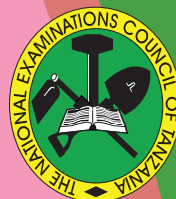




THE UNITED REPUBLIC OF TANZANIA
MINISTRY OF EDUCATION, SCIENCE AND TECHNOLOGY
NATIONAL EXAMINATIONS COUNCIL OF TANZANIA



**CANDIDATES' ITEM RESPONSE ANALYSIS
REPORT FOR CERTIFICATE OF SECONDARY
EDUCATION EXAMINATION (CSEE) 2021**

FOOD AND NUTRITION



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051 FOOD AND NUTRITION

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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), 2021 in Food and Nutrition subject. The report has been prepared to inform the future candidates, teachers, parents, policy makers and the public in general on the performance of the candidates who sat for this examination.

This report analyses the candidates' performance for each question using statistical data prepared by The National Examinations Council of Tanzania (NECTA). In addition, samples of responses from the scripts of the candidates are used for elaboration. The report also highlights some of the factors which made the candidates fail to score high marks in the questions. The factors include: inability to understand the demands of the questions, inadequate knowledge of the topics tested and poor proficiency in English language. Moreover, the analysis highlights some of the factors which made some of the candidates score high marks. The factors include good ability to understand the demands of the questions and candidates' possession adequate knowledge and skills on the subject content.

It is expected that the feedback provided in this report will enable the education administrators, school quality assurers, school managers, teachers and students in different capacities to come up with proper measures for improving the teaching and learning of the Food and Nutrition subject.

Lastly, the National Examinations Council of Tanzania would like to express its sincere gratitude to everyone who participated in the preparation of this report up to the completion stage.



Dr. Charles E. Msonde
EXECUTIVE SECRETARY

1.0 INTRODUCTION

This report analyses the candidates' performance in the Food and Nutrition Theory paper for the Certificate of Secondary Education Examination (CSEE) conducted in November 2021. The examination assessed competences as per to the Home Economics syllabus of 1997.

The Certificate of Secondary Education Examination (CSEE) results are analysed into five grades A, B, C, D and F with the following intervals: 75 – 100 (Excellent), 65 – 74 (Very Good), 45 – 64 (Good), 30 – 44 (Satisfactory) and 0 – 29 (Fail) respectively. The pass grade is 30 per cent and above, that is, those who obtain grade A to D. According to the CSEE 2021 results, a total of 2353 candidates sat for this examination and 2347 (99.96%) of them passed the examination with the following grades: A – 79 (3.36%), B – 724 (30.84%), C – 1468 (62.54%) and D – 76 (3.23 %). However, 1 (0.04%) candidate failed the examination by obtaining F grade. There are 5 candidates whose results have been withheld for various reasons. The statistics indicate that the performance of the candidates in this year has slightly increased by 0.15 per cent as compared to the performance of 2020 in which 99.8 per cent of 2114 candidates who had sat for the examination passed, whereby only 0.19 per cent failed.

In this report, the analysis of candidates' performance is analysed into three categories; *good*, *average* and *weak* indicated by *green*, *yellow* and *red* colours respectively. That means, in each question the performance is regarded as *good* if the scores range from 65 to 100 per cent, *average* if the scores range from 30 to 64 per cent and *weak* if the scores range from 0 to 29 per cent.

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 their performance. Extracts from the candidates' examination scripts, graphs indicating distribution of candidates' scores and appendices are presented in this report for illustrations.

2.0 ANALYSIS OF THE CANDIDATES' PERFORMANCE IN EACH QUESTION

2.1 Section A: Objective Questions

This section comprised two questions. The first question consisted of 10 Multiple Choice Items and the second comprised 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

The question consisted of ten multiple choice items derived from ten topics, which were *The Family Roles and Relationships*, *Laundering in the Home*, *Milk and Milk Products*, *Cakes and Biscuits*, *Food Contamination*, *Children's Ailments*, *Staple Foods*, *Catering*, *Appetizers* and *Fish*. The candidates were required to choose the correct answer from the given alternatives and write its letter beside the item number in the answer booklet provided.

A total of 2350 (99.9%) candidates attempted this question, among them 1243 (52.9%) scored from 7.0 to 10.0 marks, 1062 (45.2%) scored from 3 to 6 marks and 45 (1.9%) scored from 0 to 2 marks. Figure 1 illustrates this performance.

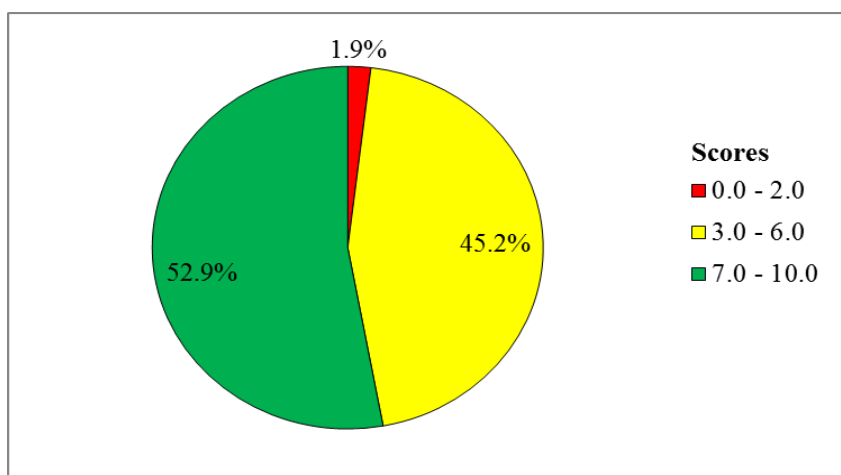


Figure 1: Percentage of candidates' performance on Question 1

Figure 1 shows that the general performance for this question was good because 98.1 per cent of the candidates had average scores and above.

These candidates had adequate knowledge of the content covered in these items.

Despite the good performance observed, 1.9 per cent of the candidates had weak performance in this question. These candidates failed to choose the correct response in almost all items. The following is the analysis of candidates' response in each item (i) – (x):

(i) *Sharing of activities by each member of the family according to their position is termed as*

A *family appraisal*

D *family evaluation*

B *family judgement*

E *family roles*

C *family relations*

This item was constructed from the topic of *Family Roles and Relationships*. The correct answer was E – *family roles*. The candidates who chose the correct answer understood that one's role is associated with the position an individual holds within the family structure, their responsibilities, as well as their influence on other family members. The candidates who chose A – *family appraisal*, B – *family judgement*, C – *family relations* and D – *family evaluation* did not understand that family roles pertains to how responsibilities and tasks are divided in the family and their relation to each other. This implies that these candidates had inadequate knowledge of family roles and relationships.

(ii) *What does the following laundry code represent?*



A *Ironing*

D *Drip dry*

B *Dry cleaning*

E *Bleaching*

C *Washing*

This item was constructed from the topic of *Laundering in the Home*. The correct answer was C – *Washing*. The candidates who chose the correct answer understood that the wash tub symbol stands for washing. These candidates had adequate knowledge of laundry codes. The candidates who chose A – *ironing* did not understand that the iron symbol stands for ironing. Usually if there are dots inside the iron symbol, they represent the maximum temperature that should be used to iron a garment. Those who

chose *B – Dry cleaning* were not aware that an empty circle indicates dry cleaning but a circle with a letter inside stands for the chemical to use in a dry cleaning. The ones that chose *D – Drip dry* did not understand that a square with three vertical lines inside represent drip dry. Moreover, the candidates who chose *E – Bleaching* were not aware that a triangle is a symbol for bleach. If the triangle is empty, it means that any beaching agent can be used and if there is a “X” in it, it means do not use bleach during laundry. The following symbols represent *ironing*, *dry cleaning*, *drip drying* and *bleaching* as the alternatives A, B, D and E respectively.



Ironing



Dry cleaning



Drip dry



Bleaching

In fact, laundry codes are also known as laundry symbols used to provide important information on how to take care of our clothes and household articles. They tell us how to wash, dry, bleach and iron in a proper way. They are usually written on labels, known as care labels or care tags attached to clothes and household articles.

(iii) *What kind of milk is suitable for an obese person who likes to drink milk?*

A *Condensed milk*

D *Skimmed milk*

B *Homogenised milk*

E *Pasteurised milk*

C *Sterilised milk*

Item (iii) was constructed from the topic of *Milk and Milk Products*. The correct answer was *D – Skimmed milk*. The candidates who chose the correct answer were aware that skimmed milk has low calories and less saturated fats, hence suitable for an obese person. The candidates who chose *A – Condensed milk* did not understand that condensed milk has low water content and that sugar is added to the milk, thus it is not suitable for an obese person. Those who chose *B - Homogenous milk* did not understand that homogenise is a mechanical process that breaks the fat globules and redistributes the cream uniformly through the milk, thus eliminating the cream line. This process does not alter the food values of the milk. The candidates who chose *C - Sterilized milk* did not understand that this is milk that has been boiled to kill bacteria and its nutritional value is the same as that of fresh milk. The candidates who chose *E – Pasteurised milk* did not understand that this is heat-treated milk. The method used is

HTST (High Temperature Short Time) method. The milk is heated to a specified temperature to kill bacteria that may be found in the raw milk. The candidates who provided incorrect answers had inadequate knowledge about types of milk, as a result they did not understand that condensed, homogenous, sterilised and pasteurised milk contain fats. Hence, they are not suitable for an obese person. Furthermore, they were not aware that an obese person is a person with an excessive amount of body fats. Thus, they should avoid fats, calories and sugary foods.

(iv) *Which of the following are the correct steps of preparing cake using rubbing-in method?*

- (a) *Add cold liquid and mix thoroughly with a plate knife.*
- (b) *Put the mixture into a prepared tin then bake.*
- (c) *Sieve flour, salt and baking powder together in a mixing bowl.*
- (d) *Add the sugar and fruits if they are used.*
- (e) *Rub-in fat into the flour until the mixture look like bread crumbs.*

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

B (a), (c), (d), (e) and (a)

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

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

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

This item was constructed from the topic of *Cakes and Biscuits*. The correct answer was E – (c) *Sieve flour, salt and baking powder together in a mixing bowl*, (e) *Rub in fat into the flour until the mixture look like bread crumbs*, (d) *Add the sugar and fruits if they are used*, (a) *Add cold liquid and mix thoroughly with a palette knife* and (B) *Put the mixture into a prepared tin then bake*. The candidates who managed to identify the correct answer had adequate knowledge about the methods of making cakes. Therefore, they identified correctly the steps of making cake using rubbing-in method. These candidates managed to apply their knowledge from what they did in their practical learning to answer the question.

The candidates who chose incorrect answers A, B, C and D had insufficient knowledge about cake making, hence they failed to identify the correct steps of making cake. For example, those who chose A – (b), (a), (c), (d) and (e) were not aware that putting a mixture into a prepared tin and baking

is the last step in making cakes. The candidates who chose *B - (a), (c), (d), (e) and (a)* did not understand that the step that involve adding cold water is the step for making dough, thus should be done after mixing all ingredient. The one's who chose *C - (d), (c), (e), (a) and (b)* did not understand that addition of sugar and fruits is done after rubbing-in the flour in order to allow effectively the process of incorporating air. Likewise, those who chose *D – (e), (d), (c), (b) and (a)* were not aware that rubbing fat into flour should be done after sieving the flour because the aim of sieving is to remove impurities and lumps, to allow aeration and even mixing of ingredients. The candidates failed to identify the first step, hence they chose incorrect answers.

(v) *Which one of the following is the cause of food poisoning?*

A Pathogenic bacteria

D Rat and cockroaches

B Poisonous insect

E Pests and rodents

C Viral infections

This item was constructed from the topic of *Food Contamination*. The correct answer was *A – Pathogenic bacteria*. The candidates who managed to identify the correct answer understood that food poisoning is an illness caused by eating food that is contaminated with bacteria. In fact, food poisoning is also called foodborne illness. It results from eating contaminated, spoiled or toxic food. The candidates who failed to choose the correct answer had insufficient knowledge of food poisoning. The candidates who chose *B – poisonous insect* did not understand that these are insects that produce painful or painful toxins for instance bee, ants, bedbugs, centipede, spider, tarantula, mosquito, ticks, scorpion and wasp. Those who chose *C – Viral infections* did not understand that a viral infection cannot cause food poisoning. These are infections such as flu, common colds, warts, Ebola, Covid-19, HIV/AIDS, norovirus and rotavirus caused by the presence of a virus in the body. Of course a virus may cause food poisoning which may spread easily when food handlers do not wash hands before they touch food. They can also found in raw fruits and vegetables grown with water that has infected poop.

