

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

155/1

FOOD AND HUMAN NUTRITION 1

(For Both School and Private Candidates)

Time: 3 Hours

Friday, 10th May 2019 p.m

Instructions

1. This paper consists of sections **A** and **B**.
2. Answer **all** questions in section **A** and only **Three (3)** questions from section **B**.
3. Cellular phones and any unauthorised materials are **not** allowed in the examination room.
4. Write your **examination Number** on every page of your answer booklet(s).

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ACSEE-0518

SECTION A (40 Marks)

Answer **all** questions in this section

1. (a) Briefly describe three temporary grain storage methods commonly used by Tanzanian villagers.
(b) Give four disadvantages of an underground food grain storage method.
2. (a) Draw a diagram of a cross section of wheat grain and label its nutritive parts.
(b) State the location and nutrient composition of each part of wheat grain labeled in part (a).
3. Briefly explain eight factors to consider when planning family meals.
4. (a) (i) State two determinants of the choice of a raising agent to be used and give one example of a product and raising agent used in each case.
(ii) State what will happen if a filler material is not added to the baking powder during baking by giving two points.
(b) Briefly explain how physical raising agent brings about its effect in raising the dough.
5. (a) Outline four properties of vitamin A
(a) State three functions of vitamin A in the body.
(b) Briefly explain three factors which influence the absorption of vitamin A in the body.

SECTION B (40 Marks)

Answer **only three** questions from this section.

6. "Food fortification is an important practice to improve the micronutrient intake of intended individuals" Support this statement by:
(a) Explaining how cereal flour and common salt are fortified.
(b) Explaining seven necessary conditions for a successful food fortification.
7. Explain nine actions to be taken by any government in order to improve food security at household level.
8. Describe nine factors that affect nutritional value of food stuffs.
9. "Fish are highly perishable food items which need immediate preservation so as to prevent spoilage" Support the statement by
(a) explaining three reasons for the rapid spoilage of fish
(b) explaining four traditional methods of preserving fish.
10. Describe seven major problems facing the storage of non-perishable food crops in the tropics and suggest four storage practices to tackle those problems.