

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

752

HOME ECONOMICS

Time: 3 Hours.

ANSWER

Year: 2004

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 “food hygiene” and give two examples of good food hygiene practices.

Food hygiene refers to practices that ensure food is safe to eat by preventing contamination and foodborne illnesses.

One example of good food hygiene practice is washing hands thoroughly before handling food to remove germs.

Another example is storing cooked and raw food separately to prevent cross-contamination.

2. Mention four advantages of using locally available teaching aids in Home Economics.

Locally available teaching aids are cost-effective, reducing the financial burden on schools.

They are easily accessible, allowing teachers to prepare lessons without delay.

Such aids often reflect the local context, making lessons more relevant to students’ lives.

They encourage creativity among teachers and students in using everyday materials for learning.

3. State four functions of carbohydrates in the body.

Carbohydrates provide the main source of energy for daily activities and bodily functions.

They help in the proper functioning of the brain and nervous system.

Carbohydrates spare proteins from being used as an energy source, allowing them to build and repair tissues.

They contribute to digestive health by providing dietary fiber that aids in smooth bowel movements.

4. Give four differences between natural and synthetic fibres.

Natural fibres come from plants or animals, while synthetic fibres are man-made using chemicals.

Natural fibres, such as cotton and wool, are usually more breathable than synthetic fibres.

Synthetic fibres, like polyester, are more durable and resistant to wrinkles than natural fibres.

Natural fibres tend to absorb moisture better, whereas synthetic fibres are less absorbent and dry faster.

5. Mention four problems caused by poor waste disposal in the community.

Accumulation of waste can lead to the spread of diseases such as cholera and malaria.

It causes environmental pollution, including contamination of soil and water sources.

Improper waste disposal attracts pests such as rats and flies, which carry pathogens.

It creates an unpleasant living environment with bad odors and unsightly surroundings.

6. State four ways of controlling pests in stored food.

Use airtight containers to prevent pests from accessing food.

Dry grains properly before storage to reduce moisture that attracts pests.

Regularly inspect stored food and remove any infested items.

Apply safe chemical treatments, such as approved pesticides, to control pest infestations.

7. Give four reasons for keeping financial records in a family.

Financial records help track income and expenses, enabling better money management.

They allow families to plan for future needs and emergencies.

Records provide accountability and transparency in household spending.

They help in evaluating spending patterns and making informed decisions to avoid waste.

8. State four features of a good evaluation test in Home Economics.

A good evaluation test should align with the lesson objectives to measure intended learning outcomes.

It should be clear and unambiguous, so students understand what is being asked.

The test must be reliable, providing consistent results when repeated.

It should cover both theory and practical aspects of the subject for comprehensive assessment.

9. Identify four dangers of drug abuse among adolescents.

Drug abuse can cause physical health problems such as liver or lung damage.

It may lead to addiction, which affects mental stability and daily functioning.

Drug abuse can result in poor academic performance due to lack of focus and absenteeism.

It increases the likelihood of engaging in criminal activities or risky behaviors.

10. Give four benefits of family planning to the community.

Family planning helps reduce population pressure on community resources such as schools and hospitals.

It improves maternal and child health by spacing pregnancies.

Family planning promotes economic stability as families can allocate resources effectively.

It supports women's empowerment by allowing them to participate more in education and the workforce.

SECTION B (30 Marks)

Answer any two questions from this section.

11. Explain five reasons why it is important to plan lessons before teaching Home Economics.

Planning lessons ensures that learning objectives are clear and achievable within the allocated time.

It allows the teacher to prepare necessary resources and teaching aids in advance.

Lesson planning helps in organizing activities logically, improving student understanding.

It provides a framework for assessment, ensuring that learning outcomes are measurable.

Planning reduces the likelihood of interruptions and inefficiency during teaching.

12. Discuss five effects of deficiency of vitamins on the human body.

Vitamin A deficiency can lead to vision problems, including night blindness.

Lack of vitamin D may result in weak bones and rickets in children.

Vitamin C deficiency causes scurvy, leading to gum disease and poor wound healing.

Insufficient vitamin B complex can lead to fatigue, nerve disorders, and anemia.

Vitamin K deficiency affects blood clotting, increasing the risk of excessive bleeding.

13. Explain five factors to consider when choosing cooking utensils for the family.

Durability is important to ensure utensils last longer and withstand regular use.

Safety should be considered, such as handles that do not get hot and non-toxic materials.

Ease of cleaning ensures hygiene and prevents contamination.

Cost-effectiveness allows families to choose utensils within their budget.

Suitability for the type of cooking, such as saucepans for boiling and frying pans for frying, is essential.

SECTION C (30 Marks)

Answer any two questions from this section.

14. Examine five contributions of proper child care to national development.

Proper child care ensures children grow healthy and strong, forming a productive future workforce.

It promotes early education and cognitive development, improving literacy and skills in the nation.

Healthy children reduce the burden on national healthcare systems.

Proper child care instills discipline and social values, contributing to responsible citizenship.

It supports gender equality by promoting equal care and education opportunities for all children.

15. Discuss five advantages of practical teaching in Home Economics.

Practical teaching allows students to apply theoretical knowledge in real-life situations.

It improves skill acquisition by providing hands-on experience.

Practical lessons increase learner engagement and motivation.

They enhance problem-solving and critical thinking skills in students.

Practical teaching helps teachers assess students' competence effectively.

16. Explain five measures that can be taken by schools to promote reproductive health among students.

Schools can provide comprehensive sexual education to raise awareness about reproductive health.

Establishing school health clubs encourages peer-to-peer learning and support.

Access to counseling services helps students make informed decisions about their health.

Promoting hygiene facilities, such as clean toilets and handwashing stations, supports reproductive health.

Engaging parents and the community in awareness programs reinforces positive reproductive health practices.