Furthermore, the candidates who chose *D – rats and cockroaches* and *E – pests and rodents* did not understand that these are carriers of disease germs that may cause food poisoning. They did not understand that pests and include insects (i.e., fleas, houseflies, ticks, cockroaches and ants) and

small animals (i.e., rat and mice) that destroy or spoil things around the house and some of them are dangerous because they are germ carriers (vectors of pathogenic bacteria).

(vi) *Bacteria which causes tetanus infection may enter into the body through*

A *nasal cavity.*

D *scalds*

B *mouth.*

E *open wounds*

C *sexual organs.*

This item was constructed from the topic of *Children's Ailment*. Its correct answer was *E – open wounds*. The candidates who chose the correct answer were aware that Tetanus bacteria can contaminate a wound and cause tetanus infection. The candidates who provided incorrect answer were not aware of the tetanus bacteria and how they enter the body and cause infection. The candidates who chose *A – nasal cavity*, *B – mouth* and *C – sexual organs* did not understand that Tetanus is a serious infection caused by *Clostridium tetani*. Actually, these bacteria exist in soil, manure, and other environmental agents. A person who gets wounded by contaminated object can be infected. The *Clostridium tetani* produces a toxin affect the brain and nervous system, leading to stiffness in the muscles. Those who chose *D – scalds* were not aware that scald is the wound caused by moist heat. Actually, tetanus bacteria can affect a person even through a small scratch and more likely through being pierced by nails, knives and other metal tools. However, large open wounds caused by burns can be infected and be a good breeding ground for the *clostridium tetani* bacteria that cause tetanus.

(vii) *Which of the following foods represents pulses?*

A *Beans, millets and soya*

B *Dhal, nuts and lentils*

C *Barley, beans and wheat*

D *Beans, peas and lentils*

E *Peanut, almonds and peas*

The item was constructed from the topic of *Staple Food*. Its correct response was *D – Beans, peas and lentils*. The candidates who opted for the correct response understood that pulses are edible seeds from legume plants and they include beans, lentils, and peas. The candidates who chose

incorrect answers had inadequate knowledge about cereals, pulses and nuts, hence they mixed their types of foods. For example, the candidates who chose *A – Beans, millet and soya* and *C – Barley, beans and wheat* did not understand that *millet, barley, and wheat* are cereal. Those who chose *B – Dhal, nuts and lentils* and *E – Peanut, almond and peas* were not aware that *almond* is a nut. Nuts are fruits consisting of one or two edible kernel inside a hard shell that does not crack open naturally while dhal are dried split lentils or peas, which can be used as a spice or a dish. These candidates failed to identify types of pulses from cereals and nuts.

(viii) *Which procedure is correct for keeping records in a simple cash book?*

- A Monies received must be clearly entered on the right side.*
- B Paid monies must be entered clearly on the left hand.*
- C It must be balanced after every sale of the item.*
- D All monies received and paid out should be dated.*
- E Paid monies must be entered on dept side of the page.*

The item was constructed from the topic of *Catering*. The correct answer was *D – All monies received and paid out should be dated*. The candidates who chose the correct answer understood the procedure of keeping records in a simple cash book. A cash book has two sides, debt and credit, whereby the received money and the date of its receipt are recorded in the dept column which the spent money and the date it was used are recorded in the credit column. The candidates who chose *A – Monies received must be clearly entered on the right hand* did not understand that records of received money are usually entered on the right side. Those who chose *B – Paid monies must be entered clearly on the left hand* failed to identify the correct side where payments are recorded. Actually a cash book contains cash transactions passing into and out of the business. The candidates who chose *C – It must be balanced after every sale of the item* did not understand that transactions (cash receipts and cash payments) are recorded on a daily basis or in a particular period and not after every sale of the item. In fact, the totals of receipts and payments are made at the end of the day or a particular period, and the difference between these two totals is shown as a balance. Moreover, those who chose *E – Paid monies must be entered on debt side of the page* did not understand that paid monies are entered on the credit side of the account but not on the dept side of the page. This implies

that the candidates who chose incorrect answers had inadequate knowledge of simple book keeping.

(ix) Which one of the following dishes is used to stimulate appetite?

A Sauces

C Stocks

E Cakes

B Soups

D Stews

This item was constructed from the topic of *Soups and Sauces*. The correct response was *B – Soups*. The candidates who chose the correct answer understood that soup is a flavourful and nutritious liquid food served at the beginning of a meal or a snack to induce appetite. The candidates who chose *A – Sauces* did not understand that sauce is a liquid or semiliquid mixture that is added into the food while cooking or that is served with it. It enhances the taste of the food, moisture to food that is cooked dry such as grilled or roasted meat, potato chips, fried or grilled bananas. Those who chose *C – Stock* did not understand that stock is a savoury cooking liquid that forms the basis of dishes such as soups, sauces and stews. It is prepared by simmering animal bones, meat, fish or vegetables. The candidates who chose *D – Stew* were not aware that a stew is a combination of solid food and ingredients that have been cooked in liquid and served with gravy. Those who chose *E – Cakes* failed to understand that cake is a sweet dish which can be used as a dessert and is taken after the main meal or as a bite or snack.

(x) Shell fish is rich in three of the following nutrients

(a) Minerals

(b) Vitamins

(c) Fats and oils

(d) Protein

(e) Carbohydrates

A (a), (b) and (d)

B (a), (c) and (d)

C (a), (c) and (e)

D (b), (c) and (d)

E (b), (d) and (e)

The item was constructed from the topic of Fish. The correct answer was *B – (a) minerals, (c) fats and oils and (d) protein*. The candidates who chose the correct answer had adequate knowledge about the nutritional value of

fish which enabled them to identify the correct nutrients. The candidates who chose incorrect answers *A*, *C*, *D* and *E* did not understand that shell fish are rich in protein, healthy fat and minerals. Shellfish also has vitamins in small quantity and low calories. These responses indicate that the candidates misunderstood the demand of the question. The question required them to identify rich nutrients that are found in a shellfish and not nutrients found in a shellfish.

2.1.2 Question 2: Matching Items – (Floor and Floor Covering)

This question consisted of five matching items derived from the topic of *Floor and Floor Coverings*. In this question the candidates were required to match the floor materials in List A with their corresponding floor coverings in List B by writing the letter of the correct response beside the item number in the answer booklet provided.

A total of 2350 (99.9%) candidates attempted this question. Among them 1243 (52.9%) scored from 0 to 1 mark, 1009 (42.9%) scored from 2 to 3 marks and 98 (4.2%) score from 4 to 5 marks. Figure 2 summarises this performance.

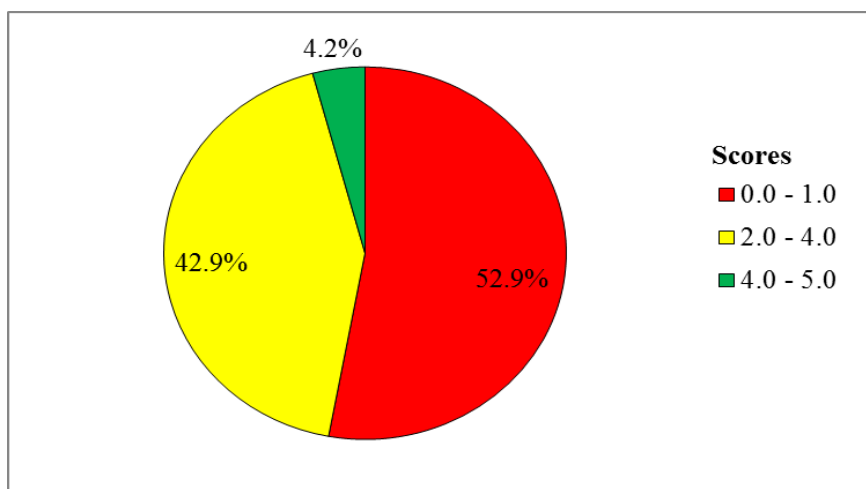


Figure 2: Percentage of candidates' performance on Question 2

Figure 2 shows that 47.1 per cent of the candidates had average performance and above (2 – 5 marks). This means that the performance in this question was average. This performance indicates that the candidates had sufficient knowledge about floor and floor coverings. The following is an analysis of candidates' response in each item (i) – (x):

In item (i), the candidates were required to match the statement which stated that; *Small squares of floor covering which absorb grease easily*, with one of the responses given. The correct answer was *G – Carpet tiles*. The candidates who matched the statement correctly had adequate knowledge about characteristics of carpet tiles. Actually, the carpet tiles are made of a blend of fibres or recycled material and cut into small squares. However, some of the candidates matched the statement incorrectly with *A – Terrazzo*. These candidates were not aware that terrazzo is not a floor covering but a type of floor. The candidate who matched the statement incorrectly with *B – Vinyl*, *C – Mats*, *D – Carpets*, *E – Linoleum* and *F – Rug* exhibited insufficient knowledge about floor coverings/materials and their characteristics since these are not in a small squares.

In item (ii), the candidates were required to match the statement which states that *Floor material made from camel hair or skin which is useful to fill an open piece of floor*. The correct response was *F - Rugs*. The candidates who matched the statement correctly were aware that rugs are larger pieces, and usually cover a large area, for example the whole seating room area in the living room. On the other hand, the candidates who incorrectly matched with *A – Terrazzo*, *B – Vinyl*, *D – Carpets*, *E – Linoleum* and *G – Carpet Tiles* did not understand that these are not made from camel skin hair. Those who incorrectly matched the statement with *C – Mats* did not understand that, though mats can be made from camel hair or skin, they are usually small such that they only cover the specific area that they intended to protect.

Item (iii) required the candidates to match the statement which stated, *Floor material made from powdered cork and linseed oil which is poured over hessian, spread evenly and rolled*. The correct answer was *E – Linoleum*. The candidates who matched the statement correctly had sufficient knowledge about the materials used to make linoleums, namely powdered cork, linseed oil and hessian. However, the candidates who matched incorrectly had inadequate knowledge of the raw material used to make linoleum, hence failed to identify the correct material for making linoleum.

In item (iv), the candidates were required to match the statement which stated; *The floor covering which is easy to lay, hard wearing, resistant to*

water and easy to clean. The correct answer was *B – Vinyl*. The candidates who matched it correctly understood that vinyl is a plastic floor material, hence it is resistant to water and hard wearing as well as easy to clean due to its nature. Those who provided incorrect answers were not aware that vinyl is a plastic floor material which is easy to lay. It differs from *C - Mats*, *D - Carpets* and *F - Rugs* as they are not movable. Likewise, *A - Terrazzo*, *E - Linoleum* and *G - Carpet tiles* are difficult to lay down compared to Vinyl.

Item (v) required the candidates to match a correct response to the statement which stated, *Floor material made from various materials such as dried grass, reeds, palm leaves and coconut fibre.* The correct answer was *C - Mats*. The candidates who matched the statement correctly had enough knowledge about the material used to make mats. The candidates who matched it with incorrect responses did not understand that *A - Terrazzo*, *B – Vinyl*, *D - Carpet tiles*, *E – Linoleum*, and *G – Carpet Tiles* are not made of *dried grass, reeds, palm leaves and coconut fibre*. Those who matched it with *C* were correct since mats are produced by plaiting reeds, strips of palm leaf, or materials from other locally available plants.

2.2 Section B: Short Answer Questions

This section was constructed from seven topics namely; *Good Grooming*, *The Coming Baby*, *Early Marriage*, *Sanitation*, *Food and Nutrition*, *Cooking for Different Occasions* and *Reheated Foods*. The candidates were required to answer all the questions. Each question had 10 marks, giving a total of 70 marks.

2.2.1 Question 3: Good Grooming

In this question the candidates were required to: (a) briefly describe the three effects of large family size on good grooming, (b) suggest two ways of overcoming the effects of large family on good grooming.

