

2024 SEED MSCE MOCK
ENGLISH PAPER II
PROVISIONAL MARKING SCHEME

Section A: (20 marks)

- TITLES:
1. Effective ways of achieving and sustaining healthy body weight
 2. Ways of achieving and sustaining healthy body weight
 3. How to achieve and sustain healthy body weight
 4. Achieving and sustaining healthy body weight (1 mark)

A. Balanced and nutrient-rich diet

1. strive to adopt in daily life
2. include fruits, veg., whole grain etc.
 - a. ensure a well-rounded intake of essent. Nutrients
 - b. incorporate veg.
 - i. adds vitamins, minerals & fibre
 - ii. promote a feeling of fullness
 - iii. aid weight management

B. Regular physical activities

1. exerc. burn calories
 - a. which contribute to heavy body weight
 - b. boosts metabolism
2. exerc. e. g. cardiovascular provide benefits e.g.
 - a. swimming etc. aid weight loss
 - i. lead to improved muscular cardiovascular health
3. engaging physical activities contribute to weight management



C. Proper hydration

1. help maintain healthy body weight
2. involve drinking adequate amount of H₂O
3. reduce overeating ie mindful eating
 - a. prevent mindless snacking
 - b. reduce overweight

D. Quality sleep

1. lack of sleep disrupt body functions
 - a. esp. hormonal balance
 - b. lead to increased appetite for calorie food
2. establish consistent sleep of 7 – 9 hrs
3. help keep body weight @ desirable level
4. prioritise good sleeping hygiene e.g.
 - a. create resting bedtime
 - b. put com. devices away
 - i. to avoid disturbances

C = 8 (marks for supporting points; each ½ a mark; maximum = 8 marks)

L = 8 (note layout (title = 2 marks + main supporting points = 4 (each 1 mark);
underlining (all main supporting points if in small letters + title if
in small letter) = 1 + consistent numbering = 1))

S = 4 (sensible phrases = 1 mark + abbreviations = 1 mark + symbols = 1 mark
+ brevity = 1 mark)

C = 8

L = 2+4+1+1 (8)

S = 1+1+1+1 (4)

Section B: (40 marks)

- a.
 - i. selling her things
 - ii. to call her for the chief/ to deliver the chief's message
- b. She found a lover while in marriage.
- c. By observing her body reaction when they were talking about Gondo.
- d. These;
 - Her marriage arrangements were to take place on the same day the chief ordered her to dance.
 - Gondo stopped her from dancing in public
- e. These;
 - The chief called her and ordered her to dance for his visitor.
 - When she refused, the chief talked to her mother and her fiancé, Gondo.
 - Gondo cancelled their marriage arrangements and permitted her to dance.
- f. She dared to refuse his order to save her relationship with Gondo.
- g. These;
 1. The chief
 - Strict: he does not allow anyone interrupt him when he is speaking.
 - Development-conscious: he does everything possible to have his village supplied with safe water.
 - Respectful: when he wants Nabyeni to dance, he sends her husband to call her.
 2. Gondo
 - Understanding: he accepts to postpone their marriage arrangements to allow his wife save her people.
- h. He stopped his marriage arrangements to give his wife chance to save her people.

- i. Everyone went to the dancing place when they heard that Nabiyeni would perform her dance.
- j. These;
- Troupe = group/ team
 - Betrothed = engaged
 - Aloof = absent/ missing
- k. These;
- in every bit as manly and honest = having nothing wrong
 - chasing after = persuading someone into love
 - reach his heart = to impress someone
- l. These;
- Nabiyeni, an obedient lover
 - The development-conscious chief
- m. These;
- Pumani went to the market to call Nabiyeni for the chief.
 - When she went there, the chief asked her to get prepared to dance for the Member of Parliament, Mr Njumbula.
 - She refused because she had a marriage arrangement taking place on the same day.
 - While she was in the chief's house, preparation for the dance went on; the place was swept clean, chairs brought and many trooped to attend.
 - The chief talked to her mother and her fiancé, Gondo to postpone the marriage arrangements and allow her to dance.
 - Gondo gave her permission to dance to save her people