

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

752

HOME ECONOMICS

Time: 3 Hours.

ANSWER

Year: 2000

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 “balanced diet” and give two examples of balanced meals suitable for school children.

A balanced diet is a diet that contains all the essential nutrients in the correct proportions to maintain health and support growth and development.

One example of a balanced meal suitable for school children is rice, beans, spinach, and a boiled egg. This meal provides carbohydrates, proteins, vitamins, and minerals.

Another example is ugali, fish, and sukuma wiki (collard greens). This meal includes carbohydrates, proteins, fiber, and essential vitamins.

2. State four differences between hand sewing and machine sewing.

Hand sewing is done manually using a needle and thread, while machine sewing uses a sewing machine that operates mechanically or electrically.

Hand sewing is generally slower than machine sewing, making it suitable for small repairs or delicate work, whereas machine sewing is faster and efficient for large pieces of fabric.

Hand sewing offers more control for intricate designs, while machine sewing provides uniform stitches and strength for seams.

Hand sewing requires minimal equipment, but machine sewing requires a sewing machine and electricity.

3. Give four advantages of teaching Home Economics through demonstrations.

Demonstrations allow learners to observe the correct way of performing a task, making it easier for them to replicate it.

They help in simplifying complex procedures by showing step-by-step methods.

Demonstrations encourage active participation as students can ask questions and clarify doubts immediately.

They enhance retention of knowledge because learners can see and sometimes practice the activity firsthand.

4. Mention four qualities of good teaching aids in Home Economics.

Good teaching aids should be relevant to the lesson topic to ensure effective learning.

They should be durable so they can be used multiple times without significant wear and tear.

Teaching aids should be attractive and interesting to capture learners' attention.

They must be easy to use so that both teachers and students can handle them without difficulty.

5. State four measures that can be taken to reduce wastage of food in the home.

Planning meals in advance helps to buy only the required quantity, reducing the risk of excess food.

Proper storage of food using containers and refrigeration can prevent spoilage.

Using leftovers creatively, such as turning yesterday's food into a new meal, reduces wastage.

Educating family members about portion control ensures that food is consumed in reasonable amounts.

6. Outline four ways of ensuring safety when ironing clothes.

Always check that the ironing board is stable to prevent the iron from tipping over.

Keep the iron cord away from water to avoid electric shocks.

Do not leave the iron unattended while it is plugged in to prevent fire hazards.

Turn off and unplug the iron immediately after use to ensure complete safety.

7. Identify four characteristics of a good timetable for Home Economics lessons.

A good timetable should allow adequate time for both theory and practical lessons.

It should avoid placing practical lessons consecutively to reduce fatigue among students.

The timetable should be flexible enough to accommodate changes in lesson schedules.

It should ensure that resources such as laboratories and kitchens are available when needed.

8. Give four factors that influence the choice of clothing among secondary school students.

Fashion trends and peer influence play a significant role in students' clothing choices.

Comfort and suitability for the weather influence what students wear daily.

Economic factors, such as affordability, affect students' ability to buy certain clothes.

Cultural and religious beliefs can determine appropriate clothing for school and social events.

9. State four disadvantages of early sexual relationships among adolescents.

Early sexual relationships can lead to teenage pregnancies, which may interrupt education.

They increase the risk of sexually transmitted infections, affecting health.

Emotional instability and stress can result from early intimate relationships.

It can lead to social problems, including stigma from family and community.

10. Mention four reasons why record keeping is important in Home Economics.

Record keeping helps track students' progress and performance in practical and theory lessons.

It provides evidence of activities carried out, useful during evaluations or inspections.

Records help teachers plan future lessons based on past performance and outcomes.

It allows for accountability and proper management of resources used in teaching Home Economics.

SECTION B (30 Marks)

Answer any two questions from this section.

11. Discuss five steps that should be followed when preparing a practical lesson in cookery.

First, identify the lesson objectives clearly. Objectives guide the lesson and ensure learners understand the expected outcomes.

Second, prepare a list of ingredients and equipment required for the lesson. This ensures that all necessary materials are available before the lesson begins.

Third, plan the procedure step by step. Each step should be clear, logical, and safe for learners to follow.

Fourth, set up the cooking area properly, ensuring safety, hygiene, and accessibility of tools. A well-organized environment prevents accidents and promotes efficient learning.

Fifth, demonstrate the procedure to the students while explaining each step. This allows learners to observe, ask questions, and practice the activity themselves.

12. Explain five effects of poor sanitation in the home on family health.

Poor sanitation can lead to the spread of waterborne diseases such as cholera and typhoid, affecting family health.

It can attract pests and rodents, which are carriers of infections and cause illnesses.

Accumulation of waste and dirt may result in respiratory problems due to unhygienic living conditions.

Children in unsanitary homes are more likely to suffer from diarrheal diseases, affecting their growth and education.

Poor sanitation can reduce overall quality of life by creating an unhealthy and unpleasant living environment.

13. Discuss five challenges facing teachers of Home Economics in secondary schools and suggest solutions for each.

One challenge is the lack of adequate teaching resources. This can be solved by proper budgeting, fundraising, or seeking support from the community and stakeholders.

Another challenge is limited time for practical lessons. Teachers can solve this by efficient lesson planning and integrating practical activities with theory topics.

Large class sizes make individual attention difficult. Using group work and peer teaching can help manage this challenge.

Some students lack interest in Home Economics. Teachers can use interactive and innovative teaching methods to make lessons engaging.

Safety concerns in practical sessions are common. Regular training on safety measures and strict enforcement of safety rules can address this problem.

SECTION C (30 Marks)

Answer any two questions from this section.

14. Explain five reasons why budgeting is important in the management of family resources.

Budgeting helps in planning how money will be spent, ensuring that essential needs are prioritized.

It prevents overspending by tracking income and expenditures.

Budgeting enables families to save for future emergencies or investment opportunities.

It helps in controlling wasteful expenditure by identifying unnecessary spending.

Budgeting provides a clear picture of financial standing, facilitating better decision-making.

15. Describe five factors to consider when selecting methods of teaching Home Economics.

The complexity of the topic should guide the teaching method; difficult topics may need demonstrations.

Students' learning styles should be considered; some may benefit more from practical activities while others from discussions.

The resources available influence the method; methods requiring materials may not work if resources are limited.

Time available affects method selection; some methods like projects may need more time than lectures.

The learning objectives should match the method; practical skills require hands-on methods while theory can use lectures or discussions.

16. Assess five roles of Home Economics education in the development of the community.

Home Economics education promotes proper nutrition and health, reducing illness and improving productivity.

It equips individuals with skills for income-generating activities, contributing to poverty alleviation.

It fosters good family management practices, leading to stronger and more stable families.

It encourages resource conservation and environmental management within communities.

It enhances social development by teaching life skills, hygiene, and ethical values that strengthen community well-being.