

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

752

HOME ECONOMICS

Time: 3 Hours.

ANSWER

Year: 2001

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 “nutritional labeling” and state two pieces of information commonly found on a food label.

Nutritional labeling refers to the information provided on packaged foods that details the nutrient content and health claims, intended to help consumers make informed dietary choices.

One piece of information commonly found is the serving size and the number of servings contained in the package.

Another piece of information commonly found is the amount of specific nutrients per serving, such as total fat, saturated fat, sodium, and total carbohydrates.

2. List four essential equipment items needed to set up a basic hand-stitching area.

An essential equipment item for a basic hand-stitching area is a set of hand sewing needles of various sizes and types.

Another essential item is a sharp pair of scissors or snips specifically for cutting thread.

A third essential item is a selection of suitable threads in common colors like black, white, and a neutral shade.

Finally, a thimble is an essential item used to protect the finger when pushing the needle through fabric.

3. Mention four non-verbal ways families communicate support and affection.

One non-verbal way families communicate support and affection is through physical touch, such as hugs, pats on the back, or holding hands.

Another way is by maintaining eye contact while listening, which signals attention and respect.

The use of supportive facial expressions, such as smiling or nodding reassuringly, conveys warmth and approval.

Also, spending quality time in shared activities without distraction shows that the family member is valued and supported.

4. State four reasons for avoiding the reuse of cooking oil, especially when deep-frying.

One reason is that reheated oil breaks down chemically, increasing the formation of harmful compounds like free radicals and aldehydes, which are detrimental to health.

Repeated heating lowers the smoke point of the oil, making it burn faster and impart an unpleasant, burnt flavor to food.

The reuse of oil causes it to absorb food particles, which can spoil quickly and harbor bacteria, leading to food safety issues.

It also results in a darker color and thicker texture in the oil, which negatively affects the appearance and taste of subsequently fried foods.

5. Give four steps for performing a simple spot cleaning or stain removal test on a fabric before washing.

The first step is to select an inconspicuous area of the garment, such as an inner seam, hem allowance, or inside a pocket.

Next, apply a small amount of the chosen cleaning product (detergent or stain remover) directly onto the test area.

Allow the product to sit for the recommended time, observing the fabric closely for any immediate changes.

Finally, blot the area with a white cloth and check the fabric for color loss, fading, or damage before proceeding to treat the stain.

6. Identify four environmental factors that speed up the spoilage of fresh vegetables.

One environmental factor that speeds up spoilage is high temperature, which accelerates the respiration rate and enzyme activity in the vegetables.

Another factor is high humidity, which encourages the growth of mold and bacteria on the vegetable surfaces.

Exposure to ethylene gas, which is naturally released by some fruits and vegetables (e.g., apples, bananas), can hasten the ripening and subsequent decay of ethylene-sensitive vegetables.

Finally, physical damage like bruising or cutting provides entry points for microbes and increases moisture loss, rapidly accelerating spoilage.

7. List four characteristics of a well-balanced preschooler's packed lunch.

A well-balanced preschooler's packed lunch includes a source of protein, such as slices of lean meat, cheese, or beans, for growth and satiety.

It must contain a good source of complex carbohydrates, like whole-wheat bread, rice, or pasta, to provide sustained energy.

The lunch should feature a variety of fruits and vegetables to supply essential vitamins, minerals, and fiber.

Lastly, it should include a source of dairy or an alternative, such as milk, yogurt, or fortified soy drink, for calcium and vitamin D.

8. State four roles of a consumer advocate in protecting family welfare.

A consumer advocate educates the public on their rights and responsibilities when purchasing goods and services.

They investigate complaints and mediate disputes between consumers and businesses to achieve fair resolutions.

Consumer advocates lobby for stronger consumer protection laws and regulations to prevent fraudulent or unsafe practices.

They also monitor the safety and quality of products in the market, issuing warnings or alerts when necessary to protect public health and safety.

9. Mention four ways to safely dispose of household chemical waste (e.g., old cleaners, batteries).

One way is to take the waste to a local designated household hazardous waste collection site or event.