A total of 2350 (99.9%) candidates attempted this question. Among them 1272 (54.1%) scored from 1 to 2.5 marks, 966 (41.1%) candidates scored from 3 to 6 marks and 112 (4.8%) scored 6.5 to 10 marks. Figure 3 summarizes this performance.

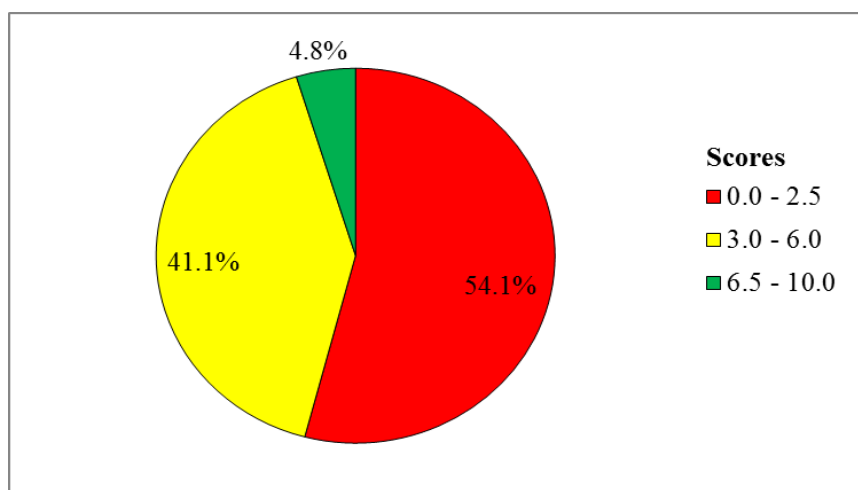


Figure 3: Percentage of Candidates' Performance on Question 3

Figure 3 shows that 45.9 per cent of the candidates had average performance and above (3 – 10 marks). This means that the performance for this question was average. The majority of these candidates (41.1%) provided less points, incorrect points or insufficient explanations, hence they had average performance. The candidates (4.8%) with good scores (7.0 – 10.0) demonstrated adequate knowledge about good grooming, while 54.1 per cent had inadequate knowledge of good grooming.

The item response analysis shows that the candidates (4.8%) with good performance managed to briefly describe the effects of large family size on good grooming in part (a). For example, one candidate wrote *Leads to scarify of basic need to satisfy their needs, not easy to control in term of cleanliness in the house due to many children, Leads to poor health of the children because does not get their required needs to consume*. Another wrote *lack of enough items like soap, shortage of basic needs in the family like clothes and proper shelter*. Also there was one who wrote *Leads to poor health condition of family members, Leads to lack of getting good clothes destroys and affects the appearance of family members*. Some of them provided one to two effects out of the three required by the question. Others provided insufficient explanation due to some difficulties related to their use of English language. Actually, family size refers to the number of persons in the family. A family is large it has a large number of members. Therefore, the large size of a family may affect the quality of life of the family members. For instance, it may cause poor sanitation due to lack of sanitary facilities, high room occupancy ratio that may put the members at

risk of infection, difficulty to afford proper clothing and inability to have a balanced diet, which may lead to malnutrition.

In part (b), the candidates managed to suggest ways of overcoming the effects of large family size on good grooming at family level. However, the majority gave fewer points than the ones required by the question. Others provided insufficient explanations, hence they failed to score the four allotted marks. For example, some of the correct answers were *Provision of education especially reproduction health education, Parents should be responsible on provision of basic need to their children*. Another candidate wrote; *there should be provision of education to families about family planning, encouraging family members to engage in different economic activities in order to earn money for basic needs*. Extract 3.1 presents a sample of good responses from one of the candidates.

3. a) i)	Large family size leads to scarcity of required basic needs. This is due to the need of materials by many people within the family where by not every family member gets the required needs to satisfy their needs.
ii)	Large family size is not easy to control in terms of maintaining cleanliness within the house. This is due to the presence of many children who have to play thus leads to dirty within the house thus brings difficult in cleaning.
iii)	Large family size leads to poor health of the children. This is due to the child does not get the required needs to ensure its wellbeing due to improper childbearing as the parents do not take much attention to the child.
b) i)	The parents of the family should provide the family with the required basic needs like proper food, shelter and clothes so as to maintain good grooming and ensure the wellbeing of the family members.

3. b) i)	The parents should ensure good family planning
	so as to ensure child health - Due to bearing
	little number of children the parents will be able
	to take a good care of the children and ensure
	good grooming -

Extract 3.1: A sample of a good response to Question 3

In Extract 3.1 the candidate managed to provide correct answers in all parts of the question. However, the explanation provided in part (b) (i) lacked clarity, hence he/she lost some marks.

In fact, in order to overcome the effect of large family on good grooming, the families should appropriately decide the size of the family according to their ability. They should also spend their time searching for resources to meet the family basic needs. Likewise, parents should groom their children well and encourage them to practice what they are taught by sharing it with others.

The analysis indicates that 54.1 per cent of the candidates had weak performance. This weak performance reflects candidates' inadequate knowledge about the relationship between large family size and good grooming in part (a). For example one candidate wrote "*Large family influence bad behavior to the children, large family makes it hard for parents to watch and correct their children behaviour*". There were other candidates who wrote causes of malnutrition instead of the effect of large family size on good grooming such as *poverty, ignorance and poor family planning*. Others mixed up good manners and good grooming, thus they wrote the effects of large family on good manners.

Likewise, in part (b) some candidates misunderstood the demand of the question. Instead of writing ways of overcoming the effects of large family size on good grooming, some of the candidates explained good manners. For example, one candidate wrote suggestions on improving good manners such as "*parent should watch the correct their children good manners and principle and not to influence them to copy other behaviour*". Another candidate provided irrelevant responses such as "*Provision of Education, Eradication the poverty, family members should be provided with enough*

and good grooming, Family members should maintain their own grooming. On the other hand, some provided answers which were not only irrelevant but also meaningless, such as *poor immunization, proper waste disposal*. A number of candidates left the part unanswered. These candidates did not understand that in large families it may not be easy to maintain good grooming because the resources might be too limited to satisfy the needs of family members such as proper clothing, sanitary facilities, adequate nutrition and good shelter. Extract 3.2 is a sample of a poor response from one of the candidates.

3.	a) i) Large family influence bad behaviours to the children. This is because a large family has many family members with different manners hence children may acquire behaviours from some of them which are bad.	
	ii) Large family makes it hard for family men parents to watch and correct their children's behaviour.	
	iii) Large family makes children to have different manners as seen or copied from the family members.	
	b) i) Parents should watch and correct their children's behaviour inspite of many family members.	
	ii) Parents should teach their children good morals and principle and not to influence them to copy other behaviours.	

Extract 3.2: A sample of a weak response to Question 3

In Extract 3.2 the candidate misunderstood the requirement of the question as he/she explained about influence of large family size on good manners instead of good grooming.

2.2.2 Question 4: The Coming Baby

In this question the candidates were required to: (a) outline four importance of postnatal care and (b) briefly describe six treatments given to the newly born baby immediately after birth.

The question was attempted by 2350 (99.9%) candidate who sat for this paper. The data shows that 138 (5.9%) scored from 6.5 to 10.0 marks and 1262 (53.7%) candidates scored from 3.0 to 6.0 marks. In addition, 950 (40.4%) scored from 0 to 2.5 marks as shown in Figure 4.

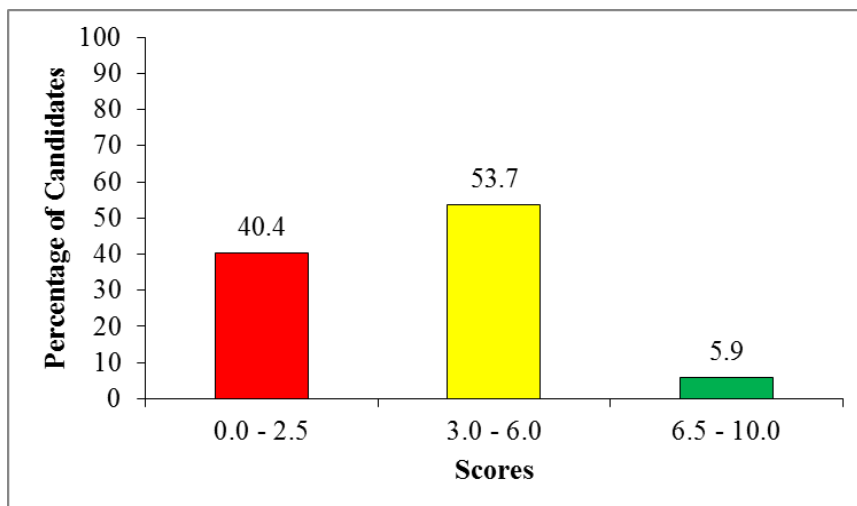


Figure 4: *Percentage of candidates' performance on Question 4*

Figure 4 indicates that the general performance on this question was average because 59.6 per cent of the candidates who attempted this question had average performance and above. This is an indication that the candidates had sufficient knowledge about postnatal care. However, the majority (53.7%) provided few points or insufficient explanations, therefore they attained average scores. The candidates (5.9%) with good scores demonstrated adequate knowledge about postnatal care and 40.1 per cent had inadequate knowledge of postnatal care.

The candidates' response analysis shows that, in part (a) some of the candidates managed to explain the importance of post-natal care. For instance, one candidate wrote, *it ensures that the mother's health is well retained after delivery, the baby monitored and checked on the growth progress, guide the mother on the correct ways of feeding a baby, check on the baby's weight and education about family planning and child bearing.* The other candidate wrote; *it helps to make sure that the mother's uterus is back to normal position after birth; it helps to make sure that the mother's breast is having sufficient milk to feed a baby and it helps to immunize the baby against childhood diseases.* These candidates understood that postnatal care is the general care of both the mother and the baby to protect

them against any signs of danger during the postnatal period. Therefore, it aims to ensure the mother and the baby is healthy throughout the period.

In part (b), some of the candidates managed to describe the treatment given to the newly born baby immediately after birth. Examples of the correct answers provided by the candidates were *the eyes of the newly born baby are wiped using a clean cloth, the newly born baby is measured its weight, the baby is taken to his/her mother to be breastfed, The baby is wrapped around with a warm and soft cloth to provide it with warm, The baby checked for any abnormality such breathing rate*. However, other candidates provided insufficient explanation and some provided fewer points than the points required by the question, hence they failed to score all the 10 marks.

Despite the average performance on this question, 40.4 per cent of the candidates had weak performance. In part (a), the majority explained the importance of prenatal care instead of post-natal care. For example one candidate wrote about importance of postnatal care such as *it educates pregnancy mother on the health of her bay, to ensure health of pregnancy mother, given a balanced diet to support the health of the coming baby*. Some of the candidate mixed up the two concepts, post-natal and pre-natal care. For instance one candidate wrote; *to know blood pressure of the expectant mother, to know the blood groups of the mother, to know position of foetus if its food, provision of education to an expectant mother on physical exercise, balanced diet and wearing clothes*. In fact, they did not realize that postnatal care is the care given to the mother and her new-born baby immediately after the birth and for the first six weeks of life while prenatal care is the health care provided to a woman during pregnancy to keep her and the coming baby healthy. These candidates did not understand that mothers and new-born babies are at risk of serious diseases and sometimes life-threatening health complications in few days and weeks after birth, hence they need special care.

In part (b), most of the candidates provided types of vaccine instead of treatments given to the newly born baby immediately after birth. For example, one candidate wrote *immunization, B.C.G prevent polio disease, DPT vaccine prevent tuberculosis, whooping cough vaccine for typhoid prevention*, which were also irrelevant to the diseases. Another one wrote; *whooping cough vaccine, small pox vaccine, measles vaccine, polio*

vaccine tuberculosis vaccine and *DPT vaccine*. Others provided irrelevant responses which were meaningless to the demand of the question.

The candidates in this category were not aware that there are various treatments provided to the newly born baby immediate after birth. The treatments include letting fluids and mucus drain out of its lungs so as to enable the baby to breathe well, assessing the baby's adjustment to life outside the womb and wiping the eyes with clean sterile swaps to prevent eye infections. Other treatments involve measuring the baby's weight, length and head circumference, skin to skin contact that is putting the new-born baby on mother's chest for the first breast feeding, which creates mother-baby bond and enables the baby to get first milk (colostrum). Colostrum is the milk which has high protective antibodies that boost the new baby's immune system. Extract 4 is a sample response from the candidate who had poor performance.

