**JHS TWO BDT MARKING SCHEME**

**OBJECTIVES TEST**

**1. A 11. A 21. B**

**2. C 12. C 22. B**

**3. A 13. A 23. B**

**4. A 14. D 24. A**

**5. C 15. D 25. A**

**6. D 16. D 26. C**

**7. B 17. B 27. D**

**8. A 18. D 28. B**

**9. B 19. D 29. C**

**10. C 20. A 30. D**

**PART ONE**

1.a (i) Food is anything liquid or solid when eaten gives the body nutrient.

 (ii) Examples of food 2mks

 Banku Rice

 Yam Fish

 Plantain Fufu, etc 4mks

 b. i. Orange

 ii. Violet

 iii. Green 6mks

 c. i. Drying, refrigerator

 ii. Drying

 iii. Refrigerator

 iv. Drying, refrigerator

**PART TWO**

2. a. i. Nutrients; They are substances (chemicals) found in food 2mks

 ii. Fats and oils, protein, carbohydrates, vitamin, water, mineral elements. any 4=4mks

 b. i. Kwashiorkor

 ii. Ricket, Dental decay

 iii. Anaemia

 iv. Ricket 8mks

 c. i. Balanced diet ; it is a diet (food) which includes enough of each of the nutrients in their right proportion eaten at a sitting 2mks

 ii. 1. Provides sufficient energy to maintain body heat

 2. Provides enough energy for work

 3. It builds body tissue

 4. It helps to build healthy body

 5.It checks malnutrition any 4=4mks

 d. Brown stew Egg stew

 Plain stew Fish stew, etc. any 3=3mks

 Palava sauce

3. a. i. Portion control means controlling the size or quantity of food to be served to individual 2mks

 ii. 1. To provide just what the body needs

 2. To avoid waste

 3.To cut down cost

 4. To make profit

 5. To promote good health. Any 4=8mks

 b. i. Ladle Measuring cup

 Spoon Bowl

 Bag Bottle, etc. any 5=5mks

 ii. Boiling of which liquid mixes with food during the process and is eaten as part of the food. Eg soup, porridge, etc.

 Liquid is absorbed by the food. Eg rice, jollof, etc.

 Boiling of which after boiling the liquid is poured out as stock. Eg yam, fish, root vegetables, beans, etc.

 c. i. Frying is a wet method of cooking food in a hot fat or cooking oil. 2mks

 ii. Fish Meat

 Yam Chips, etc. any 2=2mks

4. a.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Food commodity | Dish | Cooking method |
| i | Egg | Egg pie | Frying |
| i | Yam | Boiled yam | Boiling |
| iii | Nkontomire | Nkontomire stew | Stewing |
| iv | Cassava | ‘Akyeke’ | Steaming |
| v | Rice | Jollof, boiled rice | Boiling  |
| vi | Maize | Banku | Boiling |

 6mks

 b. i. Shallow frying; it is a wet method of cooking using few drops of oil to increase or cover the bottom of the frying pan.

 Deep frying; it is a wet method of cooking food in fat. The fat should be one third panful.

 Dry frying; this used to for oily food which out enough of its oil when heated.

 ii. Shallow frying examples egg, pancake, etc.

 Deep frying examples fish, meat, root vegetable, etc.

 Dry frying examples pork, etc. 3mks

 c. i. Conduction; it is the transfer of heat through metals

 ii. Convection: it is the transfer of heat through liquids and gases.

 iii. Radiation: it is the transfer of heat from one source to another without using any medium.

 d. 1. To kill germs

 2. To soften hard food to make it easy to chew

 3. It makes food attractive and appetizing

 4. We get varieties

 5. It improves taste and develops flavour, etc. any 4=4mks