

**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: 2014**

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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 (40 Marks)**

Answer all questions from this section

1. Describe five dietary assessment methods you can use to determine nutritional status of a community.
2. Identify four benefits of vaccines and explain why immunization is important in nutrition programmes.
3. “The causes of undernutrition are multisectoral.” Analyze immediate, underlying and basic causes of undernutrition among children under five years.
4. Identify eight problems facing the catering industry in Tanzania.
5. Explain briefly seven items that should appear in a standard recipe.
6. Food handlers are key contributors to cross-contamination. Describe three ways through which they can contaminate food and six ways to prevent contamination.

## **SECTION B (60 Marks)**

Answer two questions from this section

7. Explain nine approaches used to deliver nutrition education in developing countries.
8. Support breastfeeding practice as the best way of feeding infants by suggesting four ways working mothers can continue feeding breast milk during working hours.
9. Identify seven reasons for controlling resources in catering and two control techniques.
10. State the objectives of Food and Nutrition Policy for Tanzania and explain three roles of the Ministry of Trade and Industry in making the policy a success.