4 a)	i) It help the expectant mother to know the days remaining for her to give birth	
	ii) It help the two partners to know the gender of the baby	
	iii) It help to solve different problems that a mother is passing through before giving birth.	
	iv) It guide a mother who is expecting a child to know what type of nutrition should she take for the better health of her and her child.	
4 b)	i) Treatment of tuberculosis	
	ii) Treatment of polio	
	iii) Treatment of chicken pox	
	iv) Treatment of diphtheria	
	v) Treating flu once the child has got it	
	vi) Cleaning of the umbilical cord after separating it from the mother.	

Extract 4: A sample of a weak response to Question 4

In Extract 4, the candidate explained the importance of prenatal care instead of post-natal care in part (a). In part (b), he/she explained the child ailments instead of treatments given to the newly born baby immediately after birth. This candidate had inadequate knowledge about post-natal care.

2.2.3 Question 5: Early Marriage

In this question the candidates were required to identify three reproductive health problems associated with early child bearing in part (a). In part (b), they were required to explain how early marriage hinder woman empowerment and in part (c) they were required to suggest four ways of discouraging early marriage.

The question was attempted by 2350 (99.9%) candidates who sat for this examination. The data shows that, 642 (27.3%) candidates scored from 0 to 2.5 marks, 1351 (57.5%) scored from 3.0 to 6.0 marks and 357 (15.2%) scored from 6.5 to 10 marks. Figure 5 summarises this performance.

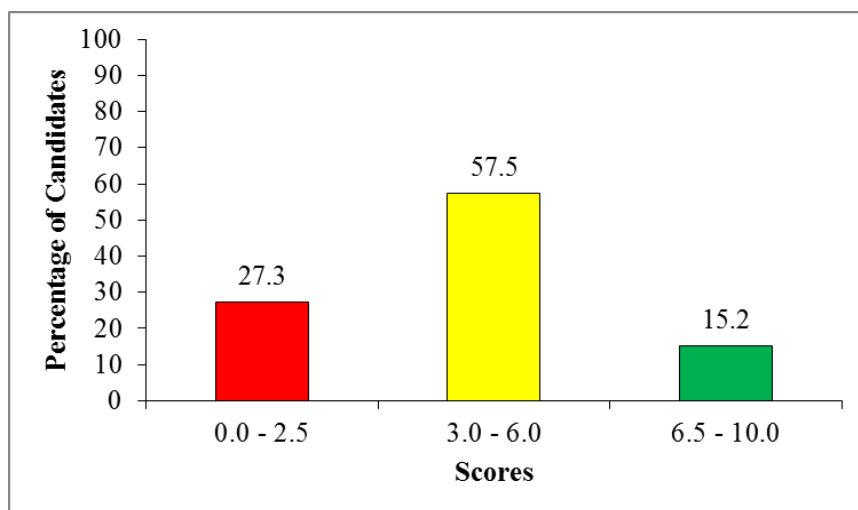


Figure 5: *Percentage of candidates' performance on Question 5*

Figure 5 shows that the general performance on this question is good because 72.7 per cent of the candidates had average scores and above. Among them, 15.2 per cent had good (6.5 to 10.0) scores. This indicates that the candidates had adequate knowledge of early marriage.

The item response analysis shows that the candidates (15.2%) with good performance managed to identify the reproductive health problems

associated with early child bearing. For example one candidate wrote; *still birth, miscarriage, and premature birth*. Another candidate wrote; *over bleeding due to immature reproductive organs, still birth and miscarriage*. Another one wrote; the mother can get *fistula, premature and miscarriage*. These candidates understood that early marriage may cause early pregnancies which increase risks of pregnancy and childbirth-related complications. The majority of the candidates managed to provide two problems out of three points required on the question.

In part (b) the candidates managed to explain how early marriage hinder woman empowerment. For example, one candidate wrote; *girls not involved in decision making, girls did not have choice on marriage due to poverty, school dropout due to pregnancy*. The other one wrote; *girls are not involved in decision making due to lack of education, girl did not have choice on marriage due to poverty and forced to parents, school dropout due to pregnancy*. These candidates understood that women empowerment means to enable girls and women to develop their own solutions to the problems they face. Empowerment helps women to change their lives, their families, and their communities at large. Actually, women empowerment involves providing women with the means, skills and opportunities to be independent, to be able to make their own choice, and to lead a life of all sort of violence and discrimination. Therefore, early marriage to an old man is likely to impede the empowerment process as it leads to unequal power relations.

In part (c), some of the candidate managed to suggest ways of discouraging early marriage. For example one candidate wrote; *provision of education on effect of early marriage in the society, provide laws on legal age for marriage, provision of family life education to youth in order to know the effects of early marriage*. The other one wrote; *provision of education about the effect of early marriage to women's health, formulation of policies and laws against early marriage and establishing institutions to protect and promote human rights*. However, the majority of the candidates managed to provide two to three points out of four required by the question. Extract 5.1 is a sample response of a candidate who had good performance.

5a)	i) Overbleeding of the mother during delivery due to immaturity of mother's organs to give birth.	
	ii) Death of mother or child due to small passage for the baby's delivery or inability of mother to push the baby and use of surgery.	
	iii) Pre-mature birth where the baby is born before completion of 9 months of pregnancy.	
b)	i) Early marriage denies a woman of the right to go to school hence the woman is illiterate, does not work for a living and is dependant hence lack of development.	
5b)	i) Early marriage prevents a woman from taking part in economic activities and women social clubs/groups as she has to care for the family and give birth	
	ii) Early marriage encourages women inferiority and discrimination especially in decision making hence hindering women empowerment.	
c)	i) By providing education to the society on the effects of early marriage to promote awareness in all levels of society.	
	ii) By the government abolishing bad traditional practices such as early marriage which are outdated	
	iii) The government should set strict laws and rules to punish people engaged in early marriage or parents who enforce it. This will act as a lesson or warning to other law breakers.	

Extract 5.1: A sample of a good response to Question 5

In Extract 5.1, the candidate was able to identify reproductive health problems associated with early child bearing in part (a). In part (b), the candidate managed to explain how early marriage hinders women's empowerment. In addition, he/she suggested correctly the ways of discouraging early marriage in part (c).

Despite the good performance on this question, 27.3 per cent of the candidates had weak performance. These candidates had inadequate

knowledge about early marriage. Therefore, in part (a) majority provided irrelevant answers which did not match the requirements of the questions. For example, one candidate wrote; *poverty, lack of education and separating family*. Another candidate wrote; *Age, Poverty and bad behaviour*. Meanwhile, some of the candidates misunderstood the demand of the question. Instead of writing the reproduction health problems associated with early child bearing, they wrote nutritional disorders. For instance, one candidate wrote; *obesity, marasmus and kwashiorkor*. Another candidate wrote *kwashiorkor, marasmus and pellagra*. This implies that the candidates did not understand that poor diet and difficulty eating during pregnancy may cause nutritional disorders. Hence, they failed to associate these problems with early child bearing. Other candidates wrote various diseases such as *gonorrhoea, syphilis and HIV/AIDS*. These candidates did not understand that these are infections caused by a bacteria or virus and can be passed from a mother to her baby during pregnancy or delivery. In part (b), some of the candidates provided the social-cultural factors that encourage early marriage instead of explaining how early marriage hinder women empowerment such as, *forced marriage, family pressure, pregnancy and poverty*. These candidates misunderstood the demand of the question. Also, there were others who provided irrelevant answers such as *spread of sexual disease, prostitution, the use of drugs and alcohol and wife inheritance*.

Moreover, in part (c) the candidates had insufficient knowledge about early marriage. They did not understand that such as marriage takes place before the girl is physically, physiologically and psychologically ready for family responsibilities and childbearing. Hence, they failed to suggest ways of discouraging early marriage. Most of them provided irrelevant answers: for example, one candidate wrote; *must be taken to school, avoid drug abuse and avoid prostitution and sexual behaviour*. Another candidate wrote; *good behaviour, customs, female genital mutilation and religion* as the ways of discouraging early marriage. Moreover, instead of suggesting ways of discouraging early marriage, some of the candidates wrote causes of early marriage. For example, one candidate wrote *poverty, ignorance, tradition, culture/poor belief*. Another wrote; *peer pressure and bad influence, poverty and bad social culture*. Actually, in order to discourage early marriage the following should be done: educate parents and community members the effects of early marriage, empowering girls with information about reproductive health, increase girls' access to quality

education, providing economic support and incentives to girls and their families and enacting supportive laws and policies. Extract 5:2 is a sample response from a candidate who had weak performance.

5	a) i) loss of balanced diet .	
	ii) poverty	
	iii) lack of disease.	
	b) i) wife inheritance; through certain areas	
	various whereby to show very with	
	early marriage whereby wife inheritance for	
	women empowerment increase very with	
	wife inheritance.	
	ii) female genital mutilation (FGM) through with	
	many women whereby to show with increase	
	whereby cutting down female whereby female	
	genital mutilation overdeath and overbreeding certain	
	body.	
	iii) forced marriage; through with this to	
	show with increase of forced marriage	
	through with women empowerment certain	
	areas various through early marriage.	
	iv) bride price; contain very certain life	
	women empowerment through early marriage.	
	c) i) poverty	
	ii) economic status	
	iii) lack of education	
	iv) complication of delivery.	

Extract 5.2: A sample of a weak response to Question 5

Extract 5.2 is a proof that the candidate misunderstood the demand of the question. In part (a) he/she listed some of the causes of malnutrition instead of identifying three reproductive health problems associated with early child bearing. In part (b), the candidate explained the sociocultural factors that influence the spread of HIV/AIDS in the family such as *wife inheritance*, *Female Genital Mutilation* and *force marriage*. In part (c), the candidate provided an irrelevant answer.

2.2.4 Question 6: Sanitation

This question required the candidates to (a) briefly describe four ways of improving sanitation and (b) briefly explain three effects of dirt house compound to the family members.

The question was attempted by 2350 (99.9%) candidate who sat for this paper. The data analysis shows that 623 (26.5%) candidates scored from 0 to 2.5 marks, 1381 (58.8 %) scored from 3 to 6 marks, and 346 (14.7%) scored from 6.5 to 10 marks. Figure 6 illustrates this performance.

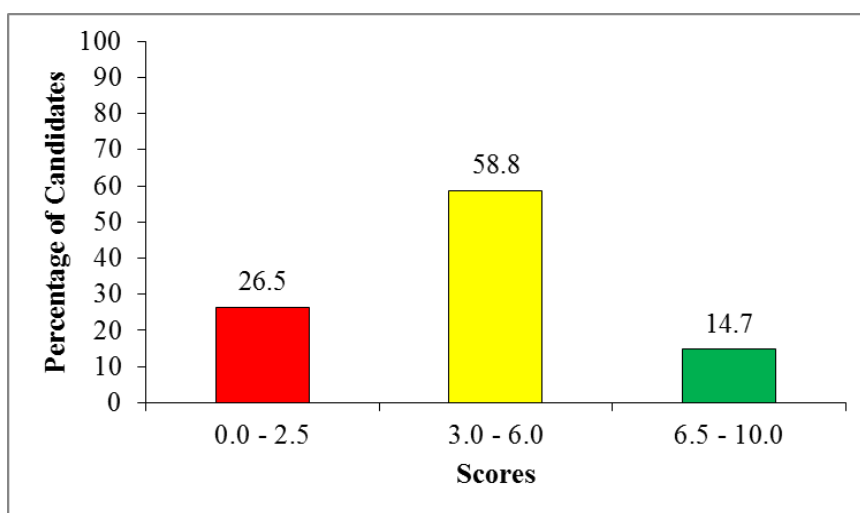


Figure 6: *Percentage of candidates' performance on Question 6*

Figure 6 shows that the general performance on this question was good because 73.5 per cent of the candidates scored from 3.0 to 10.0 marks. These candidates had adequate knowledge about the ways of improving sanitation and the effects of a dirty house compound to the family members.

