

**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 : 2008**

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**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 in this section*

1. (a) Define the term balanced diet.  
(b) Mention four deficiency diseases and their causative nutrients.
2. (a) State two differences between water-soluble and fat-soluble vitamins.  
(b) Give two examples of water-soluble vitamins and two examples of fat-soluble vitamins.  
(c) State one deficiency disease for each of the vitamins mentioned in (b).
3. (a) List three sources of dietary fiber.  
(b) Explain three functions of dietary fiber in the human body.
4. (a) Differentiate between food spoilage and food poisoning.  
(b) State four causes of food spoilage.
5. (a) Mention four traditional methods of food preservation.  
(b) Outline two disadvantages of traditional methods of food preservation.
6. (a) Explain the meaning of food fortification.  
(b) Give three examples of fortified foods consumed in Tanzania.
7. (a) Define complementary feeding.  
(b) State two principles of complementary feeding.  
(c) Mention two problems associated with poor complementary feeding practices.
8. (a) List three sources of iron in the human diet.  
(b) State three consequences of iron deficiency.

### **SECTION B (60 Marks)**

*Answer only three questions from this section*

9. Discuss the effects of rapid population growth on food production and nutrition in developing countries.
10. Analyse the contribution of women in promoting household food and nutrition security in Tanzania.

11. Explain the role of nutrition education in improving public health, giving five detailed points.
12. Discuss six effects of climate change on food security in Sub-Saharan Africa.
13. Evaluate government efforts in promoting food production and nutrition in Tanzania.