

**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: 2011

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 malnutrition and outline six socio-economic effects of malnutrition on a developing country.
2. Describe five techniques of food preservation that can help reduce foodborne diseases.
3. State six benefits of breastfeeding for both mother and child.
4. Define foodborne diseases and explain four common causes in Tanzanian households.
5. Mention four objectives of catering services and explain three challenges in providing catering in schools.
6. Discuss five factors that influence menu planning in hotels and restaurants.

SECTION B (40 Marks)

Answer only two questions from this section

7. Examine six practical solutions that can reduce micronutrient deficiencies in vulnerable groups in Tanzania.
8. Critically discuss the role of community participation in the success of nutrition intervention programmes, giving six examples.
9. Evaluate six factors that contribute to the failure of food safety regulations in food industries.
10. Propose six strategies to strengthen breastfeeding promotion campaigns in developing countries.