

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

155/2

FOOD AND HUMAN NUTRITION 2

(For Both School and Private Candidates)

Time : 3 Hours

Year: 2002

Instructions

1. This paper consists of sections **A** and **B**.
2. Answer all questions in section **A** and only **two (2)** 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 (60 Marks)

Answer all questions in this section

1. Give five reasons why dietary surveys may provide inaccurate information in assessing the nutritional status of a community.
2. Mention four objectives of nutrition education programmes and state three components of nutrition programmes.
3. Identify six indicators of marasmus and explain four control measures for the condition.
4. State two criteria for establishing a catering service and explain five problems facing the catering industry in Tanzania.
5. Define food quality assurance systems and explain four activities involved in quality assurance systems.
6. Describe briefly four foods commonly associated with outbreaks of staphylococcal food poisoning and state five symptoms of the illness.

SECTION B (40 Marks)

Answer only two questions from this section

7. Discuss seven causes of undernutrition in expectant women and suggest two strategies to overcome micronutrient deficiencies.
8. “Food handlers can be a major source of contamination.” Support this statement by describing three contamination routes and six prevention measures.
9. Support the statement “Breastfeeding practice is the best way of feeding infants” by giving six measures to control promotion of infant formulae and four alternatives working mothers may apply.
10. Explain six techniques of promotion used in catering establishments.