

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

752

HOME ECONOMICS

Time: 3 Hour.

ANSWERS

Year: 2009

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 “nutrition education” and state two objectives of nutrition education in schools.

Nutrition education is the process of teaching individuals and communities about the principles of healthy eating, proper food choices, and the effects of diet on health and well-being.

One objective is to equip students with knowledge and skills to make informed food choices that promote good health and prevent malnutrition.

Another objective is to create awareness among students about the importance of balanced diets and hygiene in maintaining personal and public health.

2. List four steps in conducting a practical sewing lesson.

Prepare and organize all the necessary materials, equipment, and tools needed for the sewing activity.

Brief learners on the objectives of the lesson, procedures to follow, safety precautions, and expected outcomes.

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

Supervise learners as they perform the tasks, guiding them and correcting mistakes while ensuring safety and order.

3. Mention four roles of Home Economics in community development.

It promotes health and nutrition education, improving family and community well-being through better dietary practices.

Home Economics provides practical skills in areas like food preparation, clothing construction, and home management, which enhance income-generating opportunities.

It educates communities on effective budgeting and resource management, reducing poverty and promoting financial stability.

Home Economics contributes to public health awareness by teaching sanitation, personal hygiene, and food safety, preventing the spread of diseases.

4. Define “food security” and name two indicators of food insecurity.

Food security is the state where all people, at all times, have physical and economic access to sufficient, safe, and nutritious food to meet their dietary needs for a healthy life.

One indicator of food insecurity is frequent skipping of meals or reduced portion sizes in households.

Another indicator is increased cases of malnutrition-related diseases like stunting and underweight children within the community.

5. State four advantages of using charts and diagrams as teaching aids.

Charts and diagrams simplify complex information, making it easier for learners to understand difficult concepts.

They attract attention and maintain learners’ interest, enhancing concentration during lessons.

Visual aids improve memory retention by reinforcing verbal information with graphical representation.

They save time and effort by summarizing large amounts of information in a clear, organized manner.

6. Identify four common symptoms of protein deficiency in children.

Swollen abdomen due to fluid retention, commonly seen in severe protein deficiency conditions like kwashiorkor.

Delayed growth and stunted height, as proteins are vital for tissue and bone development.

Thin, brittle, and discolored hair, resulting from a lack of nutrients necessary for healthy hair.

Increased susceptibility to infections due to weakened immune function from protein deficiency.

7. List four basic principles of family budgeting.

Ensure that total expenses do not exceed total income to avoid debt and financial strain.

Prioritize essential needs such as food, shelter, health, and education before allocating funds to non-essentials.

Set aside a portion of income for savings to cater for emergencies and future plans.

Regularly review and adjust the budget to reflect changes in income, prices, or family needs.

8. State four methods of ensuring personal hygiene during food preparation.

Wash hands thoroughly with soap and clean water before and after handling food.

Keep hair tied back or covered to prevent it from falling into food during preparation.

Use clean, appropriate clothing like aprons when cooking to maintain cleanliness.

Avoid handling food when sick, especially if suffering from illnesses like diarrhea or flu.

9. Mention four cultural factors that influence child-rearing practices.

Religious beliefs often dictate acceptable practices in child upbringing, including discipline and feeding routines.

Traditional customs determine the roles of mothers, fathers, and extended family in raising children.

Community values influence the moral education and social expectations placed on children.

Beliefs about gender roles affect the responsibilities and treatment of boys and girls within families.

10. Give four precautions to observe when using a microwave oven.

Do not use metal containers or utensils inside the microwave to prevent sparks and fires.

Use microwave-safe containers to avoid harmful chemicals leaching into food during heating.

Ensure the microwave door closes properly to avoid leakage of microwave radiation.

Stir food during heating to distribute heat evenly and prevent cold spots that may harbor bacteria.

SECTION B

11. Describe six methods of food preservation suitable for small-scale rural households and explain the principle behind each method.

Sun drying removes moisture from foods like grains and vegetables, preventing microbial growth that causes spoilage.

Smoking exposes food to smoke and heat, which dehydrates it and coats it with natural preservatives found in smoke.

Salting draws moisture out of food through osmosis, creating an environment unsuitable for bacteria.

Fermentation uses beneficial microorganisms to convert sugars into acids or alcohol, inhibiting spoilage bacteria.

Ash storage involves burying tubers like yams in ashes to absorb moisture and deter pests.

Granary storage keeps cereals in raised, ventilated structures to protect them from rodents, moisture, and insects.

12. Explain six strategies for promoting healthy eating habits among adolescents in secondary schools.

Include nutrition education in the school curriculum to provide accurate, age-appropriate information about healthy diets.

Organize school health clubs that encourage peer discussions and activities on balanced eating.

Ensure the school canteen provides healthy, nutritious food options and restricts junk food sales.

Conduct cooking demonstrations and nutrition contests to make healthy eating practical and enjoyable.

Involve parents in awareness programs to reinforce nutrition messages at home.

Use posters, charts, and visual aids around the school to constantly remind students of good eating habits.

13. Discuss six challenges and solutions for integrating practical Home Economics lessons into crowded classroom schedules.

Limited time allocation restricts practical sessions. Schools should adjust timetables to allocate adequate blocks for practical work.

Insufficient teaching resources hinder practical activities. Schools should source affordable, locally available materials and equipment.

Large class sizes make supervision difficult. Teachers can use group work and peer instruction to manage numbers.

Competing academic subjects limit attention to Home Economics. Sensitizing school management on the subject's value can improve support.

Inadequate laboratory space can be addressed by scheduling practical sessions in shifts or using temporary outdoor setups.

Lack of skilled teaching staff can be solved through in-service training and professional development workshops.

SECTION C

14. Explain in detail six steps in developing a Home Economics curriculum for a teacher training college.

Conduct a needs assessment to identify skills and knowledge gaps in the community and the teaching profession.

Define clear, measurable objectives that the curriculum aims to achieve in training competent Home Economics teachers.

Select relevant content topics that address both theoretical knowledge and practical skills.

Determine appropriate teaching and learning methods suitable for adult learners and teacher trainees.

Develop assessment strategies to measure knowledge acquisition, practical competence, and professional conduct.

Pilot the curriculum with a small group, gather feedback, and revise it before full implementation.

15. Describe six factors to consider when planning a Home Economics laboratory to serve both theoretical and practical lessons.

Safety features like fire extinguishers, proper ventilation, and first aid kits must be provided to prevent accidents.

Adequate space should be planned to accommodate both practical workstations and seating for theoretical lessons.

Availability of durable, easy-to-maintain equipment suitable for food preparation, sewing, and other practical activities.

Accessibility of water, electricity, and waste disposal systems for efficient laboratory use.

Proper storage facilities for tools, materials, and student projects to maintain organization and security.

Flexibility in the room layout to allow easy reorganization for different types of practical and theoretical lessons.

16. Explain six ways in which Home Economics teachers can involve parents in students' learning activities.

Invite parents to attend open days where students display their practical projects and skills.

Organize workshops where parents learn practical skills like cooking or budgeting alongside their children.

Involve parents in health and nutrition campaigns led by students in the community.

Send newsletters or reports informing parents about Home Economics topics and activities covered at school.

Encourage parents to supply locally available resources for practical lessons like fabrics, ingredients, or tools.

Seek parental feedback on students' performance in home-based assignments and practical activities.