The item response analysis indicates that the candidates (14.7%) who had good performance understood the ways of improving sanitation in part (a). For example, one candidate wrote; *ensuring the presence of sanitation equipment, presence of good water supply, emphasizing on proper handling of wastes, ensuring daily cleaning*. Another candidate wrote; *proper waste disposal, keeping the house compound clean, Arranging household equipment to prevent rodents in the house*. Another one wrote, *enacting law on proper sanitation, provision of sanitation facilities to the community and draining away stagnant water to destroy breeding area*. These candidates

were aware that sanitation is the process of maintaining sanitary conditions in order to promote hygiene and prevent diseases.

In part (b), the candidates were able to briefly explain the effects of dirt house compound. For example, one candidate wrote; *dirt house compound attract harmful inset such as house flies, and cockroaches, it may lead to accident and it destroy the natural appearance of an area.* Another candidate described the effects by writing the following points: *it may cause the spread of infectious diseases, it can also cause accidents to people and it cause bad smell which cause poor ventilation and encourage breeding of insects.* These candidates understood that a healthy and safe house compound is important for promoting and protecting the people living in the house. Extract 6.1 is a sample response from a candidate who had good performance.

6.	a)	i) Having enough sanitation facilities such as brooms, brushes, dustbins. This will make people do cleanliness to enhance sanitation.
		ii) Building enough lavatories and bathrooms. This will help to reduce the number of people who urinate and defecate in the bushes.
		iii) Providing education to the society on proper ways and plans of improving sanitation around their homes so as they may be aware.
		iv) Practising proper ways of waste disposal. This will enable the surrounding to be clean so as to be able to stay safe.
	b)	i) A dirty house compound spreads diseases and infections to the members of the family. This is because the compound will be filled with germs.
		ii) A dirty house compound may cause accidents such as cuts. When there are broken glass bottles in the compound, one may easily get cut.
		iii) A dirty house compound acts as a hiding place of dangerous animals and insects. This will make the family members get bitten and cause problems to them.

Extract 6.1: A sample of a good response to Question 6

In Extract 6.1, the candidate managed to describe the ways of improving sanitation and to correctly explain the effects of dirty house compound to the family.

Despite the good performance on this question, 26.5 per cent of the candidates had weak performance. In part (a), some of the candidates misinterpreted the demand of the question. Instead of describing ways of improving sanitation, they wrote about good grooming. For instance, one candidate wrote; *being smart, cutting hair, plaiting hair in a smart way and washing hands to kill germ*. Others wrote about personal hygiene practises such as *make clean your body through bathing, washing clothes and things other things that you were, brushing your teeth twice a day and sometime even after meal*. On the other hand, some of the candidates provided irrelevant responses. For example one candidate wrote; *good arrangement of the properties which surrounding our environment, growing trees and gardens, repair of damage areas and properties, good maintenance of properties*. Another one wrote; *by building, those buildings and rooms, by taking a lot of doctors and nurses, by taking their medicine and other tools and by taking their hospital equipment*. Another one wrote; *by performing daily, special and weekly cleaning, by ensure kitchen hygiene and body hygiene, by controlling pest in the house like cockroach by using insecticides and by plumping of unwanted trees around the compound*. These candidates were not aware that the ways to improve sanitation include provision of clean and adequate water, having/building enough toilets and latrines that flush into a sewer or safe enclosure, proper use of lavatories, use of proper methods of waste disposal, ensuring adequate control of household pests and having enough sanitation facilities.

In part (b), some of the candidate demonstrated inadequate knowledge about effects of dirty house compounds. These candidates provided irrelevant answers such as *good skills, good knowledge, good ideas for sanitation, clean brushes, increase of diseases, increase of disturbance in the house, increase of food poison, contaminated food, destroy the sanitation in the house disease such as cholera*. These answers imply that the respective candidates were not aware that a dirty house environment serves as a breeding ground for bacteria and germs which may lead to health problems. In fact, the characteristics of dirty house compound are:

Bushes and long grasses around the house which may harbour snakes, mice, rats, mosquitoes;

Broken tins, bottles, nails and wires left lying around may cause accidents which are among the health hazards;

Improper disposal of refuse such as dirty water and peels from perishable foods attracts insects and pests which carry infectious bacteria and germs; and

Unpleasant smell caused by blockage of the drainage system which leads to overflow of waste water.

The candidates were not aware that cleaning the home environment is essential for promoting and protecting health. Extract 6.2 is a sample response from a candidate with weak performance.

G. Q2	i. Clean less.	
	ii. Proper arrangement in the house	
	iii. Avoid keeping spoiled food such as ^{spoiled bread and rice} on the house	
	iv. Proper sweeping and moping in the house.	
b)	i. Diseases such as cholera.	
	ii. Contaminated food	
	iii. Destroy the sanitation of the house.	

Extract 6.2: A sample of a weak response to Question 6

In Extract 6.2, the candidate outlined the ways of keeping a clean house instead of describing ways of improving sanitation in part (a). In part (b), he/she provided irrelevant answers. This implies that he/she had inadequate knowledge about sanitation.

2.2.5 Question 7: Food and Nutrition

The question required the candidates to: (a) briefly explain three main function of water in the body, (b) explain on how to recognize the dehydrated person by giving three points and (c) identify four conditions that increases the need of water in the human body.

A total of 2350 (99.6%) candidates who sat for this paper attempted this question. Among them, 507 (21.6%) scored from 0 to 2.5 marks, 1511

(64.3%) scored from 3.0 to 6.0 marks and 332 (14.1%) scored from 6.5 to 9.5 marks. Figure 7 demonstrates this performance.

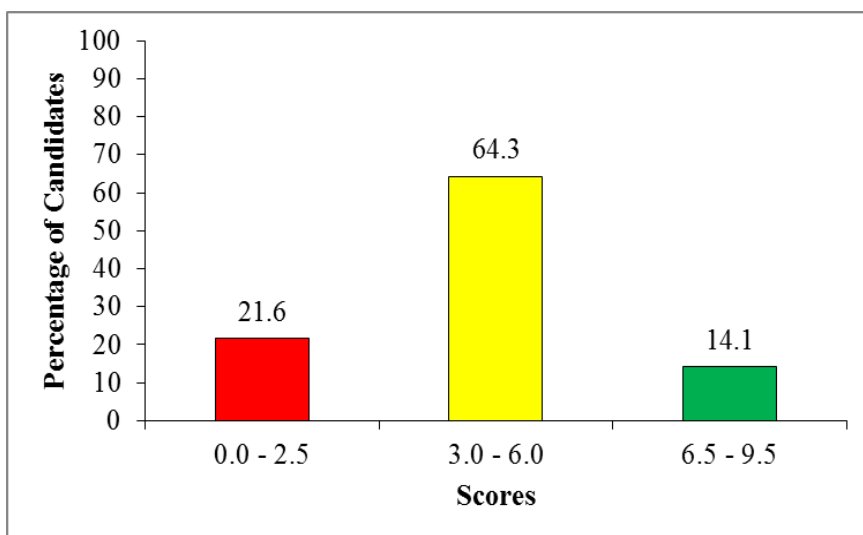


Figure 7: *Percentage of candidates' performance on Question 7*

Figure 7 indicates that the candidates' performance on this question was good because 78.4 per cent of the candidates who attempted this question scored from 3.0 to 9.5 marks. These candidates had adequate knowledge about the function of water in the human body, how to recognize dehydrated person as well as the conditions which increase the need of water in the human body.

The item response analysis indicates that the candidates (14.1%) with good performance managed to explain the functions of water in part (a). The correct answers provided were such as *water helps digestion to prevent constipation, water helps in temperature regulation, water helps in transporting material in the body example wastes and water act as a lubricant in the body*. In part (b), the candidates understood that dehydration occurs when the rate of water and fluids leaving the body exceeds the rate of water/fluid intake. Therefore, they managed to provide the sign of dehydration such as *a person suffer from constipation, he/she look weak, he/she has extremely thirst, dry mouth and passing less urine*. Furthermore, in part (c) some of the candidates managed to identify the conditions which increase the need of water in human body. They provided correct answers such as *in hot condition, during heavy physical exercise, excessive vomiting and excessive diarrhea, after running or jogging, after*

someone sweat so much and dehydration due to illness. However, some of the candidates provided few points and insufficient explanations, hence they failed to score all the 10 marks. Extract 7.1 is a sample response from a candidate who had good performance.

7 a)	Water aids in digestion since it softens the food and makes it easily digested and smoothly move through the alimentary canal until it is egested therefore prevents indigestion or constipation.	
ii)	Water help in hydrating the body; If the body lacks water, cells tend to shrink and may fail to undertake functional processes like respiration, excretion and hence water is thus need to hydrate body cells, quench thirst and regulate osmotic pressure in blood.	
iii)	Water helps in regulating the body temperature by allow cooling of the blood and this cooling effect may be distributed throughout the body.	
7 b)	i) A dehydrated person usually experience the feeling of thirst constantly and even experience headaches and fatigue. ii) A dehydrated person may have concentrate urine which is dark yellow in colour and salty also very smelly due to high content of urea. iii) A dehydrated person may tend to have joint pains, a dry unhealthy skin, dry flaky lips.	
7 c) i)	When one increases his/her salt content especially by taking much salty foods increasing the body osmotic pressure which is regulated by increased water intake too.	
ii)	When it's very hot (hot climatic condition); this increases sweating, meaning much water is lost through sweat and thus one feels the urge to drink water to replenish that lost with sweating.	
iii)	If one experiences excessive vomiting or diarrhoea since much of the food materials being removed through these phenomenon involve water thus may greatly reduces the water content and doing vigorous work.	
iv)	If one suffers from diabetes both insipidus where much water is lost through urine because of poor secretion of antidiuretic hormone therefore people suffering from diabetes may require much water.	

Extract 7.1: A sample of a good response to Question 7

In Extract 7.1 the candidate managed to answer the question correctly. However, he/she provided insufficient explanation in some of the points. This made him/her fail to score all the 10 marks.

Conversely, the candidates (21.6%) who had weak performance failed to explain the function of water in part (a). The majority provided irrelevant responses. For example, one candidate wrote function of water such as *it provide good health, help to the growth and development of people* and *water provide energy to the body*. Another candidate wrote function of food instead of the function of water such as *to repair the body, to protect the body* and *body building*. In part (b), some of the candidates failed to outline the signs of a dehydrated person. Instead they provided the type of food nutrients. For example, one candidates wrote; *food protein, carbohydrate* and *vitamin*. Others gave irrelevant response such as *a person became thin, person body became low body weight* and *the skin became thin*. These candidates were not aware about the signs of dehydrated person, hence failed to recognize the signs of dehydration. These candidates scored zero in this part.

In part (c), the candidates had in adequate knowledge about the conditions that increase the need of water in the human body. Some of them wrote irrelevant response such as *blood, the kidney, offal, glucose, lactose* and *maltose*. Others misinterpret the demand of the question, thus he/she provided the ways of increasing water intake such as *by eating raw food, eating fruits, by drinking water* and *drinking beverages* instead of condition that increase water intake. A group of candidates left this part unanswered. These candidates did not understand that the person can become dehydrated when he/she not taking enough water/fluids or losing too much water. The dehydrated person could be identified by having extreme thirst, dark coloured urine, fatigue, less frequent urination, dizziness and confusion. Extract 7.2 is a sample response from a candidate who had weak performance.

7. (i) Main function of water. In the body.	
i) To kill germ In the body. when water was being give In the body It help to kill germs In the body of human being.	
ii) It Makes the body to be strong. when a person is drinking g It can make a person to be strong.	
iv) It prevent from diseases. when a person is drinking much water It can prevent a person from getting	
7. b) By recognise the dehydrated person.	
i) He/she becomes more thin than norm. dehydrated person It can make a person to become thin.	
ii) Low of body weight. during dehydrate of person the body become low body weight	
iii) Skin becomes smooth. the skin become smooth during the dehydrated person during dehydrated person.	
7. c) Conclusions the need of water in the human body increases	
i) By eating raw food. fore example Cucumber, which make the body to be fit.	
ii) Eating fruit. fore example orange, Mango, pineapple, Apple.	
iii) By drinking water also some milk we can drink In order to help in the human body.	
iv) By drinking beverage. such as coffee, Cocoa, juices which help in human body.	

