

**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 : 2006

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) Define food poisoning.
(b) Identify three common causes of food poisoning.
(c) Explain three measures that can be taken to prevent food poisoning.
2. (a) Distinguish between water-soluble and fat-soluble vitamins.
(b) Give two examples of each type.
(c) Explain two roles of vitamin A in the human body.
3. (a) Define malnutrition.
(b) List four forms of malnutrition.
(c) Explain two effects of protein-energy malnutrition in children.
4. (a) State four advantages of breastfeeding to the infant.
(b) Mention two advantages to the mother.
5. Discuss the effects of climate change on food production in Tanzania.

SECTION B (60 Marks)

Answer three questions from this section.

6. (a) What are complementary proteins?
(b) Give two examples of food combinations that form complementary proteins.
(c) Explain why they are important in human nutrition.
7. (a) Define obesity.
(b) Mention three causes of obesity.
(c) State three health risks associated with obesity.
8. Analyse the importance of nutrition education in schools.
9. Explain five traditional methods of food preservation.

10. Discuss the relationship between poverty and poor nutrition.