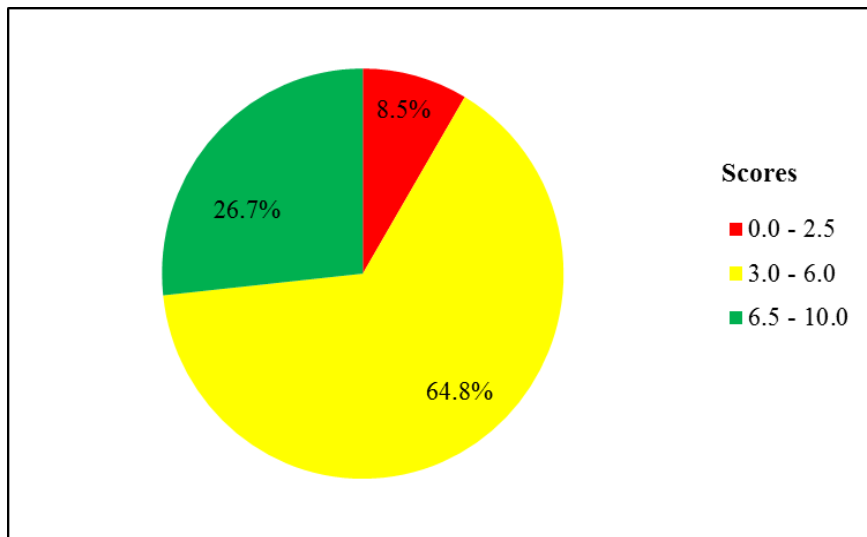
**Extract 8.2:** A sample of a poor candidate's response to question 8

In Extract 8.2, the candidate misunderstood the question. He/she outlined the types of nutrients instead of explaining the practices that ensure nutrient conservation in vegetables during cooking in part (a). In part (b), the candidate outlined the function of potatoes and leaf vegetables in the body instead of explaining how potatoes and leaf vegetables are stored to maintain their freshness.

### 2.2.7 Question 9: Children's Ailments

In this question the candidates were required to; (a) outline four symptoms of whooping cough to young children and (b) describe four ways of preventing whooping cough to young children.

This question was attempted by 2076 (98.2%) candidates who sat for this paper. The data analysis indicates that 176 (8.5%) candidates scored from 0 to 2.5 marks, 1346 (64.8%) scored from 3 to 6 and 554 (26.7%) scored from 6.5 to 10 marks. Figure 10 summarises this performance.



**Figure 9:** *Percentage of Candidates' Performance on Question 9*

Figure 9 illustrates that the general performance on this question was good because 91.5 percent of the candidates who attempted the question had average performance and above. These candidates had adequate knowledge about children ailment, hence understood the symptoms and ways to prevent whooping cough to young children.

The item response analysis reveals that the candidates (26.7%) who performed well managed to outline two to three symptoms of whooping cough among young children, but some outlined four symptoms. These candidates were aware that whooping cough is a bacterial infection of the lungs and breathing tubes, hence managed to outline the symptoms in part (a). For example, one of the candidates wrote; *difficulties in breathing, sneezing, dry cough, fever and producing noisy when breathing due to thick mucus*. Another candidate wrote; *prolonged cough that happen for two weeks, fever, lacks of appetite of food, general body weakness and loss of weight due to poor eating habit*. Other candidates wrote; *difficulties in breathing which may be accompanied with pneumonia, accompanied with fever, refuse to eat or breast feed due to loss of appetite and general body weakness*. As a matter of fact, the symptoms of whooping cough are usually mild at first and resemble those of common colds such as, *cough, runny nose, nasal congestion, red, watery eyes and fever*. After a week or two weeks thick mucus accumulates inside air ways causing uncontrolled coughing which may cause *vomiting, extreme fatigue, red or blue face and whoop sound during breath*.



