

**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

Year: 2020

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 (60 Marks)

Answer all questions in this section.

1. (a) Differentiate bicarbonate of soda from baking powder leavening agents
(b) Identify four (4) weak acids that can be used with bicarbonate of soda to neutralize its effect in the mixture.
2. (a) You are given a composition of the available raw whole milk and skimmed milk as 4.6 and 0.1 percent butter fat, respectively, calculate the amount of each of the two types of milk to be blended together to make 350 litres of milk with a butter content of 3.8 percent.
(b) Give two (2) purposes of changing fat content of the starting milk in food processing.
3. (a) Explain how rapid population growth and HIV/AIDS influence food security.
(b) Propose seven (7) measures of improving food security in developing countries.
4. Explain five (5) methods used to control rodents and to give one (1) advantage of each method.
5. (a) of this question required the candidates to explain five (5) significances of sugar and starch to our health.
(b) Explain five (5) significances of dietary fibre to our health.
6. (a) Explain three (3) food toxins which interfere with the bioavailability of minerals
(b) Explain two antivitamins found in our traditional foods.

SECTION B (40 Marks)

Answer two questions from this question.

7. (a) explain seven (7) conditions under which human poisoning can occur during handling and applying Pesticides
(b) Explain three (3) safety standards that should be taken in handling and applying pesticides
(c) Explain eight (8) rules to be followed when handling and applying pesticides in order to prevent oral and dermal toxicity to the people.
8. (a) Describe six (6) factors which affect the nutrient intake to elders.
(b) Suggest nine (9) features of the diet of elders to meet their nutritional requirements.
9. Describe nine (9) chemical preservatives which can be used in the food and beverage processing industry to prevent microbial growth in the final products.