

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

752

**HOME ECONOMICS**

**Time: 3 Hour.**

**ANSWERS**

**Year: 2008**

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**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

### 1. Define the term “food contamination” and state two common sources of contamination in the kitchen.

Food contamination is the presence of harmful substances such as bacteria, chemicals, or physical objects in food, making it unsafe for consumption.

One common source in the kitchen is dirty utensils and cutting boards, which can transfer germs to food during preparation.

Another common source is unwashed hands of food handlers, which can spread bacteria and viruses to food while cooking or serving.

### 2. List four steps for preparing a simple budget for a family household.

The first step is listing all sources of income, including salaries, business profits, and any other expected funds for the period.

The second step is identifying and listing all expected expenses, such as food, rent, school fees, transport, and savings.

The third step is comparing the total income with the total expenses to ensure that expenses do not exceed income and making adjustments where necessary.

The fourth step is recording and monitoring actual spending against the planned budget to track financial discipline and make improvements for future budgeting.

### 3. Give four advantages of using cotton fabric for garment making.

Cotton fabric is soft and comfortable, making it suitable for garments worn close to the skin.

It is absorbent and breathable, allowing air circulation and moisture absorption, which is ideal for warm climates.

Cotton is easy to dye and holds color well, making it versatile for different fashion designs and color preferences.

It is durable and strong, able to withstand frequent washing and wearing without losing shape or texture.

**4. State four functions of dietary fiber in human nutrition.**

Dietary fiber aids digestion by adding bulk to stool, promoting regular bowel movements, and preventing constipation.

It helps in controlling blood sugar levels by slowing the absorption of glucose into the bloodstream after meals.

Fiber assists in lowering cholesterol levels by binding with cholesterol in the digestive tract, reducing its absorption.

It contributes to weight management by promoting a feeling of fullness, reducing overeating and excessive calorie intake.

**5. Identify four roles of a Home Economics teacher in community outreach programmes.**

The teacher educates community members on nutrition, health, and home management skills to improve their living standards.

They organize workshops and demonstrations on food preparation, sewing, and household care practices.

The teacher provides counseling services on family life education, including child care, budgeting, and nutrition.

They collaborate with health workers and local leaders to address social and health issues affecting families in the community.

**6. Mention four precautions to observe when working with hot liquids in the kitchen.**

Always use dry, firm potholders when handling containers with hot liquids to avoid burns.

Do not overfill pots and containers to prevent spillage and splashing of hot liquids.

Open container lids away from your face and body to avoid steam burns.

Keep children and unnecessary individuals away from the working area when dealing with hot liquids.

**7. List four types of needles used in hand sewing and one use for each.**

Sharps needles — used for general hand sewing on light to medium fabrics.

Embroidery needles — used for decorative stitching with embroidery threads.

Beading needles — used for threading small beads onto fabric during embellishment.

Darning needles — used for mending holes in socks or knitted garments.

**8. State four factors that influence the rate of enzymatic browning in fruits.**

Temperature affects enzyme activity; higher temperatures speed up browning up to a certain point before denaturing enzymes.

The pH level of the fruit influences browning; acidic conditions slow down enzymatic activity.

Oxygen availability affects browning; more exposure to air increases the rate of browning.

The type and amount of enzyme (polyphenol oxidase) present in the fruit determine how quickly browning occurs.

**9. Mention four social benefits of family meals.**

Family meals strengthen family bonds by providing opportunities for communication and sharing experiences.

They help transmit cultural values, traditions, and table manners to younger family members.

Family meals promote healthy eating habits and balanced diets by encouraging home-cooked meals.

They provide emotional support and create a sense of belonging and security within the family.

**10. Give four characteristics of a well-prepared lesson plan in Home Economics.**

It has clear, measurable objectives outlining what learners should achieve by the end of the lesson.

It includes relevant teaching and learning resources to support practical and theoretical content.

It follows a logical sequence of activities, moving from simple to complex tasks for easy understanding.

