

**THE UNITED REPUBLIC OF TANZANIA
NATIONAL EXAMINATIONS COUNCIL
ADVANCED CERTIFICATE OF SECONDARY EDUCATION
EXAMINATION**

155/1

FOOD AND HUMAN NUTRITION 1

(For Both School and Private Candidates)

Time : 3 Hours

Year: 2004

Instructions

1. This paper consists of sections **A** and **B**.
2. Answer all questions in section **A** and only **three (3)** question from section **B**.
3. Non-programmable calculators may be used.
4. Communication devices and any unauthorised materials are **not** allowed in the examination room.
5. Write your **Examination Number** on every page of your answer booklet(s).

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SECTION A (40 Marks)

1. (a) Differentiate between chronic and transitory food insecurity.
(b) Give four causes of food insecurity in sub-Saharan Africa.
2. (a) Explain three methods of controlling rodents.
(b) State one advantage of each method mentioned in (a).
(c) Suggest one modern method for rodent control in grain storage.
3. (a) Explain three food toxins that interfere with mineral bioavailability.
(b) Mention two antivitamins present in traditional foods.
4. (a) Define energy expenditure.
(b) Name the three components of total energy expenditure.
(c) Briefly explain the significance of physical activity in energy expenditure.
5. (a) Explain the importance of yeast in bread making.
(b) Describe two chemical raising agents used in baking.
(c) Suggest two storage measures for chemical raising agents.

SECTION B (60 Marks)

6. Explain conditions under which human poisoning can occur during pesticide application and outline safety measures.
7. Discuss the features of an ideal diet for elderly people in order to meet their nutritional needs.
8. “Handling procedures in food processing convert food into consumable form.” Discuss this statement with examples.
9. Describe the nutritional role of proteins, carbohydrates, and fats in maintaining human health.
10. Explain the government strategies that can be adopted to strengthen food security at national and household level.