

**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: 2005**

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**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. Mention four objectives of nutrition education programmes and two types of information under each component.
2. Describe six conditions that favour microbial growth in food.
3. State the importance of practicing good personal hygiene in food preparation areas.
4. Identify six indicators of protein-energy malnutrition and suggest four measures to control it.
5. Define food quality assurance systems and outline five activities involved in quality assurance.
6. List five features of successful nutrition intervention programmes.

### **SECTION B (40 Marks)**

Answer only two questions from this section

7. Discuss the causes of undernutrition among children under five years, giving examples of immediate, underlying and basic causes.
8. “Catering services are essential in tourism development.” Explain five criteria for establishing catering services and discuss four challenges facing the industry.
9. Support the statement “Breastfeeding is the best practice for feeding infants” by suggesting six measures to control infant formula promotion and three alternatives for working mothers.
10. Describe six promotion techniques used in catering establishments.