

**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

Year: 2022

Instructions

1. This paper consists of sections **A** and **B**.
2. Answer **all** questions in section **A** and only **Two (2)** 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).

maktaba.tetea.org



SECTION A (60 Marks)

Answer all questions in this section.

1. The elderly are at a high risk of being affected by undernutrition in our country.
 - (a) Identify eight causes of undernutrition to this group.
 - (b) Suggest two nutritional strategies to help elders maintain a healthy diet and good eating habits.
2.
 - (a) Elaborate three ways in which the amount of water present in food can be made unavailable for microbial growth.
 - (b) Identify four methods of reducing the water available for microbial growth to prevent growth of spoilage and poisoning microorganisms that may be present in raw foods.
3. It is recommended that weaning should start at the age of 4 to 6 months for the growth and health of infants to be normal. In view of this statement, briefly explain;
 - (a) Two characteristics of proper weaning foods.
 - (b) Three reasons for the malnourishment of infants in Africa countries during the weaning period.
4. The Maliasili Hotels Ltd has hired you to train its kitchen managers on recipe formulation. Briefly explain ten factors to be considered in formulating recipes for the customers which you would include in your presentation.
5. Marasmus is one of the severe forms of Protein – Energy Malnutrition affecting most under-five children in developing countries; yet many people are not able to detect the problem for immediate control. Identify six indicators and four control measures of the condition.
6.
 - (a) Why mothers are advised to breast-feed their newborns instead of feeding them with breast-milk substitutes? Give eight points.
 - (b) Briefly explain how feeding the newborns with breast-milk substitutes may lead to undernutrition in developing countries.

SECTION B (40 Marks)

Answer two questions from this section

7. You have been invited to a meeting to address the issue on the management of catering establishments. The specific agenda is “the principles of catering which form basic guidelines to managing catering operations.” Analyse nine principles which you would include in your presentation.
8. In a ward meeting, the members were given a nutritional education message stating, “Every mother should provide her children with meat or fish every day.”
 - (a) In three points, justify why the message may be considered unsuitable for the nutritional education program in our country.

- (b) Recommend six suitable techniques for coming up with a successful nutritional education program with the same objective.
9. It has been observed that microbial food poisoning is one of the leading problems which affect the catering business. Suggest six approaches that can be used to control the situation.