

**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: 2008**

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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. Define food contamination and explain four types of contamination that may occur during food processing.
2. State four objectives of the National Food and Nutrition Policy and discuss three challenges in its implementation.
3. Identify five key features of an effective nutrition intervention programme.
4. Discuss six criteria that should be considered when establishing a hotel catering service.
5. Outline six consequences of inadequate protein intake in school children.
6. Define a standard recipe and mention five benefits of using standard recipes in catering establishments.

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

Answer only two questions from this section

7. “Food hygiene is a shared responsibility.” Critically analyse the role of food handlers, consumers, and regulatory bodies in ensuring food safety, giving two roles for each.
8. Discuss six techniques of food promotion that are applicable in modern catering and hospitality industries.
9. Explain how nutrition education can address the problem of undernutrition among adolescent girls, giving six critical interventions.
10. Examine five causes of micronutrient deficiencies in expectant mothers and propose five practical solutions to overcome them.