In part (b), some of the candidates managed to describe four ways of preventing whooping cough to young children. Some of the correct responses provided were *immunization to children, isolating the infected children, young children should not be allowed to sleep with elders or their age mates with signs of whooping cough, provision of balanced meal to the children, covering mouth and nose when coughing or sneezing, the resting room should be well ventilated*. These candidates were aware that the infection is transmitted by direct contact with pertussis (whooping cough) bacteria usually by means of droplets sprayed into the air while sneezing or coughing. Therefore, the child should be isolated from others to prevent the infection from spreading. The air should be clean, that is, free from smells that can trigger coughing spells. Actually, the best prevention measures is providing vaccination – DPT vaccine, which is given to a baby at two months of age and repeated at four and six months of age. Extract 9.1 is a sample of a response from a candidate who had good performance

09a)	Four symptoms of whooping cough to young children:	
	i/ Dry cough	
	ii/ fever	
	iii/ Headache	
	iv/ No appetite	
b)	Four ways of preventing whooping cough to young children:	
	i/ Keep young children away from overcrowded areas	
	ii/ Patients suffering from cough in the house should be isolated so as to avoid spread to young children.	
	iii/ People should cover their Mouth and nose when coughing or sneezing to avoid the spread of infectious diseases from one person to young children	
	iv/ Immunization against whooping cough should be given to the young children to protect them from the infectious disease.	

**Extract 9.1:** A sample of a good candidate's response to question 9

In Extract 9.1, the candidate managed to outline symptoms of whooping cough and explained correctly ways of preventing whooping cough.

On the other hand, the analysis shows that the candidates (8.5%) with weak performance lacked enough knowledge about children's ailment, hence failed to outline the symptoms of whooping cough and ways of preventing it. Some of these candidates provided irrelevant responses. For instance, in part (a), some of the incorrect responses provided were *oedema, diarrhoea, yellow fever, skin rashes, and muscle pain*. In part (b), the candidates did not understand the ways of preventing whooping cough, thus they provided irrelevant responses. For example, one candidate wrote; *wearing jackets during cold weather, eating bee honey so as to soften chest, avoid wearing dirty clothes, avoid eating ice cream*. The other one wrote; *to get the medicine so as to preventing the whooping cough to young children, to avoid getting the food like juice to young children, to play with people of whooping cough and to go in a medical help*. Others wrote responses which were not related to the question such as *time for exercise, time for play and sleep, time to study*. Such candidates did not understand that whooping cough is spread easily through coughs and sneezing. In fact, whooping cough is usually prevented by vaccination but other ways that may be used to prevent the bacteria from spreading from infected to healthy person such as, *the infected child should be isolated in order to prevent the transmission of disease from one child to another, covering the mouth and nose when sneezing or coughing to avoid transmitting the disease through droplets, provide a balanced diet to replace the nutrients that lost when vomiting and wash hands regularly with soap and water to avoid the transferring of the bacterial from hands to nose and mouth*. Extract 9.2 illustrates sample responses from the script of a candidate who had weak performance.

9a	Symptoms of whooping cough to young children	
	To stay into cold place	
	To eat or drink cold food and beverage	
	To use or her mother or father use thing which have strong odour like perfume	
	To play in the water during rain,	

b	Four ways of preventing whooping	
	cough to young children	
	Avoid to feed them cold drink	
	and food	
	Avoid to used thing which have	
	strong odour when rearing the	
	young children.	
	To cloth them with thick clothes	
	Do not play in the water	

**Extract 9.2:** A sample of a poor candidate's response to question 9

In Extract 9.2, the candidate misunderstood the question, some of the responses he/she provided in part (a) were the causes of common cold and in part (b) the candidate provided some of the preventive measures to be taken to the child suffering from common cold instead of whooping cough.

