

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

155/2

FOOD AND HUMAN NUTRITION 2

(For Both School and Private Candidates)

Time: 3 Hours

Monday, 14th May 2018 a.m

Instructions

1. This paper consists of sections **A** and **B**.
2. Answer **all** questions in section **A** and only **Three (3)** questions from section **B**.
3. Cellular phones and any unauthorised materials are **not** allowed in the examination room.
4. Write your **examination Number** on every page of your answer booklet(s).

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SECTION A (40 Marks)

Answer **ALL** questions in this section.

1. (a) Define food quality assurance systems and to state their importance.
(b) Explain briefly five activities involved in quality assurance systems.
2. Describe briefly eight features of successful nutrition intervention programs.
3. (a) Define the term “standard recipe”.
(b) Describe briefly seven items to be included in a standard recipe.
4. (a) (i) Mention three foods associated with outbreak of staphylococcal food poisoning.
(ii) mention five symptoms of staphylococcal food poisoning
(b) state four steps used to limit the incidence of staphylococcal enterotoxin in food.
5. (a) Define nutrition education and give its role.
(b) Briefly, describe three major components of nutrition education.

SECTION B (60 Marks)

Answer only three questions from this section.

6. Give seven reasons for controlling resources and two techniques of controlling resources in a catering industry.
7. Analyze six practical solutions to nutrition problems.
8. Support the statement, “Requirements for growth of microorganism are identical regardless of whether they are harmful or beneficial organisms”, by
(a) classifying the microorganisms important in food microbiology
(b) describing four extrinsic factors that influence growth of microorganisms in foods.
9. Describe six health practices to be addressed when providing nutrition education to mothers having undernourished children.
10. “Breastfeeding practice is the best way of feeding infants and it should be promoted in developing countries”. Support this statement by:
(a) Describing seven measures to control promotion and use of infant formulae
(b) Suggesting four alternative ways that working mothers can apply to make sure that their infants are fed with breast milk during working hours.