If possible, use up the product completely according to the manufacturer's directions, as some mild chemicals can be diluted and poured down the drain with plenty of water.

For items like batteries, take them to a retail store or recycling center that offers specialized collection programs for these materials.

Never dispose of chemical waste by pouring it into drains or sewers or by mixing it with regular trash, as this contaminates the environment and poses risks to sanitation workers.

10. Give four educational benefits of involving learners in assessing their own Home Economics practical work.

Involving learners in self-assessment promotes self-reflection on their skills and decision-making processes during the practical activity.

It helps learners develop critical thinking skills by requiring them to evaluate their work against set criteria or standards.

Self-assessment fosters a sense of ownership and responsibility for their learning outcomes and the quality of their finished products.

It also helps learners to identify their own strengths and weaknesses, which guides them in setting personal goals for future skill improvement.

SECTION B (30 Marks)

Answer any two questions from this section.

11. Describe six essential considerations a family should make before acquiring a major home appliance (e.g., refrigerator or washing machine).

One essential consideration is the family's needs and capacity, including the size of the household, the frequency of use, and the available space in the home for the appliance. This ensures the appliance is appropriately sized and functional.

The energy efficiency rating of the appliance, such as the use of an Energy Star rating, should be carefully examined, as a higher rating means lower operating costs and reduced environmental impact over time.

The family must consider the total cost of ownership, which includes the initial purchase price, delivery and installation fees, and the estimated long-term running costs for electricity or water.

Features and technology offered by the appliance are important; the family should assess whether sophisticated or simpler controls are needed, and if any specific features (e.g., specialized wash cycles, smart temperature control) are necessary.

The durability and reliability of the brand and model should be researched by checking consumer reviews and warranty details, to ensure the appliance will last and minimize repair expenses.

Finally, the availability of after-sales service and spare parts in the local area is a critical consideration; easy access to qualified technicians and readily available parts will minimize downtime if a repair is needed.

12. Explain six characteristics of a developmentally appropriate learning environment for teaching Home Economics to early adolescents.

The environment should be safe and well-organized, with clearly demarcated work zones and equipment storage areas to prevent accidents and promote efficiency, which aligns with adolescents' growing need for order.

It must be flexible and adaptable, allowing for various teaching methods like individual practical work, small group discussions, and whole-class demonstrations, catering to their diverse learning styles and attention spans.

The environment should encourage collaboration and communication, perhaps through cluster seating or assigned group work stations, supporting their developmental stage of increased peer interaction and social learning.

It needs to be equipped with age-appropriate tools and resources, using equipment that is manageable and relevant to their physical size and skill level, building confidence rather than frustration.

A developmentally appropriate environment is stimulating and appealing, featuring colorful, well-displayed visual aids and examples of high-quality finished work to capture their interest and motivate them.

Crucially, it should foster independence and responsibility by assigning clear roles in cleanup and maintenance, aligning with the adolescent's desire for autonomy and mastery over tasks.

13. Discuss six ways to effectively manage and control household pests (e.g., ants, cockroaches, rodents) to ensure hygiene.

One effective way is to maintain impeccable kitchen hygiene by immediately cleaning up food spills and crumbs, and washing dishes, as pests are primarily attracted to readily available food sources.

All food, including pet food, should be stored in airtight containers made of thick plastic or glass, making it impossible for pests to access the primary source of their infestation.

Regularly seal all cracks, crevices, and holes in walls, floors, and utility entry points using caulk or steel wool, physically blocking the entry routes that pests use to enter the home.

Ensure all garbage is securely contained in bins with tight-fitting lids and is taken out frequently, preventing the accumulation of waste that provides both food and nesting sites for pests.

Eliminate sources of standing water by fixing leaky pipes, regularly emptying drip trays, and ensuring proper ventilation, as pests like cockroaches require water for survival and reproduction.

Use integrated pest management (IPM) techniques, which prioritize non-chemical methods like traps and baits, and only use chemical treatments sparingly and safely as a last resort, minimizing health risks from pesticides.