## 2.3 Section C: Essay Questions

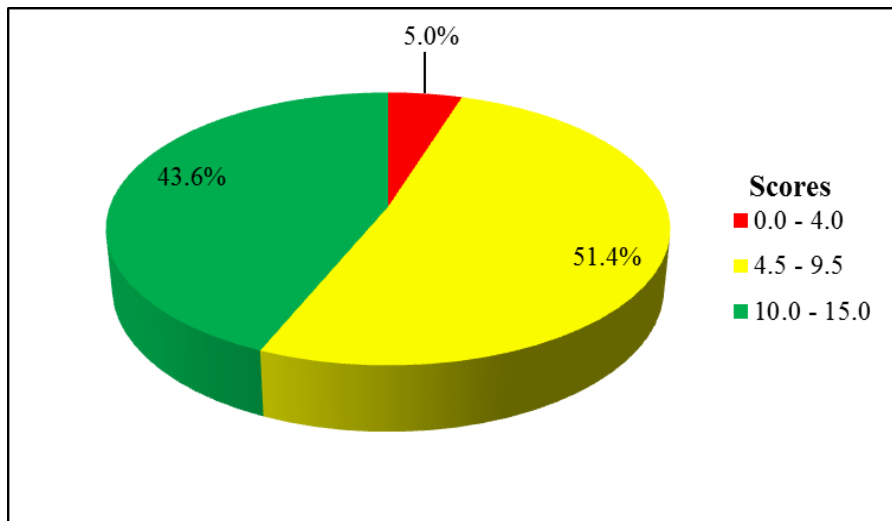
In this section there were two essay questions constructed from the topics on *Food Contamination* and *Catering*. The candidates were required to attempt only one question in this section and each question carried 15 marks.

### 2.3.1 Question 10: Food Contamination

The question required the candidates to support the statement; *It is emphasised that if a person preparing food does not have high standard of cleanliness, there will be a danger of food spoilage* by:

- (a) Outlining four kitchen hygiene practices to observe in order to maintain high standards of cleanliness in the kitchen and
- (b) Explaining four causes of food spoilage.

The question was attempted by 1089 (51.5%) candidates who sat for this paper. The data analysis indicates that 475 (43.6%) candidates scored from 10.0 to 15.0 marks, 560 (51.4%) scored from 4.5 to 9.5 marks, and 54 (5.0%) scored from 0.0 to 4.0 marks as illustrated in Figure 10.



**Figure 10:** *Percentage of Candidates' Performance on Question 10*

Figure 10 indicates that the candidates' performance on this question was good since the majority (95.0%) had average performance and above. These candidates had enough knowledge about food spoilage.

The item response analysis shows that among the candidates (43.6%) who performed well, very few (1.3%) outlined four kitchen hygiene practices to observe in order to maintain high standard of cleanliness in the kitchen. Some of the correct responses provided were; *regular cleaning of the kitchen, good arrangement of kitchen and kitchen store, proper disposal of waste, cleanings the kitchen after use and covering the food before or after eating, control of pests*. In part (b), these candidates were able to explain four causes of food spoilage such as *bacteria, enzymes, mould, yeast and presence of household pests, poor food storage*. These candidates managed to score all the 15 marks. Extract 10.1 shows a response from the script of a candidate who had good performance.

10.	<p>Kitchen hygiene is the system of maintain the cleanliness of the kitchen, it is very important for a kitchen to be clean since it is the known place to cook and prepare food to be taken by people. It is true that if a person is preparing food under poor hygienic manner there will be a risk of food spoilage. The following are some of the kitchen hygiene practices to observe in order to maintain high standards of cleanliness in the kitchen.</p> <p>Proper disposal of kitchen refuse. A lot of activities are done in the kitchen on the matter of food preparation so the refuse obtained which must be organic must be disposed under consideration.</p> <p>Washing all kitchen equipment after each use. Also the equipments in the kitchen especially storage equipments including the refrigerator should undergo frequent cleanliness so as to ensure the safety of the food stored.</p> <p>Food should be prepared in a clean area. Before starting cooking or preparing any food, one must ensure that the working area, washing area, and also the cooking area is clean and neat.</p> <p>Kitchen room should be cleaned daily. Since the kitchen is used everyday for food preparation so the kitchen should be cleaned everyday thoroughly to remove both loose and fixed dirt on the surfaces.</p>
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	<p>Apart from kitchen hygiene practices, there are the most causes of food spoilage and the following are some of the causes.</p> <p><b>Invasion of bacteria.</b> A bacteria is one of the microorganism which may cause the food to become spoiled or go bad, when a bacteria invade the food it may cause the condition of the food to completely change its state of wellness.</p> <p><b>Enzymes.</b> Also these can cause the food spoilage since there are some enzymes whose work is not to speed up different systems and suddenly they invade the food and cause it to spoil and go bad, for example the action of enzymes on the peeled potatoes or ripe banana when preparing juice.</p> <p><b>Invasion of rodents and vectors.</b> These includes the organisms like mice and cockroaches who like to destroy foods especially when it is not well stored, these rodents may spoil food when they come into contact with it and they are likely to cause diseases through spoiling the food.</p> <p><b>Poor preservation and storage.</b> Also the food may be spoiled if not well stored and preserved because food needs proper storage and hence for it to be fresh and well, food can go bad when it is not stored as it supposed to be stored, for example the milk has to be stored in the refrigerator or in a metal container after being boiled but apart from that the milk will get spoiled by the action of enzyme which causes sourness.</p> <p>Therefore, food should be well kept so as to prevent further spoilage by different means.</p>	
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**Extract 10:** A sample of a good candidate's response to question 10

