

**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 : 2009

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 food security.
(b) State four pillars of food security.
(c) Mention two challenges of achieving food security in Tanzania.
2. Explain three functions of proteins in the human body.
3. (a) List any three water-soluble vitamins.
(b) For each, give one deficiency disease.
4. (i) What is food preservation?
(ii) Mention three traditional methods of preserving food.
(iii) State two limitations of these methods.
5. Differentiate between complete proteins and incomplete proteins.
6. (a) Give three sources of dietary fiber.
(b) State three functions of dietary fiber.
7. Explain two causes of food poisoning and two measures to prevent it.
8. Write down four disadvantages of overnutrition.

SECTION B (60 Marks)

Answer only three questions from this section

9. Discuss the impact of climate change on food and nutrition security in Africa.
10. Analyse the effects of HIV/AIDS on food production and household nutrition in Tanzania.
11. Evaluate six methods of food preservation and their importance in maintaining food security.

12. Discuss the challenges facing urban populations in maintaining healthy diets, and suggest possible solutions.
13. Assess the importance of dietary guidelines in promoting public health.