Extract 7.2: A sample of a weak response to Question 7

In Extract 7.2, the candidate misunderstood the demand of the question. Hence, he/she provided irrelevant responses in all parts of the question.

2.2.6 Question 8: Occasional Meals

In this question the candidates were required to briefly explain five points to consider when planning meal for (a) picnic and (b) children's party.

The question was attempted by 2350 (99.9%) candidates who sat for this paper. The analysis of data shows that 610 (26.0%) scored from 0 to 2.5 marks 1461 (62.1%) scored 3.0 to 6.0 marks and 279 (11.9%) scored from 6.5 to 10 marks. Figure 8 illustrates this performance.

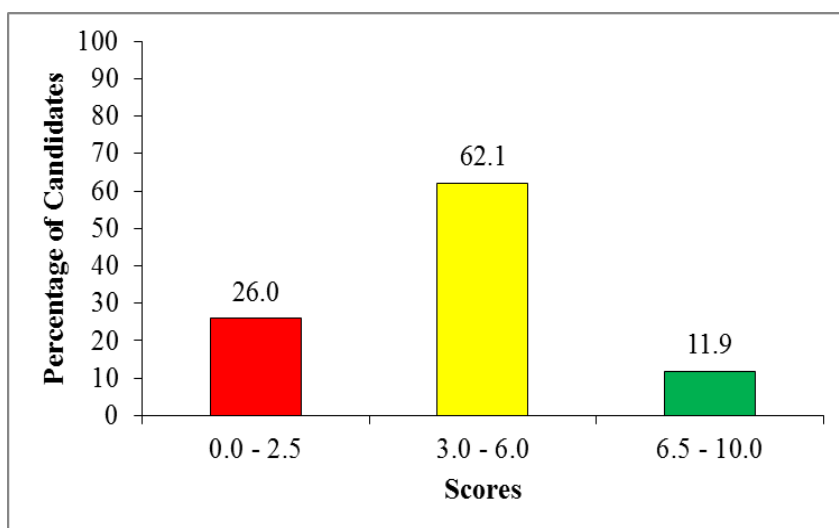


Figure 8: *Percentage of candidates' performance on Question 8*

Figure 8 indicates that the general performance on this question was good because 74.0 per cent of the candidates scored from 3.0 to 10.0 marks. On the other hand 26.0 per cent scored 0 – 2.5 marks. This indicates that the candidates had sufficient knowledge about cooking meals for different occasions especially picnic and children party.

The analysis shows that 11.9 per cent of the candidates with good performance had adequate knowledge of meals for picnic and children's party. In part (a), most of the candidates were able to explain points to consider when planning a meal for a picnic. For example, one candidate provided the correct points for planning picnic meal such as; *the meal should be balanced, use fresh food, avoid the food with stew and soup, requirement of people*. Another candidate wrote; *it should be balanced, the food planned must be enough, personal preference should be considered, weather condition of the place*. These candidates were aware that a picnic meal is a meal eaten outdoors where people come together to eat. It is supposed to be packed, nutritious and appetizing.

In part (b), most of the candidates managed to explain the points to consider when planning a meal for children's party. For example one candidate wrote; *It should be balanced, The meal should have a nourishing beverage, The food should be colourful and well flavoured and The food should be light*. Another candidate wrote; *the meal should be balance, include beverage and various fruits and consider the food in season*. In

fact, children need nutritious and appetizing foods with all nutrients but salty, fatty, sugary foods and drinks with caffeine should be avoided. Extract 8.1 is a sample response of a candidate who had good performance

8a:	i) The meal should be balanced That is; the meal should contain all important food nutrients.	
	ii) Include foods which keep fresh for a long time. Non-perishable foods or the foods which do not go bad early should be included in the meal.	
	iii) Include refreshing drinks and fruits which can stay fresh for a long time. A refreshing drink such as mixed fruit juice can be included also fruits which do not go bad early.	
	iv) Avoid the food with stew, soups Soup and stews should not be included in the meal since the food is to be packed.	
	v) Consider the requirements of the person or people. The meal should be planned according to the requirement or interest of the individual who is to eat the food.	
b:	i) The meal should be balanced. The meal should include all important food nutrients in a correct proportion.	
	ii) Include a large variety of foods to avoid monotony. The meal should have large food variety which can be served in buffet.	

8b.	iii)	The meal should not be monotonized.	
		The meal should include both dry and stewed food to avoid monotony in the texture of food.	
	iv)	Include beverages and various fruits.	
		Drinks and fruits should be included in the meal so as to meet the needs of the people.	
	v)	Consider the food in season.	
		One should buy the food in season for the meal because they are cheap and fresh.	

Extract 8.1: A sample of a good response to Question 8

In Extract 8.1, the candidate had adequate knowledge on how to plan a meal for picnic and children's party as he/she managed to explain correctly the points to consider when planning meals for a picnic and children's party.

On contrary, 26.0 per cent of the candidate had weak performance. Some of them misinterpreted the demand of the question. Instead of providing points to consider when planning a picnic meal they provided types of foods in part (a). For example, one candidate wrote *Biriani, Beverage, Snack, and Soup*. Another candidate wrote; *cakes, potato chips, chicken and fruits*. Another one wrote; *food which contain carbohydrate like bun, chips, rice etc, water for drinking in a journey, juice used as a accompanied of other food, fruits for complete balance diet and food of two finger like katles, samosas etc*. Some candidates provided irrelevant answers such as *we pack into the plastic container, we have should be meal balance, do not packed dishes like rice and tea, do not pic in cutting cloth and do not over cooked*. These candidates demonstrated inadequate knowledge about planning meals for picnic. Their responses also exhibited that they have poor command of English language.

In part (b), some of the candidates outlined types of foods instead of the points to consider when planning a meal for children's party. For example, one candidate wrote; *cake, snack, chocolate, juice, biscuit*. Another candidate wrote; *water for drinking in a party, soda or juice for visitor, type of food when planning like cake of icing sugar, food of two finger of*

happy of children and the type of animals like chicken or others. Others provided irrelevant answers such as *it prepare the meal samosa, it prepare the sponge cake, it prepare the sausage, it prepare the egg chop, it prepare the mango juice*. These candidates were not aware that when you are planning meal for children's party, the food should be in a fancy shape and in small size so that children can take it easily. Also their responses showed that they have poor English proficiency. Extract 8.2 is a sample response from a candidate who had poor performance.

8	a. Picnic - Is the special area where people -	
	visited for their different purpose	
	like studies, enjoy, business etc. And	
	the picnic it like National parks, Islands	
	b. Children's party	
	Is the type of part which consumed a large -	
	number of people arrived one children It was	
	like children birthday.	

Extract 8.2: A sample of a weak response to Question 8

In Extract 8.2, the candidate wrote the meaning of picnic and children's party instead of writing the points to consider when planning meals for a picnic and children's party. Even the meaning provided was incorrect. As well and the language used was also poor.

2.2.7 Question 9: Reheated Foods

This question required the candidates to: (a) give reasons to why it is not advisable to prepare left over food to sick and convalescent people, (b) briefly explain four points to bear in mind when preparing food using left overs and (c) suggest with example two ways of preventing intense heat on reheated dishes using examples.

This question was attempted by 2350 (99.9%) candidates who sat for this paper. The data analysis shows that 899 (38.3%) scored from 0 to 2.5 marks 1238 (52.6%) scored from 3 to 6 and 213 (9.1%) scored from 6.5 to 10 marks. Figure 9 summarises this performance.

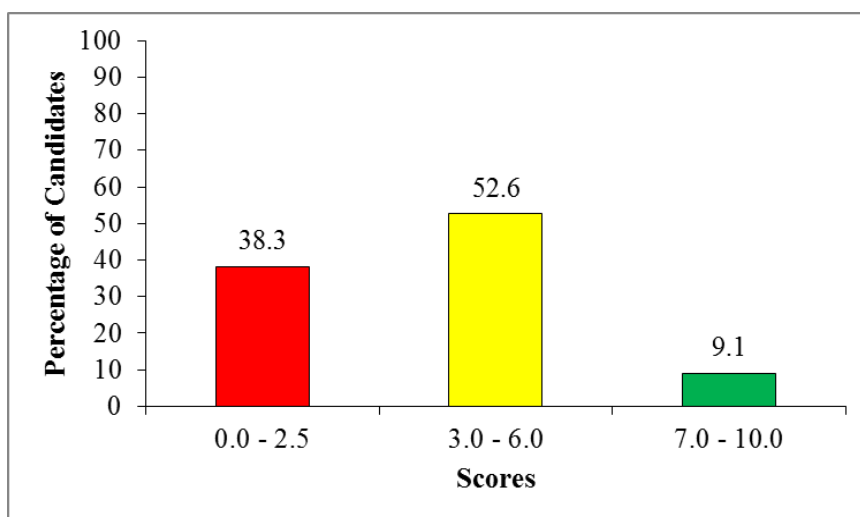


Figure 9: *Percentage of candidates' performance on Question 9*

Figure 9 shows that 61.9 per cent of the candidates scored from 3.0 to 10.0 marks. This implies that the general performance on this question was average. These candidates had adequate knowledge about reheated food, though they provided fewer points, insufficient explanation and incorrect answers in some cases.

The analysis indicates that 9.1 per cent of the candidates had good performance. Some of them managed to give reasons why it is not advisable to prepare left over food for sick and convalescent people in part (a). For example, one candidate wrote; *leftover food can be difficult to digest, leftover food can be contaminated*. Another candidate wrote; *some nutrients lost, left overs are easily contaminated*. Another one wrote, *left over food may be contaminated hence may cause infections to sick and convalescence people, leftover food lacks some nutrients which may be needed by sick and convalescence people*. These candidates understood that leftover food are reheated foods; so if not reheated properly, they can be harmful food. They were also aware that reheating can destroy the nutrients in the food and if improperly prepared can cause food poisoning and food-borne diseases. Therefore, reheated foods are unsuitable for sick and convalescent people.

In part (b), some of the candidates managed to briefly explain the points to bear in mind when preparing food using leftovers. For example one candidate wrote, *Never cook left over twice, food such as meat, fish and*

cassava should be finely in small size to allow penetration of heat. Another candidates wrote; Left over must be perfect fresh before they are used, Reheat the food only do not re-cook, include raw vegetable and fruits so as to supply vitamin C. Another one wrote; food should be re-heated and re-cooked, food should be minced or divided into pieces to allow heat to penetrate, all ingredients to be used must be cooked before mixed with left over and leftover food should be saved with other cooked food so as to replace the lost nutrients. These candidates understand that food should be reheated using a recipe which will add moisture and flavour. They also understood that it is important to reheated food properly to kill harmful bacteria that may have grown while the leftover food was still cold.

In part (c) the candidates managed to suggest the two ways of preventing intense heat on reheated dishes. For example, one candidate wrote; *to cover food with pastry example Cornish and sausage rolls, to deep food in batter for example banana fritters and cassava fritters.* Another candidate wrote, *coating the food example coated potatoes and fried coated meat, outer protection using pastry or mashed potatoes example meat pies, fish pies and shepherd pie.* These candidates understood that the leftovers are cooked foods that can easily absorb fat and become soggy or may be over cooked. Therefore, they need to be sealed in a pastry, coated with eggs or batter to add good appearance, flavour and nutrients to them. The majority of candidates in this category provided insufficient explanations, few points or incorrect answers. Hence, they failed to score all the 10 marks. Extract 9.1 is a sample of response from a candidate who had good performance.

09.	<p>@ left over food mainly their nutrients are lost. and so unsuitable to invalid or convalescence.</p> <p>ii). Many being easily affected by poisoning food poisoning which may lead invalid to become more sick or convalescence return to his or her sickness.</p> <p>b) i) Food must be re-heated not re-cooked because once re-cooked more nutrients may being lost and food unsuitable for use.</p> <p>ii) Extra moisture can being added to dry food so as to allow it to be reheated without burning.</p> <p>iii) Ingredients to be used with left overs should be cooked first before mixing with left overs.</p> <p>iv). Left over foods should be completely fresh and does not show any sign of going bad.</p> <p>c). i). <u>Coating</u> : This is a method of prevent intensive heating by covering batter to a food before frying. Example. Potato fritters.</p> <p>ii). <u>Binding</u> : This is a method of prevent intensive heating of a food by covering food with a certain another food by using eggs. Example. Scotch egg.</p>
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Extract 9.1: A sample of a good response to Question 9

In Extract 9.1, the candidate managed to provide reason why it is not advisable to prepare left over food for sick and convalescent people in part (a) and briefly explain the points to bear in mind when preparing food using left overs in part (b). Moreover, he/she managed to suggest with examples ways of preventing intense heat on reheated dishes by giving examples.

