

**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: 2023**

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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)** 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 (60 Marks)**

1. Assume that you have planned to establish a profitable catering business in the Tanzanian's capital city and you need to estimate the budget for starting that business. Briefly explain five areas that will require estimation of the budget in your business.
2. Briefly explain;
  - (a) the importance of nutrition education communication.
  - (b) characteristics of a communication message on food and nutrition problem solving to the community.
3. The microbiological analysis of most patients who consumed poultry, fish and meat dishes in a wedding ceremony revealed the presence of clostridium perfringens. Suggest five techniques the caterer could have taken to prevent the condition.
4. A mother in her 8th pregnancy visited you complain that she experienced spontaneous fractures and is suffering from deformed spine and rheumatic pain in the legs and lower back. Assist this woman to control the condition by identifying.
  - (a) two main causes of the condition
  - (b) four preventive measures and
  - (c) four treatments for the condition
5. Suppose you have been employed as an expert in menu planning;
  - (a) Briefly explain how the knowledge on food preparation and service methods can simplify your work.
  - (b) Categorize eight factors you should consider before planning the menu.
6. The women belonging to Mandateni women group are complaining about the use of contraceptives. Recommend five major factors to consider in selecting an appropriate contraceptive method for use which they have to know.

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

Answer two questions from this section.

7. Microorganisms that cause food-borne illnesses may contaminate food products through different routes. Justify this statement in nine points.
8. The food and nutritional policy is an essential aspect that coordinate the implementation of food and nutrition programmes in any state.
  - (a) Elaborate six aims of the Food and Nutrition Policy for Tanzania to the modern Tanzanian community.
  - (b) Analyse four areas which are emphasized in the policy.
9. The forms of undernutrition in the community are caused by different factors that require multiple measures to control them. In view of this statement;
  - (a) Explain how lack of nutrition education and failure to eat enough food for the bod requirements can cause undernutrition.
  - (b) Suggest seven practical solutions to the situation.