

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

752

HOME ECONOMICS

Time: 3 Hour.

ANSWERS

Year: 2011

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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1. Define “household budget” and state two benefits of keeping one in a family.

A household budget is a detailed plan that outlines the expected income and expenses of a family over a specific period, usually a month.

One benefit of keeping a household budget is that it helps families control their spending by tracking where the money goes, preventing unnecessary expenses.

Another benefit is that it assists families in saving money for future needs such as education, emergencies, or investments, promoting financial stability.

2. Mention four factors that affect the selection of fabrics for garment making.

The purpose of the garment affects fabric choice because different activities require different fabric properties, for example, durable fabrics for workwear and comfortable fabrics for casual wear.

The climate or weather conditions where the garment will be worn influence the fabric; breathable fabrics are preferred in hot climates, while thicker fabrics suit colder areas.

The texture and feel of the fabric are important for wearer comfort; soft fabrics reduce irritation, especially for sensitive skin.

The cost of the fabric determines affordability, especially for large projects or when working with limited budgets.

3. Give four advantages of using a pressure cooker in food preparation.

A pressure cooker significantly reduces cooking time by increasing pressure and temperature inside the pot, which saves energy and time.

It preserves the nutritional value of food better because shorter cooking times reduce nutrient loss.

Pressure cookers help retain the natural flavor and moisture of food, resulting in tastier meals.

They allow cooking of tough or fibrous foods like beans and meat quickly, making them softer and easier to digest.

4. Identify four causes of undernutrition in elderly people.

Reduced appetite due to physiological changes or illnesses leads to inadequate food intake.

Dental problems such as missing teeth or gum disease make it difficult to chew and swallow food properly.

Chronic illnesses like diabetes or digestive disorders affect how nutrients are absorbed or used by the body.

Social factors like loneliness or limited income can reduce motivation to prepare and eat nutritious meals.

5. State four roles of the school in promoting healthy eating habits among students.

Schools provide education on nutrition and healthy eating to increase students' knowledge and awareness.

They ensure availability and accessibility of nutritious meals and snacks within the school environment.

Schools encourage regular meal times and discourage unhealthy eating behaviors such as skipping meals or excessive snacking on junk food.

They organize extracurricular activities and campaigns that promote physical fitness and balanced diets.

6. List four characteristics of effective demonstration in practical Home Economics lessons.

The demonstration should be clear and well-organized, showing each step slowly and logically so students can follow easily.

It uses simple, understandable language avoiding technical jargon to ensure all students grasp the procedure.

The demonstrator actively engages students by asking questions and encouraging participation to maintain interest.

Appropriate and well-prepared materials and equipment should be used to model the real activity accurately.

7. Mention four methods of food preservation that do not require heating.

Drying removes moisture from food, which inhibits the growth of bacteria and molds, prolonging shelf life.

Salting draws out water through osmosis, creating an environment unsuitable for microbial growth.

Pickling uses acidic solutions like vinegar to lower pH and prevent spoilage.

Freezing slows down the activity of microorganisms and enzymes, preserving food for long periods without cooking.

8. State four safety measures to observe when using sharp tools in a sewing class.

Always handle sharp tools, such as scissors and needles, carefully, holding them by their handles to avoid cuts.

Store sharp tools properly in designated containers to prevent accidents when not in use.

Use cutting mats or boards when cutting fabric to protect surfaces and stabilize materials.

Wear protective gear like thimbles when sewing to prevent pricking fingers.

9. List four signs of waterborne diseases in infants.

Frequent watery diarrhea indicating intestinal infection.

Vomiting or nausea, which can cause dehydration.

Fever as the body fights infection.

Signs of dehydration such as dry mouth, sunken eyes, and lethargy.

10. Give four factors to consider when planning teaching and learning activities for mixed-ability classes.

Tasks should be designed with varying levels of difficulty to challenge all students appropriately.

Group work and peer tutoring should be included to allow stronger students to assist weaker ones.

Additional learning materials and support should be provided for students who struggle to keep up.

Teaching methods should be diverse, including visual, auditory, and hands-on activities to cater to different learning styles.

11. Describe six steps involved in conducting a practical sewing project with students and explain why each step is important.

Planning determines the project's objectives and prepares the necessary materials, ensuring clarity and readiness.

Preparation includes setting up tools and materials, which avoids delays and interruptions during the lesson.

Demonstration shows the correct techniques, providing students with a clear model to follow.

Student practice allows learners to apply skills, develop competence, and build confidence.

Assessment checks the quality of students' work, offering feedback to improve skills.

Cleanup maintains a safe and organized workspace, preventing accidents and teaching responsibility.

12. Explain six nutritional requirements of a pregnant woman and how each requirement supports maternal and fetal health.

Increased energy intake supports the growth of the fetus and the mother's increased metabolic demands.

Protein is vital for the development of fetal tissues, placenta, and maternal muscle growth.

Iron helps prevent anemia, which is common in pregnancy due to increased blood volume.

Calcium supports fetal bone formation and maintains maternal bone strength.

Folate reduces the risk of neural tube defects and supports healthy cell division.

Vitamins A and C strengthen the immune system and assist in tissue repair for both mother and baby.

13. Discuss six challenges teachers face when using field visits as a teaching strategy and suggest solutions for each challenge.

Transportation difficulties can be managed by early planning and budgeting to secure reliable means.

Safety concerns require thorough risk assessments and setting clear behavioral guidelines for students.

Limited time for visits can be addressed by scheduling visits well in advance and integrating them with lesson plans.

Lack of preparation is solved by briefing students and teachers before the visit.

High costs can be reduced by seeking sponsorships or choosing nearby, affordable locations.

Managing large groups is improved by dividing students into smaller, supervised teams.

14. Explain in detail the procedures for constructing and using a check list to assess students' practical skills in Home Economics.

First, identify the key practical skills that need assessment to focus the checklist.

Define clear criteria for each skill, detailing what constitutes satisfactory performance.

Design the checklist in a simple format, usually a table listing skills with spaces for marking.

During practical sessions, observe students and record performance against each criterion.

After the session, review the checklist to provide feedback and identify areas needing improvement.

Update the checklist regularly to reflect changes in curriculum or skill emphasis.

15. Describe six methods of controlling household pests and explain the advantages and disadvantages of each.

Chemical control uses pesticides which effectively kill pests but can harm humans and the environment if misused.

Biological control uses natural predators to reduce pest populations safely but works slower and may not eliminate pests completely.

Physical control uses traps or barriers which are safe but may require frequent maintenance and monitoring.

Cultural control involves practices like cleanliness and waste management to prevent pests but requires consistent effort.

Mechanical control means manually removing pests, which is immediate but impractical for large infestations.

Integrated Pest Management combines methods for balanced control, but it requires knowledge and careful planning.

16. Explain six steps in preparing and presenting a balanced breakfast menu for a school feeding program.

Assess the nutritional needs of children to ensure the menu meets energy and nutrient requirements.

Select foods from different groups such as carbohydrates, proteins, fruits, and vegetables for balance.

Determine appropriate portion sizes based on children's age and activity levels to avoid underfeeding or waste.

Use healthy cooking methods like steaming or boiling to preserve nutrients and reduce fat.

Arrange the meal attractively to encourage children to eat and enjoy their food.

Gather feedback and observe consumption to make necessary adjustments for future menus.