

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

752

**HOME ECONOMICS**

**Time: 3 Hour.**

**ANSWERS**

**Year: 2010**

---

**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.

maktaba.tetea.org



1. Define the term “family planning” and state two benefits it brings to family wellbeing.

Family planning is the deliberate control of the number and spacing of children in a family through the use of various methods.

One benefit of family planning is that it helps families to manage their financial resources better, allowing them to provide adequate food, education, and healthcare to each member.

Another benefit is that it reduces health risks for mothers by allowing sufficient time between pregnancies, which improves maternal and child health.

2. List four symptoms of vitamin D deficiency.

One symptom of vitamin D deficiency is bone pain or tenderness.

Another symptom is muscle weakness or cramps, which affect movement and strength.

Frequent bone fractures or deformities can also indicate vitamin D deficiency due to weakened bones.

Fatigue or general tiredness is another common symptom, affecting daily activities.

3. Mention four considerations when selecting fabrics for school uniforms.

Durability is important so the fabric can withstand frequent washing and daily wear without damage.

Comfort, especially breathability, ensures students remain comfortable throughout the school day regardless of weather.

Affordability is a key consideration to make sure the fabric is within the budget for most families.

Ease of maintenance, such as resistance to wrinkles and color fading, reduces the effort needed to keep uniforms looking good.

4. State four roles of Home Economics education in community development.

Home Economics education improves family nutrition by teaching knowledge about balanced diets and healthy eating habits.

It enhances household resource management by instructing on efficient use of money, time, and materials.

It promotes income-generating skills, empowering individuals and families economically.

It supports proper child care and family wellbeing, which strengthens the community’s overall health.

5. Give four reasons why practical assessments are important in Home Economics.

Practical assessments evaluate students' ability to apply theoretical knowledge in real-life scenarios.

They help identify specific areas where learners need more support or practice.

These assessments encourage problem-solving and critical thinking by simulating practical challenges.

Practical assessments motivate active participation and engagement in learning activities.

6. Identify four common methods of food preservation used in Tanzanian households.

Drying or sun drying removes moisture from food to prevent microbial growth.

Salting preserves food by drawing out water and creating an environment unsuitable for bacteria.

Refrigeration or cooling slows down microbial activity to keep food fresh longer.

Smoking adds smoke compounds that have antimicrobial properties and improve flavor.

7. List four safety rules to observe when heating oils or fats in cooking.

Always supervise oil when heating to prevent overheating and fire hazards.

Use oils with appropriate smoke points to avoid harmful smoke and flavor changes.

Avoid adding too much food at once to prevent oil splashing and burns.

Keep a fire extinguisher or lid nearby to quickly control any accidental fires.

8. State four factors to consider when preparing a lesson plan for a practical Home Economics class.

Set clear and achievable learning objectives to guide the lesson.

Ensure all materials and equipment needed for the practical are available.

Plan safety measures to protect students during activities.

Allocate sufficient time to complete the practical without rushing.

9. Mention four signs of food adulteration.

Unusual or inconsistent color that differs from the normal appearance.

Presence of foreign particles or materials in the food.

An abnormal or strange smell that indicates contamination.

Changes in taste that suggest the food has been tampered with.

10. Give four advantages of using projectors or multimedia in Home Economics lessons.

Projectors allow clear visualization of complex concepts, making them easier to understand.

Multimedia increases student engagement through interactive and varied content.

They enable the use of videos and animations to demonstrate practical skills effectively.

Using multimedia supports diverse learning styles, benefiting more students.

11. Describe six key steps in organizing a Home Economics exhibition and explain how each step contributes to its success.

Planning involves deciding the theme, objectives, and target audience, which guides the entire exhibition process.

Budgeting ensures adequate funds are allocated to cover all necessary expenses, avoiding financial problems.

Preparation includes gathering materials and making exhibits, which ensures readiness on the exhibition day.

Promotion advertises the event to attract visitors and participants, increasing attendance.

Execution involves managing the exhibition activities smoothly, providing a positive experience for attendees.

Evaluation assesses the event's success and identifies areas for improvement for future exhibitions.

12. Explain six challenges that teachers face when teaching large Home Economics classes and suggest solutions for each challenge.

One challenge is limited individual attention; using group work can help manage students effectively.

Shortage of materials limits practical activities; teachers can use locally available or improvised resources.

Classroom space constraints make practical lessons difficult; scheduling smaller groups for practicals can help.

Discipline issues arise more frequently; establishing clear rules and consistent enforcement improves behavior.

Different skill levels in the class require varied teaching approaches; differentiated instruction addresses this.

Time constraints affect lesson completion; prioritizing essential skills ensures key learning outcomes are met.

13. Discuss six nutritional guidelines for preventing lifestyle diseases in adults.

Consume a balanced diet rich in fruits, vegetables, whole grains, and lean proteins to maintain health.

Limit intake of saturated fats and trans fats to reduce the risk of heart disease.

Reduce salt consumption to help control blood pressure.

Avoid excessive sugar to prevent obesity and diabetes.

Engage in regular physical activity to support metabolism and cardiovascular health.

Maintain a healthy body weight to decrease risks of various chronic diseases.

14. Explain in detail six stages in the “scientific cooking method” and illustrate how each stage ensures food quality and safety.

Planning involves selecting appropriate ingredients and methods, ensuring suitability and safety.

Preparation includes cleaning and measuring ingredients to maintain hygiene and accuracy.

Cooking applies the correct temperature and time to eliminate pathogens and enhance flavor.

Monitoring during cooking prevents overcooking or undercooking, preserving nutrients and texture.

Presentation focuses on appealing arrangement and portion size, encouraging appetite and balanced intake.

Storage involves proper cooling and refrigeration to prevent spoilage and contamination.

15. Describe six methods of waste management in a Home Economics laboratory and explain the importance of each method.

Segregation separates different types of waste to enable proper disposal or recycling.

Recycling converts waste materials into reusable items, reducing environmental impact.

Composting transforms organic waste into fertilizer, supporting sustainable gardening.

Proper disposal ensures hazardous waste does not contaminate the environment.

Reducing waste minimizes resource use and lowers disposal needs.

Safe storage of waste prevents accidents and exposure to harmful substances.

16. Explain six factors that influence adolescent dietary habits and how Home Economics education can address them.

Peer influence often shapes food choices; education promotes awareness and positive decision-making.

Media advertising affects preferences; teaching critical evaluation of advertisements helps resist unhealthy trends.

Family eating habits impact adolescents; involving families in nutrition education improves overall habits.

Economic status limits food choices; Home Economics teaches budgeting and affordable healthy options.

Cultural beliefs may restrict certain foods; education encourages balanced diets while respecting culture.

Knowledge gaps lead to poor choices; providing nutrition information empowers better eating habits.