It allows for learner participation through questions, discussions, and hands-on activities to enhance engagement.

## **SECTION B**

### **11. Describe six methods of ensuring food hygiene during storage, transportation, and preparation, explaining how each method prevents illness.**

Cleaning storage areas and containers prevents the growth of bacteria, molds, and pests that can contaminate food.

Storing perishable foods at appropriate temperatures slows down bacterial growth and spoilage.

Using clean, covered containers during transportation prevents contamination from dust, pests, and direct handling.

Separating raw and cooked foods prevents cross-contamination where harmful bacteria from raw foods transfer to ready-to-eat foods.

Thoroughly washing fruits, vegetables, and utensils removes dirt, pesticides, and harmful microbes before food preparation.

Cooking food to the correct internal temperatures kills harmful bacteria and viruses, making food safe for consumption.

### **12. Explain six ways to integrate local cultural practices into Home Economics lessons to make them more relevant and engaging for learners.**

Including local recipes and traditional cooking techniques in practical lessons preserves cultural heritage and makes learning relatable.

Using locally available materials for sewing and craft projects promotes resourcefulness and cultural identity.

Incorporating traditional child-rearing practices and family values during family life education connects learners to their community practices.

Demonstrating local food preservation techniques like sun drying, fermentation, and smoking teaches sustainable practices.

Inviting community elders to share knowledge on cultural beliefs related to clothing, food, and home care enriches the learning experience.

Adapting assessment tasks to involve culturally relevant household management situations ensures learners apply skills in familiar contexts.

**13. Discuss six challenges faced by adolescent boys in accessing reproductive health information and services, and suggest ways to address each challenge.**

Cultural taboos discourage open discussions about reproductive health. Schools and communities should promote open, age-appropriate conversations.

Fear of stigma and embarrassment prevents boys from seeking information. Providing youth-friendly services can reduce this fear.

Lack of male-specific health services makes it difficult for boys to find suitable support. Health centers should establish services tailored to boys' needs.

Peer pressure leads boys to engage in risky behaviors. Life skills education should empower boys to make responsible choices.

Limited involvement of parents in sexual education leaves boys uninformed. Parent education programs should encourage family discussions on reproductive health.

Inadequate information in schools leaves gaps in boys' understanding. Comprehensive reproductive health education should be incorporated into school curricula.

## **SECTION C**

**14. Explain in detail six procedures for conducting a practical sewing lesson, from preparation to assessment of student work.**

Select a suitable sewing project based on learners' abilities and curriculum requirements.

Gather and prepare all materials and equipment like fabric, needles, thread, and scissors.

Brief learners on lesson objectives, procedures, and safety precautions before starting.

Demonstrate the sewing techniques step by step while explaining each stage clearly.

Supervise learners as they perform the task, offering guidance and correcting mistakes.

Assess completed work using a prepared checklist and provide constructive feedback on areas of strength and improvement.

**15. Describe six steps involved in planning and conducting a nutrition education campaign in a rural community.**

Identify the nutrition problems affecting the community through surveys and discussions.

Set clear objectives stating what the campaign aims to achieve, such as reducing anemia rates.

Develop educational materials like posters, leaflets, and demonstration plans using simple language.

Mobilize community leaders and health workers to support and publicize the campaign.

Conduct the campaign using talks, cooking demonstrations, and exhibitions to pass nutrition messages.

Evaluate the campaign's effectiveness by collecting feedback from participants and observing behavior changes.

**16. Explain six criteria to consider when selecting equipment and materials for a Home Economics laboratory setup.**

Safety — ensure equipment is safe for use by learners and appropriate for their skill level.

Durability — choose materials and tools that are strong, long-lasting, and able to withstand frequent use.

Relevance — select items that align with the Home Economics syllabus and intended practical activities.

Ease of maintenance — equipment should be easy to clean, store, and repair.

Availability — opt for resources that are easily sourced locally to reduce costs and logistical challenges.

Cost-effectiveness — balance quality and price to maximize the value of funds allocated for laboratory equipment.