SECTION C (30 Marks)

Answer any two questions from this section.

14. Explain in detail six procedures for pressing a garment during construction to achieve a professional finish.

The first procedure is to press seams and darts flat before pressing them open or to one side, known as "setting the stitch." This flattens the thread into the fabric, making the stitching line less bulky and helping it merge into the garment structure.

Next, press with the grain line of the fabric, working from the wide end of a garment section towards the narrow end, or in the direction the threads run. Pressing against the grain can stretch and distort the fabric's shape, especially on bias cuts.

A crucial procedure is to use the appropriate heat and moisture settings for the specific fabric type being used, always starting with a lower temperature and testing on a scrap piece. Incorrect heat can scorch, melt, or shine the fabric, ruining the garment.

When pressing curved areas like bust darts or sleeves, it is essential to use pressing aids such as a tailor's ham or seam roll. These aids mold the fabric into its intended curved shape, preventing the creation of flat, harsh creases on contoured areas.

Press seams open over a pressing cloth (or press cloth) if the fabric is prone to developing a shine or press marks. This thin layer of material shields the fabric directly from the iron's heat and steam, protecting the surface texture.

Finally, after pressing with steam or moisture, the area must be allowed to cool and dry completely on the pressing board or aid before moving it. If the fabric is moved while still warm and damp, the shape will not be permanently set and the pressed area may revert to its original state.

15. Describe six different types of seams used in garment construction, explaining a suitable use for each.

The Plain Seam is the most common type, created by stitching two pieces of fabric together face-to-face and is suitable for general garment construction on fabrics that do not fray easily, such as simple side seams or shoulder seams.

The French Seam is a self-enclosed seam where the raw edges are fully encased within the seam, making it strong and tidy. It is best used on sheer or delicate fabrics like chiffon or fine silk, and for children's clothing, as it looks neat on both the inside and outside.

A Flat-Felled Seam is a strong, flat, and durable seam where the raw edges are turned under and stitched down flat to the fabric. This seam is highly suitable for casual or sportswear like jeans, work clothes, and bedding, as it can withstand considerable strain and repeated washing.

The Lapped Seam involves overlapping one finished or raw edge onto the body of another piece of fabric and stitching it down, often with decorative topstitching. It is used primarily for joining pieces made of heavy, non-fraying materials like leather or felt, or for applying yokes.

A Bound Seam is one where the raw edges are enclosed with a narrow strip of bias tape or binding material. This seam is typically used to finish edges on unlined jackets or coats where the inside of the garment will be visible, providing a clean, decorative finish.

The Overlocked Seam uses a serger machine to trim the seam allowance and stitch a neat, tight row of stitches over the edge simultaneously. Its suitable use is for knit or stretch fabrics, as the stitches offer flexibility, and also for bulk production to prevent raw edges from fraying quickly.

16. Explain six ways in which time management skills taught in Home Economics contribute to a learner's overall academic and personal success.

Time management skills taught in Home Economics, such as planning and executing multi-step practical tasks (like preparing a meal or sewing a garment), directly translate to improved organization for academic projects and assignments.

The practice of prioritizing tasks during a limited time frame in practical lessons helps learners allocate sufficient time to high-value academic activities, such as studying for difficult subjects over less critical tasks.

By learning to estimate the duration of different sub-tasks within a Home Economics project, learners become better at creating realistic schedules for homework and study sessions, preventing late-night rushes or missed deadlines.

The skill of breaking down a large project into smaller, manageable steps, a necessity in complex cooking or sewing, allows them to tackle large essays or science fair projects without feeling overwhelmed, fostering a sense of control.

Home Economics emphasizes completing tasks efficiently to maximize output during the practical time, which translates to better focus and less procrastination in their academic work, leading to higher productivity.

Finally, the ability to maintain a balance between work and leisure is implicitly taught when managing household chores or meal preparation, ensuring learners do not sacrifice their well-being for academic pressure, promoting sustainable personal success.