

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

752

HOME ECONOMICS

Time: 3 Hours.

2005

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 "basal metabolic rate (BMR)" and state two factors that can influence it.
2. List four benefits of a family adopting a Zero Waste approach to household management.
3. Mention four reasons why a teacher must conduct a pre-assessment before starting a new Home Economics unit.
4. State four methods of creating temporary fullness (e.g., gathering, pleating) in a garment.
5. Give four characteristics of a properly maintained and functioning sewing machine.
6. Identify four nutritional benefits of incorporating legumes (e.g., beans, lentils) into the daily diet.
7. List four factors that lead to fading or discoloration in colored fabrics during washing.
8. State four reasons why a family should maintain an emergency fund.
9. Mention four ways to conserve fuel/energy while cooking food in the kitchen.
10. Give four examples of sensory qualities that are important when judging the success of a cooked dish.

SECTION B (30 Marks)

Answer any two questions from this section.

11. Describe six factors that must be considered when planning the storage space in a family kitchen to maximize efficiency and safety.
12. Explain six nutritional consequences of poor maternal health during pregnancy on the developing foetus and newborn.
13. Discuss six ways a Home Economics curriculum can be adapted to promote entrepreneurship skills among learners.

SECTION C (30 Marks)

Answer any two questions from this section.

14. Explain in detail six steps involved in planning and conducting a field trip to a local food production facility or textile factory for Home Economics learners.
15. Describe six methods of preparing food that aim to preserve maximum nutrient content and explain the mechanism behind each.
16. Explain six principles of money management that are crucial for young adults starting their first independent household.