

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

752

HOME ECONOMICS

Time: 3 Hours.

ANSWER

Year: 2002

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 “malnutrition” and mention two types of malnutrition common in children.

Malnutrition is a condition that occurs when a person does not get the right amount or balance of nutrients necessary for growth and health.

Two types of malnutrition common in children are protein-energy malnutrition (PEM) and micronutrient deficiencies such as iron-deficiency anemia.

2. Give four functions of proteins in the body.

Proteins help in the growth and repair of body tissues, ensuring proper development and maintenance of health.

They act as enzymes and hormones, regulating various biochemical reactions in the body.

Proteins provide energy when carbohydrate and fat intake is insufficient.

They contribute to the formation of antibodies, which protect the body against infections.

3. State four safety precautions to be observed when using a sewing machine.

Ensure the sewing machine is properly grounded to prevent electric shocks.

Keep fingers away from the needle while sewing to avoid injuries.

Turn off and unplug the machine when changing needles or making adjustments.

Regularly clean and maintain the machine to prevent malfunction or accidents.

4. Mention four reasons why evaluation is important in teaching Home Economics.

Evaluation helps to determine if learning objectives have been achieved.

It provides feedback to both teachers and students on strengths and areas needing improvement.

Evaluation informs future lesson planning to enhance teaching effectiveness.

It helps in assessing the effectiveness of teaching methods and materials used.

5. Give four ways of conserving energy when cooking.

Use lids on pots and pans to reduce cooking time and conserve heat.

Prepare meals in bulk to minimize repeated cooking and energy use.

Use energy-efficient appliances, such as pressure cookers or microwaves.

Turn off stoves or ovens immediately after cooking is complete.

6. List four advantages of teaching Home Economics through group discussions.

Group discussions encourage active participation and sharing of ideas among students.

They develop communication and interpersonal skills useful in daily life.

Group discussions promote critical thinking and problem-solving abilities.

They allow students to learn from peers, gaining multiple perspectives on a topic.

7. State four qualities of a good Home Economics teacher.

A good teacher should be knowledgeable about Home Economics content and skills.

They should possess good communication skills to explain concepts clearly.

Patience is essential to guide students through complex tasks.

They should be creative in using teaching methods and resources to enhance learning.

8. Identify four causes of accidents in the kitchen.

Slippery floors can cause falls leading to injuries.

Handling sharp tools carelessly can result in cuts and wounds.

Hot surfaces or boiling liquids can cause burns if not handled properly.

Electrical appliances, if misused or faulty, can lead to shocks or fires.

9. Give four disadvantages of teenage pregnancy to the girl child.

It may lead to dropping out of school, limiting educational and career opportunities.

Teenage mothers are at higher risk of medical complications during childbirth.

They may experience social stigma and psychological stress from early motherhood.

Financial dependence and poverty can result from inability to support themselves and the child.

10. State four ways in which Home Economics contributes to poverty reduction in society.

Home Economics equips individuals with skills to run small-scale businesses, generating income.

It promotes efficient management of family resources, reducing wastage and increasing savings.

It teaches food preservation and nutrition, lowering medical expenses.

Home Economics fosters entrepreneurial skills, enabling families to diversify income sources.

SECTION B (30 Marks)

Answer any two questions from this section.

11. Discuss five principles of food preservation and give examples under each principle.

The first principle is preventing microbial growth. For example, refrigeration slows down bacterial growth in milk and meat.

The second principle is removing moisture. Drying fruits such as mangoes reduces water content and prevents spoilage.

The third principle is using chemicals. Salting fish preserves it by creating an environment unsuitable for bacteria.

The fourth principle is controlling temperature. Freezing vegetables keeps them fresh for longer periods.

The fifth principle is using airtight containers. Storing cereals in sealed containers prevents infestation by pests.

12. Explain five advantages of project method in the teaching of Home Economics.

The project method encourages hands-on learning and practical application of knowledge.

It develops problem-solving and critical thinking skills as students plan and execute projects.

Students gain teamwork skills when working on group projects.

Projects boost creativity and innovation by allowing students to make decisions independently.

They enhance retention of knowledge because learners actively participate in the learning process.

13. Discuss five ways in which cultural beliefs influence food consumption in Tanzania.

Certain cultures avoid eating specific animals due to religious or traditional beliefs, affecting diet choices.

Food preparation and cooking methods are often influenced by cultural practices, such as fermentation or roasting.

Meal patterns, like the timing and frequency of meals, are guided by cultural norms.

Portion sizes and presentation of food are influenced by cultural expectations and ceremonies.

Cultural festivals dictate the types of foods consumed during celebrations, affecting seasonal food demand.

SECTION C (30 Marks)

Answer any two questions from this section.

14. Assess five factors that influence the selection of teaching aids in Home Economics.

The topic being taught influences which aids are appropriate; practical topics need visual or hands-on aids.

Availability of resources affects selection; aids must be accessible and affordable.

Durability is important to ensure teaching aids last for multiple lessons.

Ease of use ensures that both teacher and students can interact with the aids effectively.

Relevance to the lesson objectives ensures that the aids support learning and understanding.

15. Explain five challenges facing families in maintaining proper sanitation and hygiene.

Limited access to clean water makes it difficult to maintain hygiene in homes.

Poor waste disposal systems lead to accumulation of garbage and unhygienic conditions.

Lack of knowledge on proper sanitation practices contributes to disease spread.

Overcrowding in homes can make it challenging to maintain cleanliness.

Financial constraints limit the ability to buy cleaning materials or construct proper sanitation facilities.

16. Discuss five contributions of Home Economics education towards national development.

It equips citizens with skills for self-employment and income generation, contributing to economic growth.

Promotes health and nutrition, reducing the burden on national healthcare systems.

Enhances family and community management, fostering social stability.

Encourages sustainable use of resources, protecting the environment.

Develops life skills in the population, leading to responsible and productive citizens.