In Extract 10, the candidate managed to outline four kitchen hygiene practices to observe in order to maintain high standards of cleanliness in the kitchen and explained four causes of food spoilage.

The analysis further indicates that the remaining (42.3%) candidates in this group managed to outline two to three kitchen hygiene practices to observe in order to maintain high standards of cleanliness in the kitchen. Others outlined all the four practices but provided insufficient explanation. In part (b), the candidate provided less causes as per question requirement and others provided insufficient explanation, hence they had average performance.

Despite the good performance indicated in this question, a few (5.0%) candidates performed poorly. In part (a), the candidates demonstrated inadequate knowledge about the kitchen hygiene practices to observe in order to maintain high standards of cleanliness in the kitchen. Some of them explained the types of kitchen plan such as *U-shaped kitchen*, *L-shaped kitchen* and *parallel line* instead of kitchen hygiene practices. Others provided irrelevant responses such as *kitchen equipment*, *serving table kitchen equipment*, *diseases*, *poor diet*, *death*, *loose of some nutrients*, *introduce fresh air*, *to maintain good health*, and *avoid housefly*. These answers made non-sense. In part (b), some of the candidates provided irrelevant responses such as *vomiting*, *diarrhoea*, *fever*, *disease*, *poor diet*, *severe stomach* and *dizziness* instead of *enzymes*, *microorganisms*, *temperature*, *light*, *physical damage*, *insects* and *rodents*. These answers demonstrated the insufficient knowledge that the candidates had on the causes of food spoilage.

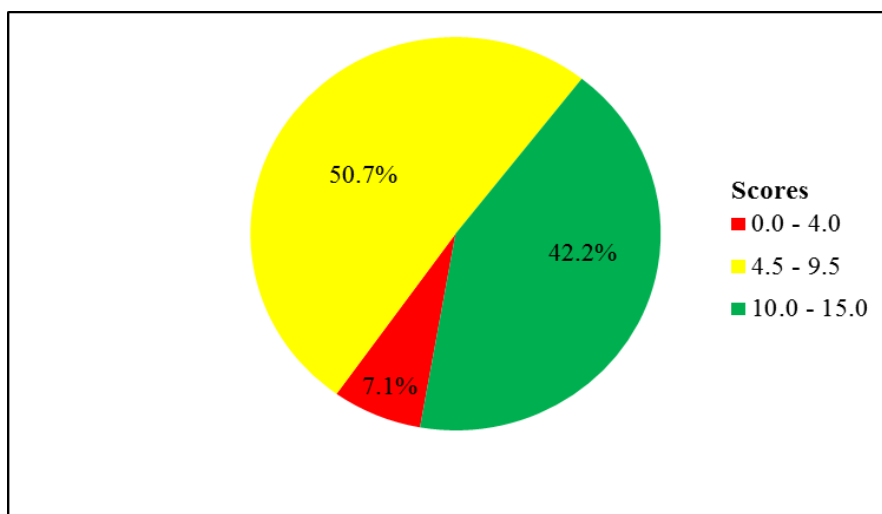
Actually, in order to maintain high standards of cleanliness in the kitchen, the food storage areas should be cleaned regularly to prevent pests and rodents. The kitchen floor should be cleaned thoroughly and always kept neat; spilt foods and water should be wiped as soon as possible in order to prevent insects, the kitchen clothes should be laundered and disinfected daily to avoid contamination; ensure adequate lighting in the kitchen to keep off pests, clean water should be used in food preparation and to ensure there is adequate water supplying in the kitchen.

