

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

155/1

FOOD AND HUMAN NUTRITION 1

(For Both School and Private Candidates)

Duration: 3 Hours

Year: 2025

Instructions

1. This paper consists of sections A and B with a total of **nine (9)** questions.
2. Answer **all** questions in section **A** and choose any **two (2)** questions from section **B**.
3. Section A carries **sixty (60)** marks and section B carries **forty (40)** marks.
4. All writing must be in **black** or **blue** ink.
5. Communication devices and any unauthorised materials are **not** allowed in the examination room.
6. Write your **Examination Number** on every page of your answer booklet(s).



SECTION A (60 Marks)

Answer **all** questions from this section.

1. Most of the people with inadequate nutritional education consume mineral deficiency foods. Identify five types of nutritional disorders they are likely to suffer from.

2. Waste management aims at ensuring proper health of people in the community.
 - (a) Describe the waste management process.
 - (b) Identify four benefits of waste management to the community.

3. The global increase in fuel and food prices affect the economies of developing countries; some of which end up with malnutrition crisis. Briefly explain this situation based on the conceptual framework of malnutrition.

4. It is difficult to care for infant whose mothers have died during child birth. Briefly explain four alternative methods and challenges of feeding those infants and four challenges they are likely to face when applying the methods.

5. Most of the street food vendors do not adhere to hygienic practices when handling food. If you were to intervene, briefly explain five hygienic practices you would advise them to abide to.

6. a) Explain the meaning of food poisoning.
(b) Examine how the following bacterial agents cause food poisoning;
 - (i) *Salmonella*
 - (ii) *Staphylococcal aureus*
 - (iii) *Clostridium botulinum*
 - (iv) *Clostridium perfringens*

SECTION B (40 Marks)

Answer any **two (2)** questions from this section.

7. You are designing a menu which will be displayed using varieties of menu cards for a class party that will be held after the completion of the Form Six examination.
 - (a) Analyse four things you should be familiar with before designing a particular menu.
 - (b) Suggest five features of a good menu card.
8. The Changamoto village leader is planning a nutrition intervention programme to eradicate the problem of Iron deficiency in the village. Describe six factors he has to consider for the successful programme.
9. Explain three causes of food intoxication and three measures to control it.