The analysis further indicates that 38.3 per cent of the candidates had weak performance. These candidates had inadequate knowledge about leftover food, hence they provided irrelevant responses. For example, in part (a) one candidate wrote; *because some foods contain toxic, because the leftover food is very importance and well balance diet*. Another candidate wrote; *some left over added with spices which are not good for sick people, because of ingredient when to improve flavour*. These candidates did not understand that leftover foods are excess foods that after a meal. The candidates were not aware that convalescent and sick person needs to recover the health, so they have to be served with fresh food.

In part (b), some of the candidates provided points to bear in mind when planning a menu instead of points to bear in mind when preparing foods using leftovers. For example one candidate wrote; *method of cooking, type of people, ingredients used and source of heat available*. The other one wrote; *food habit, Equipment, season*. Other candidates, provided irrelevant answers such *to boil, to heat quickly at small time, to kill micro-organism and to use charcoal of wood*. These candidates demonstrated lack of knowledge that leftovers are reheated foods and not warmed foods. The foods should be reheated until they give out hot steam as this would kill all bacteria in the food.

Moreover, in part (c) some of the candidates provided irrelevant answers such as *ovenning, by smoking, to avoid deep frying, to avoid excess boiling or cooking*. Others gave unclear explanations due to poor command of the English language while many others left this part unanswered. These candidates did not understand that reheated foods absorb oil and moisture easily and can burn easily before the required temperature is reached because they are already cooked. Therefore, coating, binding and sealing can prevent intense heat and retard oil absorption and moisture transmission. Extract 9.2 is a sample of response from a candidate who had poor performance.

9.	@ It is not advisable to prepare left over food to sick and convalescence people this is because.	
	(i) It can make them to loose appetite of food, this is because left over food has smell and taste which are not favourable to them hence not the choice of food to sick and convalescence food.	
	(ii) Left over food are not having good taste because they are already cooked and leave them for day or time which make them to lose food nutrients to be lost because they cooked and left.	
	(b) Points to bear in mind when preparing food using left overs are;	
	(i) Avoid overcooking the food this is because it firstly cooked and left it and it can be returned to be cooked hence avoid overcooking which can make it more digestible.	

9 cont...	(b) (ii) Avoiding choice of food which can be spoilage easy, this is because left overs are cooked and left and when you choose perishable food which spoilage easily can be having bad flavour and taste.	
	(iii) Choice of the method of cooking left over, this is because there are some food which are not allowed to be boiled or stewing / frying and left it for a time it can be spoilage.	
	(iv) You must cover the food (left overs) after being cooked in order to ensure safety of food from being contaminated by microorganisms and bacteria.	
	(c) Ways of preventing intense heat on reheated dishes;	
	(i) Avoiding the use of high amount of heat which can make it to be loose its taste. foreexample when reheated the canning food such as beans or fish you are not allowed to use high voltage.	
	(ii) Avoiding to use direct source of heat to the reheated food but which can make it to be more tender and more digestible and loose some nutrients example, meat.	

Extract 9.2: A sample of a weak response to Question 9

In Extract 9.2 the candidate provided irrelevant answers in all parts of the question. He/she demonstrated inadequate knowledge about leftovers.

2.3 Section C: Essay Questions

In this section there were two essay questions constructed from the topic of *Food contamination* and *malnutrition*. The candidates were required to attempt only one question from this section and each question carried 15 marks.

2.3.1 Question 10: Food Contamination

The question was: *The roles of food handlers are to ensure that the food is prepared hygienically to prevent contamination. Support this statement by:*

- describing two causes of food contaminations*
- explaining the four guidelines that should be observed to prevent food contaminations.*

The question was attempted by 1189 (50.5%) out of 2353 candidates who sat for this examination. Data analysis shows that 410 (34.5%) candidate scored from 10.5 to 15.0 marks, 681 (57.3%) scored from 4.5 to 10 marks and 98 (8.2%) scored 0.0 to 4.0 marks as illustrated in Figure 10.

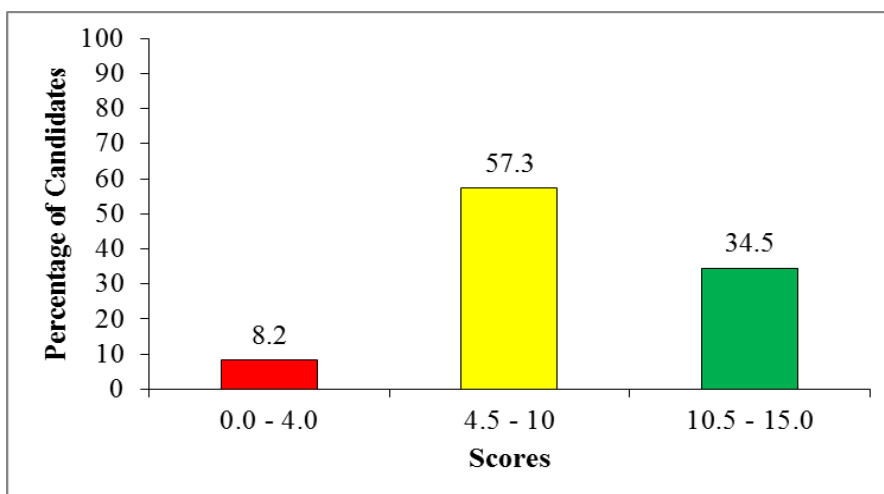


Figure 10: *Percentage of candidates' performance on Question 10*

Figure 10 indicates that the candidates' performance on this question was good because 91.8 per cent of the candidates scored from 4.5 to 15.0 marks. These candidates had enough knowledge about food contamination.

Item response analysis reveals that the candidates (34.5%) who had good performance explained correctly two causes of food contamination correctly in part (a). For example, one candidate wrote; *contamination through microorganisms that bacteria, yeast and moulds and through natural decay, this happens during harvesting inside the crops*. The other one wrote about; *microorganisms, pests and Insects*. Another wrote about *chemical contamination and microorganisms*. The majority in this category were aware that food contamination is anything that comes into contact with food and reduces the safety or quality and is not supposed to be there. Therefore, were able to describe the causes of food contamination.

In part (b), some of the candidates managed to explain guideline that should be observed to prevent food contaminations. For example one candidate wrote; *the kitchen should be cleaned every day, kitchen utensils must be washed and dry after being used. All ingredients must be kept on tightened*

containers. Another one wrote *Non-perishable foods must be dry before storage, the food must be prepared in a clean condition and Person preparing the food should cover hair*. These candidates understood that personal hygiene, kitchen hygiene and proper food storage are important in preventing food contamination. On the other hand, the majority of the candidates in this group provided insufficient explanation, few points or some incorrect points, therefore they failed to score all the 15 marks. Extract 10.1 a sample of response from a candidate who had good performance.

10.	<p>Food is any liquid or solid substance that is taken to the body to perform a certain to sustain life. Food contamination is the emergence of the microorganism in the food that may lead to food poisoning and spoilage. The roles of food handlers are to ensure that the food is prepared hygienically to prevent contamination. The following are some of the causes of the food contamination:</p> <p>Poor hygienic condition in the preparation and serving of the food; When preparing food in an area that is poorly in hygiene as well as serving this makes the food in a state (high percentage) to the food to be emerged with the food contaminants such as microorganism that may lead to food contamination such as bacteria:</p> <p>Pets and rodents; These are the organism that may emerge in a house into the food (as they come into contact with the food) this lead to the food becoming unfit for human or have microorganism hence they contaminate the food as they carry microorganism these pests include cockroaches, rats and others.</p> <p>As this can lead to food spoilage and poisoning, we should be careful to prevent the contamination of the food; the following are some of the guidelines that should be observed to prevent the food contaminations:</p> <p>Ensure all serving and preparation tools are well cleaned and dry; The serving tools and preparation tools that are used in preparing and serving the food should be cleaned as well to prevent / remove microorganism that contaminate the food as well as dry them.</p> <p>Ensure the kitchen environment is well cleaned; The environment that will be used to prepare</p>	
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10	and since the food should be well cleaned to avoid pests and rodents that may contaminate the food.	
	All the wastes (kitchen refuse) should be put in a pit and also all the waste water should be drained; the refuse all wastes that may be found in the kitchen should be thrown away in a dustbin or pit away from the kitchen as they attract pest that may contaminate food.	
	Wash you hands well by using soap and water and dry them well as well as ensure the nails are short to prevent food contamination; Also the person a hygiene should be observed also as one who prepared or serves the food should be in hygienic condition so as to prevent food contamination.	
	Generally the hygienic condition is the most of the observed condition that should be regarded and observed so as to prevent food contamination and so reduce the rate of having food poisoning such as diarrhoea.	

Extract 10.1 A sample of a good response to question 10

In Extract 10.1, the candidate managed to describe the causes of food contamination in part (a) and to explain the guideline that should be observed to prevent food contamination, hence they scored high marks.

Regardless of the good performance demonstrated by most candidates in this question, some of the candidates had weak performance. In part (a), some candidates demonstrated inadequate knowledge about the causes of food contamination as they provided irrelevant causes. For example wrote; *Micro-bacteria, chemical bacteria*. Another wrote; *it is not comfortable, it is not good in the body's*. Other wrote; *still through bacteria, still through man*. The candidates did not understand that food can be contaminated if it is handled, stored or prepared incorrectly. Thus micro-organisms such as bacteria, yeast and moulds, enzymes, insects like weevils and chemicals can cause food contamination.

In part (b), some of the candidates misinterpreted the demand of the question. Instead of outlining the guidelines that should be observed to prevent food contamination, the candidates explained the aims of preventing food contamination such as *to protect the body from disease, to*

keep the food stay long, prevent foodborne illness. Other candidates provided irrelevant answers such as *it is not good in the body, it improve to eat balanced food, it improved the carbohydrate in the body, it improve the balance in work, people should be avoid to buy convenience food, people should be eat hot food, people should avoid left overs*. These candidates did not understand how to keep bacteria out of the kitchen and meals and keep the food safe. Extract 10.2 illustrate sample responses from a script of one candidate who had weak performance.

10	Food Contamination: This is the process where by food keeping away after planning in the meal. The following are cause of food contamination.
	Micro bacteria: This are cause of food contamination that it slow down food decay in the body among the body to lose nutrient and balanced diet.
	Chemical bacteria: This are another cause of food contamination that chemical bacteria it can cause food contamination in the body.
	The following are the guidance of that should be observed to prevent food contamination.
	To slow down food decay: This are first guidance that should be observed to prevent food contamination that slow down food decay in the body in order the body to avoid contamination from other food.
	To kill microorganism: This are another guidance that should observed to prevent food contamination that to kill microorganism in the food contamination in order to make the body to avoid disease in the body.
	To make food more potable: This are another guidance that should observed to prevent food contamination that it make food more potable in order to make the safe to eat.
	To protect the body from disease: This are another guidance that should be observed to prevent food contamination that it make the body to protect from disease along to balance the meal in the body.
	These are the cause and guidance of food contamination that there are caused of food contamination in the body.

Extract 10.2: A sample of a weak response to question 10

In Extract 10.2, the candidate demonstrated inadequate knowledge about causes of food contamination in part (a). In part (b), the candidate misinterpreted the question requirement. Instead of explaining the guidelines that should be observed to prevent food contamination the candidate provided reasons for cooking.

2.3.2 Question 11: Malnutrition

This question were required the candidate to describe three causes of obesity and three ways of preventing it.

The question was attempted by 1160 (49.3%) out of 2353 candidates who sat for this examination. The data shows that 326 (28.1%) scored from 10.0 to 15.0 marks, 702 (60.5%) scored from 4.5 to 9.5 marks and 98 (11.4%) scored 0.0 to 4.0 marks as illustrated in Figure 10.