### **2.3.2 Question 11: Catering**

In this question the candidates were required to justify the statement; *Street catering known as “Mama Lishe” have some significances to the society* by explaining six significance of Mama Lishe business.

A total of 1004 (47.5%) candidates who sat for this paper attempted this question. The data analysis indicates that 424 (42.2%) candidates scored

from 10.0 to 15.05 marks, 509 (50.7%) candidates scored from 4.5 to 9.5 marks and 71 (7.1%) candidates scored from 0 to 4 marks as showed in Figure 11.



**Figure 11:** *Percentage of Candidates' Performance on Question 11*

Figure 11 indicates that the general performance on this question was good because 92.9 percent of the candidates had average performance and above. These candidates understood that the Mama Lishe provide ready-to-eat foods or drinks and snacks on streets.

The item response analysis shows that the candidates who performed well were able to explain six points showing significance of the Mama Lishe business. The correct responses provided by the candidates were; *it helps to provide employment opportunities, it helps to increase national gross profit, it helps to improve other sectors, it helps to increase skills and knowledge, it helps to promote proper health to the society, it helps to save time for workers, it provides food and drinks, it helps in getting the government revenue, provision of income, provide the society with nutrients value, it simplify the work and helps those who are busy to get food easier.* The responses show that these candidates understood that street catering is a food and beverage service provided on the street. Street catering provides street foods which can be described as ready to eat food and beverages or food prepared at home and consumed on the street without further preparation and the food is affordable to most people.

On the contrary, the candidates (7.1%) who had weak performance had insufficient knowledge about catering, particularly street catering. Hence,



they failed to explain the significance of the Mama Lishe business to the society. Some of the candidates provided irrelevant responses such as *to be respected, to improve social services, to maintain peace in the family, to make friendship*. Others wrote; *help to prevent food spoilage, help to provide education on how to balance a meal, helps to provide nutritional education, they act as source of changes in the society, they act as a source of marketing*. Yet others misunderstood the question and explained the challenges facing Mama Lishe such as *lack of capital, lack of area investment, lack of marketing low of science and technology, low of education* instead of significance of Mama Lishe business. These candidates also demonstrated poor command of the English language. In fact, the Mama Lishe business provides opportunities for entrepreneurs, thus creating meaningful jobs. It also provides source of capital to many families of low income. It has low capital and running cost, hence their food is cheaper than restaurant foods. The food is ideal for those who cannot prepare at their home and also they provide service near the workplace. Extract 11 illustrates a sample answer from the script of a candidate who had weak performance.

11	Catering is the activity or business of providing food or drink for social <del>at</del> events. Mama Lishe have some significance to the society. The following were the significances of Mama Lishe business:	
	To be respected, this is because when Mama Lishe doing their business in some area were respected because of her work which is doing so Mama Lishe must be respected.	
	To improve social services, through Mama Lishe business help to improve her social services to her society like when paying tasks of build infrastructure, so help to improve social services.	
	To get basic needs, also through Mama Lishe business help her to get basic needs for example clothes and so on.	
	To maintain peace in the family, this is because some of the family having Mama Lishe help her family to be in peace because there is no misunderstanding between the family, so that why Mama Lishe business being significant to the society because of maintaining peace to the family.	

11	To make friendship through Mama Lishe business so me of them being friend with their customers so that why Mama Lishe business get significant to the society.	
	To get high capitals also Mama Lishe when doing her business by using good ways should have high capital which will improve in her work.	
	therefore for the women who setting without doing any activity should follow the goals of Mama Lishe business.	

**Extract 11:** A sample of a poor candidate's response to question 11

In Extract 11, the candidate had inadequate knowledge about street catering, hence failed to explain the significances of the 'Mama Lishe' business. He/she provided irrelevant responses and the language used was also poor.

