

**THE UNITED REPUBLIC OF TANZANIA  
NATIONAL EXAMINATION COUNCIL OF TANZANIA  
DIPLOMA IN SECONDARY EDUCATION EXAMINATION**

752

**HOME ECONOMICS**

**Time: 3 Hours.**

**ANSWER**

**Year: 1999 January**

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**Instructions**

1. This paper has Section A, B and C with a total of **Sixteen (16)** questions.
2. Answer **all** questions from Section A and **two (2)** questions from Section B and C each.
3. Section A carries **forty (40)** marks and Section B and C carries **thirty (30)** marks each.
4. Mobile phones are **not** allowed inside the examination room.
5. Write your **Examination Number** on every page of your answer booklet

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## **SECTION A (40 Marks)**

Answer all questions in this section.

1. Define the term “nutrition education” and give two of its main objectives.

Nutrition education is the process of teaching individuals about the principles of healthy eating and proper nutrition.

One objective is to enable individuals to make informed food choices that improve their health.

Another objective is to promote dietary habits that prevent nutrition-related diseases such as malnutrition and obesity.

2. Mention four disadvantages of open fire cooking methods.

Open fire cooking produces smoke, which can cause respiratory problems.

It wastes fuel due to inefficient burning of wood or charcoal.

There is a higher risk of burns or fire accidents.

Cooking time is often longer compared to modern cooking methods.

3. State four roles of clothing in human life.

Clothing provides protection from environmental factors such as cold, heat, and rain.

It maintains modesty and conforms to social and cultural norms.

Clothing expresses personal identity and fashion preferences.

It can indicate social status or occupation in some communities.

4. Give four advantages of refrigeration in food preservation.

Refrigeration slows down microbial growth, extending the shelf life of food.

It maintains the freshness and taste of perishable foods.

Refrigeration reduces food wastage by keeping food safe for longer periods.

It allows storage of seasonal foods, making them available throughout the year.

5. Mention four challenges faced by rural families in maintaining good sanitation.

Limited access to clean water hinders proper hygiene practices.

Poor waste disposal systems lead to accumulation of garbage.

Lack of awareness on hygiene practices contributes to disease spread.

Financial constraints prevent construction of proper sanitation facilities.

6. State four measures to consider when caring for school uniforms.

Wash uniforms regularly to maintain cleanliness.

Iron uniforms properly to remove wrinkles and maintain appearance.

Repair torn seams or buttons promptly to extend the life of the uniform.

Store uniforms in a clean, dry place to prevent damage and mildew.

7. Identify four factors that influence the choice of teaching methods in Home Economics.

The learning objectives of the lesson determine the appropriate method.

Students' age, ability, and learning styles influence method selection.

Availability of resources and materials affects which methods can be used.

Time constraints may limit the choice of time-intensive teaching methods.

8. Give four effects of poor ventilation in the home.

Poor ventilation can lead to accumulation of harmful gases, causing respiratory issues.

It encourages dampness and mold growth, affecting health and building integrity.

Lack of fresh air may cause discomfort and fatigue among occupants.

It can increase the spread of airborne diseases within the household.

9. Mention four consequences of sexually transmitted infections (STIs).

STIs can cause infertility if left untreated.

They may result in chronic pain and long-term health complications.

STIs can be transmitted from mother to child during pregnancy or childbirth.

Social stigma may affect relationships and psychological well-being.

10. Give four ways of encouraging students to participate actively in Home Economics lessons.

Incorporate practical activities that require hands-on participation.

Use group work and discussions to engage students collaboratively.

Provide positive reinforcement and recognition for contributions.

Relate lessons to real-life experiences to make them more relevant.

### **SECTION B (30 Marks)**

Answer any two questions from this section.

11. Discuss five steps to follow when preparing a lesson plan in Home Economics.

First, define the lesson objectives clearly to guide teaching and learning outcomes.

Second, select the appropriate content and resources needed for the lesson.

Third, plan teaching methods and activities that suit the topic and learners' needs.

Fourth, allocate time for each activity to ensure a balanced and efficient lesson.

Fifth, include assessment methods to evaluate students' understanding and skills.

12. Explain five advantages of involving parents in Home Economics education.

Parental involvement reinforces lessons learned at school through guidance at home.

It improves students' motivation and interest in Home Economics.

Parents can provide resources or support for practical activities.

It encourages better family practices, such as nutrition and hygiene, at home.

Engaging parents strengthens the school-community relationship, promoting holistic education.

13. Discuss five reasons why adolescents need guidance and counseling in schools.

Adolescents face peer pressure and need guidance to make responsible choices.

Counseling helps address emotional and psychological challenges during adolescence.

It supports academic performance by helping students set goals and manage stress.

Guidance programs educate adolescents on sexual and reproductive health issues.

Counseling assists in preventing behavioral problems such as substance abuse or delinquency.

### **SECTION C (30 Marks)**

Answer any two questions from this section.

14. Assess five ways of promoting entrepreneurship through Home Economics education.

Home Economics equips students with practical skills to start small businesses such as catering or tailoring.

It teaches resource management, helping students plan and budget for business activities.

Students learn marketing techniques, enabling them to sell products effectively.

The subject fosters creativity and innovation, encouraging the development of unique products.

It builds confidence and problem-solving skills essential for entrepreneurial success.

15. Discuss five effects of poor family resource management.

Poor management can lead to financial difficulties and inability to meet basic needs.

It may cause food shortages or wastage, affecting family nutrition.

Inadequate resource allocation can result in poor education and healthcare for children.

Family conflicts may arise due to disagreements over resource use.

It limits opportunities for investment and wealth accumulation, perpetuating poverty.

16. Explain five reasons why nutrition education is important in fighting malnutrition in Tanzania.

Nutrition education raises awareness about the importance of balanced diets and healthy eating habits.

It helps individuals make informed food choices that meet nutritional needs.

Education promotes proper meal planning and food preparation practices.

It supports national health initiatives aimed at reducing malnutrition rates.

Nutrition education encourages the use of locally available nutritious foods, improving food security and dietary diversity.