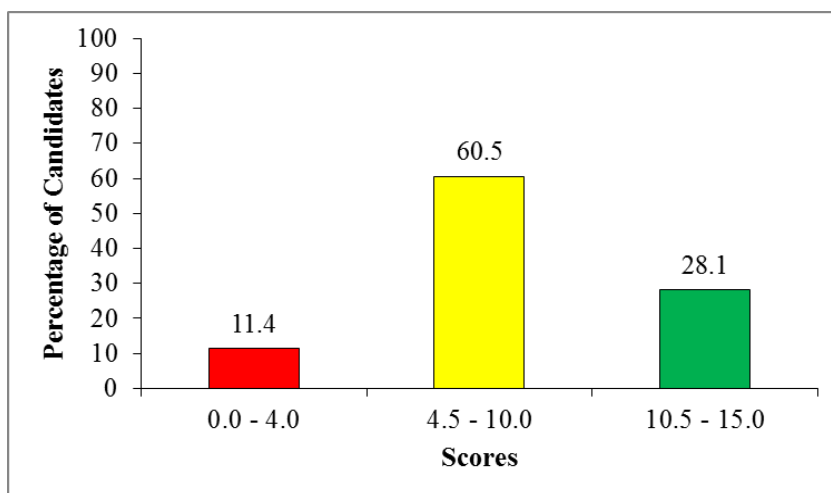


Figure 11: *Percentage of candidates' performance on Question 11*

Figure 11 shows that the general performance on this question was good because 88.6 per cent of the candidates scored from 4.5 to 15 marks. Among them, 28.1 per cent scored from 10.5 to 15 marks. These candidates understood the causes of obesity and the ways of preventing it. The candidates were aware that obesity can be caused by excessive intake of food, inadequate exercise and hereditary factors. Also, they understood that it is prevented by taking balanced diet and doing exercises regularly.

Item response analysis shows that, among the candidates with good performance, some managed to describe the causes of obesity. Some of the

correct answers provided were *excessive intake of food, in adequate exercise, hereditary factors, eating too much fatty foods too much consumption of carbohydrate, eating too much in wrong proportion and snacks rich in energy*. In part (b), these candidates were able to describe three ways of preventing obesity such as *avoid excessive intake of foods rich in fat and oil, Do enough exercise, starting a diet to lose weight, less consumption of fats, reducing amount of carbohydrate foods*. The candidates understood that obesity is a nutritional disorder resulting from taking in more calories than what can be burned by normal activities and exercises. Extract 11.1 is a sample answer from a candidate who had good performance.

11.	Obesity refers to a nutritional disorder which is due to over eating or caused by over eating and eating too much fatty foods rather than fibres in the diet. This happens when the person produce extra calories than that which the body needs for production of energy. Obesity makes someone to have a large body mass and size hence becoming unhealthy. The cause of Obesity include,	
	Taking large amount of food in every meals. Most of our food is composed with carbohydrates in which it supplies the body with energy hence when taken or taken in large amount especially in every meal a person will be a victim of obesity since excess carbohydrates in the body are converted into fats hence the body increase in size than the normal body mass or size.	
	Not doing body exercises. When the body is not subjected to body exercises the fat under the skin accumulates the body hence the body becomes heavy hence lead to Obesity in which it makes someone not to be able to walk well, doing activities such as playing well because the body is unable to bend, stretch or walk properly due to the situation of it being heavy.	
	Eating too much fatty foods rather than dietary fibres (fibrous foods). Fatty foods such as fried potato chips, fried pork and butter cause obesity to a person because they increase the amount of fats in the body which contribute to obesity rather than dietary fibrous food which do not have much fats and are nutritious since they aid in digestion and prevent constipation such as Boiled beans, "Mchicha" and Boiled fish.	
	However obesity has various causes, the following are the ways on how to prevent the causes,	

11.	Eating food in a correct proportion and amount that is a normal amount of food in every meals. A person should not take or eat large amount of food so as to avoid having a large body mass size at the same time to prevent other health disorders which are caused by having a large body size.	
	People should do regular body exercises. Body exercises help to make the mind awake and active so as to make the body to become playful and to do various activities rather than accumulating fat instead of reducing the fat through sweating during the body exercises.	
	Avoid eating too much fatty foods instead eat more dietary fibrous foods. People should not eat or take too much fatty foods like "maandazi", fried sausages and fried meat which contain a lot of fat which is bad and contain cholesterol which is harmful to the body instead they should eat foods with more fibres such as pulses like beans and peas.	
	Conclusion, Obesity has effects to the human body as it is the cause of other diseases specifically heart diseases such as stroke, diabetes, High blood pressure and arteriosclerosis which are the main cause of death in our country Tanzania. It is best for the people to follow the above measures so as to prevent obesity, also there should be provision of education on adequate and proper nutrition of different kinds of food.	

Extract 11.1: A sample of a good response to question 11

In Extract 11.1 the candidate managed to describe causes of obesity and ways of preventing it.

On the other hand, the candidates (11.4 %) who had weak performance failed to describe the causes of obesity and the ways of preventing obesity. In part (a), majority provided irrelevant answers such as *Age and sex, faming budget, to reduce health, it help to your health it will be good, to eat vegetable, too eat a good food and it can cause poverty, it can cause death.* The candidates were not aware that obesity is generally caused by eating too much and doing too little. In fact, "obesity is a condition in which there is an excessive amount of body fat. If the intake of energy from the diet is greater than what can be used, then the excess is stored as adipose tissue,

which is associated with increase in body weight". In part (b), some candidates provided irrelevant answers such as *the drinking medicine, to eat a good food, it should give a balanced meal, it should going to hospital, to no more duty the body, to condense to obese*. These candidates did not understand that obesity is caused by excessive intake of food, inadequate exercise or hereditary factors. This can be prevented by taking healthy diet and doing regularly exercise. These candidates also demonstrated poor command of English language. Extract 11.2 is a sample answer from a candidate who had weak performance.

11.	OBESITY - IS the disease which can cause when we mess some food and the stomach become big. The following are the causes of obesity	
	lack of food and health - this is means that when we talk about lack of food and health it means that when we can not get food you will get the obesity	
	lack of protein - this is means that when we say lack of protein it means that the people it can mess the protein in they body so we say lack of protein in the body it can cause obesity	
	lack of vitamin - this is means that when we say lack of vitamin it means that people it can miss the vitamin in the body so we say lack of vitamin. the following are the ways of preventing obesity in the society	
	To give the eg education - this is means that when we say about to give the education it means that to give the effect of obesity and how to prevent it	
	To eat the food which have protein - this is means that when we say about to eat the food which have protein it means that obesity it can cause when we miss protein so you support to eat more food which have protein	
	To give the food and the health at the same time - this is means that when we say about to give the food and the health at the same time it means that we should give the good balance meal	
	All in all - in my opinion you must to protect with obesity because it affect the large of people and the end to death	

Extract 11.2 A sample of a weak response to question 11

In Extract 11.2 the candidate had inadequate knowledge about causes of obesity and the ways to prevent it. He/she wrote the causes of undernutrition instead of the causes of obesity. He/she did not understand that obesity is a surplus of nutrients causing overnutrition. Other responses were irrelevant and the language used was grammatically poor.

3.0 ANALYSIS OF THE CANDIDATES' PERFORMANCE PER TOPIC

The 051/1 Food and Nutrition 1 examination comprised 11 questions. Ten topics were tested in question 2 to 11 while question 1 covered various topics. The statistics indicate that 8 questions had good performance and three questions had average performance.

The analysis of candidates' performance in each topic indicates that the questions number 1, 10, 11, 7, 8, 6, 5 and 9 from *various topics* (98.1%), *Malnutrition* (91.8%), *Food and Nutrition* (88.6%), *Cooking for different Occasion* (78.4%), *Sanitation* (73.5%) and *Early Marriage* (72.7%) respectively had good performances. The good performance on these topics was contributed by candidates' adequate knowledge of the concepts tested and understanding of the requirements of the questions.

Furthermore, the analysis indicates that question number 4, 2 and 3 which was constructed from the topic of *Reheated Foods* (61.9%), *The Coming Baby* (59.6%), *Floor and Floor Covering* (47.1%) and *Good Grooming* (45.9%) had average performance. The analysis indicates that average performance on this topic was due to the sufficient knowledge that the candidates had about the subject content something which made them to provide relevant answers. However, in few items, some of the candidates provided few points or incorrect points, hence scoring below allotted marks. Likewise, some of the items were partially answered due to candidates' poor command of English language.

There was no topic with weak performance in the 051/1 Food and Nutrition 1 examination, for CSEE 2021. Appendix A summarises the candidates' performance on each topic.

4.0 CONCLUSION

Based on the analysis on this report, the general performance of candidates in the Food and Nutrition subject CSEE 2021 was good. It was observed that the candidates' performance in this year increased slightly by 0.15 compared to the performance of CSEE 2020. The general performance on Food and Nutrition CSEE 2021 and a comparison of the candidates' performances of 2021 with that of 2020 are summarized in Appendix B and C respectively.

The analysis of the candidates' performance for each question shows that the good and average performances observed a result of candidates' ability to understand the requirements of the questions and possession of adequate knowledge of the subject content tested. On the contrary, the weak performance in some of the question was a result of candidates' failure to understand the requirements of the questions, inadequate knowledge of tested subject content and poor English proficiency.

5.0 RECOMMENDATIONS

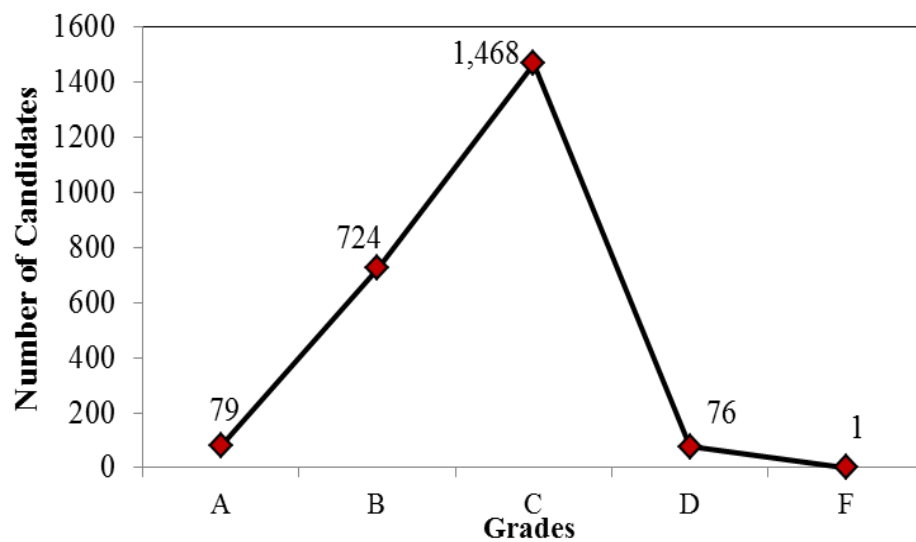
According to the analysis of the candidates' performance in the Food and Nutrition subject, it is recommended that:

- (a) The teachers should use varieties of teaching and learning techniques in order to cater for all the learning needs of students since learning abilities tend to differ from individual to individual.
- (b) Teachers should provide enough exercises, tests and other assessment techniques to encourage students in active learning.
- (c) Students should be encouraged to speak English frequently and read English books in order to improve their English in terms of vocabulary and grammar. This will enable them to use the language correctly when answering examination questions.

Summary of Analysis of the Candidates' Performance in Each Topic

Sn	Topic	Type of Question	Question Number in a Topic	Percentage of Candidates who Scored 30% and above	Remarks
1.	Various Topics	Multiple Question	1	98.1	Good
2.	Food Contamination	Essay	10	91.8	Good
3.	Malnutrition	Essay	11	88.6	Good
4.	Food and Nutrition	Short Answer Question	7	78.4	Good
5.	Cooking for Different Occasion		8	74.0	Good
6.	Sanitation		6	73.5	Good
7.	Early Marriage		5	72.7	Good
8.	Reheated Foods	Short Answer Question	9	61.9	Average
9.	The Coming Baby		4	59.6	Average
10.	Floor and Floor Covering	Matching Items	2	47.1	Average
11.	Good Grooming	Short Answer Question	3	45.9	Average

Candidates' General Performance in Food and Nutrition Subject CSEE 2021



Comparison Analysis in CSEE 2020/2021