### 3.0 ANALYSIS OF CANDIDATES' PERFORMANCE PER TOPIC

The analysis of candidates' performance on each topic shows that question numbers 10, 1, 11, 9, 7, 4, 6, 2, 8 and 5 which were constructed from the topics of *Food Contamination* (95.0%), *Various topics* (94.7%), *Catering* (92.9%), *Children Ailments* (91.5%), *Fish* (89.9%), *the Toddler* (86.6%), *Cooking Food* (79.4%), *Malnutrition* (79.2%), *Vegetable and Fruits* (77.2%) and *Batter* (69.6%) respectively had good performances. This proves that the candidates had adequate knowledge of the tested content. The good performance on these topics indicates that the candidates had been taught thoroughly on the topics measured; hence they understood well the content and were well prepared for the examination.

The analysis further indicates that, question number 3 which was constructed from the topic on *Laundering in the Home* had an average (64.6%) performance. The analysis indicates that the average performance on this topic had been contributed by the adequate knowledge of the subject content which made candidates provide relevant responses. However, some of the items were partially answered due to some difficulties observed in the use of the English language. These made candidates fail to express themselves fluently using appropriate words. There was no topic with weak performance in the Food and Nutrition examination, CSEE 2020. This indicates that some efforts had been made in improving teaching methods

and effective use of T/L materials as per syllabus. Appendix A summarises the candidates' performance on each topic.

#### **4.0 CONCLUSION**

The general performance of the candidates for the Food and Nutrition subject in CSEE 2020 was good, because majority (99.81%) of the candidates who sat for this examination got grades A to D, and very few (0.18%) got grade F. The data indicates that the candidates' performance in grades for the year 2020 was as follows: A - 139, B – 738, C – 1152, D – 75 and F – 4 as illustrated in Appendix B. Likewise, the summary of the general performance in comparison to the year 2019 is presented in Appendix C.

The analysis of the candidates' performance on each question indicates that ten questions had good performance and one question had average performance. This good performance has been associated with sufficient knowledge of the subject content and ability to understand the demands of the question. The average performance was due to the facts that some of the candidates misunderstood the demand of the question and some provided partial answers due to their inability in expressing themselves in the English language.

#### **5.0 RECOMMENDATIONS**

In order to maintain good performance of candidates in the future examinations, it is recommended as follows:

- (a) Teachers should emphasise practical lessons which involve analytical skills, since it develop reasoning abilities of students. For example, in the topic on Batter which had a performance 69.6 percent, the students could be able to reason on various steps involved when preparing or cooking batter mixture and thus, improve performance if they learnt practically.
- (b) Teachers should make use of the real teaching aids during teaching and learning process. Lack of knowledge by candidates on some parts indicates that they did not have adequate exposure. The use of real objects could make the learning experience more memorable by the learners. For example, if the teacher could demonstrate the use of charcoal iron using a real iron during teaching the topic on

Laundering in the Home, the students could have remembered the learnt concepts during the examination.

- (c) Students should be encouraged to read different English books including grammar books, books on English vocabulary and all English related matters. These will help them to improve their English language, hence be able to use it correctly and fluently when answering examinations.

**Summary of Analysis of the Candidates' Performance on Each Topic**

S/N	Topic	Type of Question	Question Number	Total Number of Questions in a Topic	Percentage of Candidates who Scored 30% and above	Remarks
1.	Food contamination	Essay	10	1	95.0	Good
2.	Good Grooming, The Family, Age Courtship and Marriage Practices, House Compound, Food, Food Preservation, Water Supply, Cakes and Biscuits, Raising Agents and Catering.	Multiple Choice Items	1	1	94.7	Good
3.	Catering	Essay	11	1	92.9	Good
4.	Children's Ailments	Short Answer Question	9	1	91.5	Good
5.	Fish		7	1	89.9	Good
6.	The Toddler		4	1	86.6	Good
7.	Cooking Food		6	1	79.4	Good
8.	Malnutrition	Matching Items	2	1	79.2	Good
9.	Vegetable and Fruits	Short Answer Question	8	1	77.2	Good
10.	Batter	Short Answer Question	5	1	69.6	Good
11.	Laundrying in the Home	Short Answer Question	3	1	64.6	Average

