

**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: 2005

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)

Answer all questions from this section.

1. (a) Differentiate between saturated and unsaturated fats.
(b) State three functions of fats in the body.
(c) Explain the dangers of excessive intake of saturated fats.
2. (a) Define food fortification.
(b) State two examples of fortified foods commonly used in Tanzania.
(c) Give four benefits of food fortification in public health.
3. (a) Explain the significance of dietary fiber to human health.
(b) Mention three sources of dietary fiber.
4. (a) Define food quality.
(b) Differentiate food quality from food safety.
(c) State three objectives of food quality assurance.
(d) Briefly explain one challenge in implementing quality assurance in developing countries.
5. (a) Define Basal Metabolic Rate.
(b) State three factors influencing BMR.
(c) Why does BMR decrease with age?

SECTION B (60 Marks)

Answer any three questions from this section.

6. Discuss the causes and effects of post-harvest food losses in Tanzania.
7. Explain the importance of micronutrients and discuss the methods used to improve their intake.
8. Describe traditional and modern preservation methods of fish, indicating their effectiveness.
9. Analyse the major factors affecting meal planning at family level.
10. Describe the health effects of pesticide residues in food and outline measures to reduce them.