

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

752

HOME ECONOMICS

Time: 3 Hour.

ANSWERS

Year: 2012

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 “lesson evaluation” and mention two reasons for evaluating a Home Economics lesson.

Lesson evaluation is the process of assessing how effectively a lesson has been taught and whether the learning objectives have been achieved. It involves reviewing both the teaching methods used and the students' understanding of the topic.

One reason for evaluating a Home Economics lesson is to identify which teaching strategies worked well and which did not, allowing the teacher to improve future lessons for better student learning outcomes.

Another reason is to measure students’ comprehension and skill acquisition during the lesson, ensuring that learning goals are met and providing feedback on areas needing more attention.

2. List four characteristics of a good family relationship.

Trust is fundamental in a good family relationship because it creates a safe environment where members feel confident sharing their thoughts and relying on one another.

Effective communication means that family members openly share their feelings, listen actively, and resolve conflicts constructively, which strengthens their bond.

Mutual respect ensures that every member’s opinions, feelings, and rights are valued, promoting harmony and reducing conflicts.

Cooperation involves working together to share responsibilities and make decisions collectively, which fosters teamwork and a sense of belonging.

3. Give four advantages of preserving food at home.

Preserving food at home extends the shelf life of perishable items, which helps reduce food wastage by keeping food safe and edible for longer periods.

It helps maintain the nutritional value of foods by slowing down spoilage and preventing loss of vitamins and minerals.

Preserving seasonal foods allows families to enjoy a variety of foods all year round, even when certain items are not in season.

Having preserved foods at home provides convenience, as they are ready to use and reduce the time needed for meal preparation.

4. Mention four problems associated with teenage pregnancy.

Teenage pregnancy increases health risks such as complications during delivery and higher chances of low birth weight babies due to the young mother’s developing body.

It often disrupts the girl's education because pregnancy and childcare responsibilities may force her to drop out of school, limiting future career opportunities.

Teenage mothers frequently face social stigma and discrimination from their peers and community, which can affect their mental health and self-esteem.

Economic challenges arise because young mothers may lack financial independence, making it difficult to provide for themselves and their children.

5. State four rules to follow when cutting out fabric for dressmaking.

Lay the fabric flat and smooth to avoid wrinkles or folds that can cause inaccurate cutting and affect the garment's fit.

Follow the grainline marked on the pattern to ensure the fabric stretches and hangs correctly once sewn.

Use sharp scissors to achieve clean, precise cuts that prevent fraying and make sewing easier.

Add the correct seam allowance around the pattern pieces to allow enough fabric for stitching and adjustments during fitting.

6. Identify four important uses of vitamins in the human body.

Vitamins boost the immune system, helping the body fight infections and stay healthy.

They act as antioxidants, protecting cells from damage caused by harmful free radicals.

Vitamins are essential for energy metabolism, aiding the conversion of food into usable energy.

Certain vitamins, such as vitamin K, play a crucial role in blood clotting and wound healing.

7. Mention four reasons for using group discussions in teaching Home Economics.

Group discussions encourage active participation, allowing students to share ideas and learn from one another.

They improve communication skills by giving students opportunities to express their opinions clearly and listen to others.

Discussions stimulate critical thinking as students analyze different viewpoints and develop solutions collaboratively.

They promote social interaction and teamwork, which are important life skills in both home and work environments.

8. List four advantages of using electric sewing machines over manual machines.

Electric sewing machines operate faster, enabling quicker completion of sewing projects and improving productivity.

They require less physical effort since the motor powers the stitching, reducing fatigue especially during long sewing sessions.

Electric machines often include features like automatic stitching patterns and buttonholes, making complex tasks easier.

They provide consistent stitch quality and tension, which improves the durability and appearance of finished garments.

9. State four sources of food contamination in food preparation areas.

Contaminated hands of food handlers can transfer bacteria and viruses to food if proper hygiene is not practiced.

Utensils and equipment that are not cleaned properly can harbor harmful microorganisms and contaminate food.

Presence of pests such as flies, rodents, and cockroaches can spread diseases and contaminate food surfaces.

Improper storage conditions, such as keeping food at unsafe temperatures, encourage bacterial growth leading to contamination.

10. Mention four functions of a presser foot in a sewing machine.

The presser foot holds the fabric firmly against the feed dogs to ensure smooth feeding during sewing.

It guides the fabric to sew straight seams, helping maintain accuracy and neatness.

By controlling the pressure on the fabric, the presser foot prevents slipping or puckering as stitching progresses.

It stabilizes the fabric to prevent bunching or shifting, which results in even and consistent stitches.

11. Explain six factors that contribute to malnutrition among rural populations in Tanzania.

Poverty limits access to sufficient and nutritious food, as families may only afford low-quality or small quantities of food.

Lack of nutrition knowledge causes poor dietary choices and improper feeding practices, affecting nutritional status.

Food insecurity, often due to drought or poor agricultural practices, reduces food availability and variety.

Poor sanitation and limited access to clean water increase the prevalence of diseases that impair nutrient absorption.

Cultural beliefs and taboos may restrict consumption of certain nutritious foods, leading to imbalanced diets.

Limited healthcare access reduces treatment and prevention of nutrition-related illnesses, worsening malnutrition.

12. Describe six methods of controlling waste disposal in a Home Economics laboratory.

Segregation involves separating biodegradable and non-biodegradable waste to facilitate appropriate disposal or recycling.

Regular collection and removal of waste prevent accumulation that can cause odor, pests, and contamination.

Recycling waste materials like paper, plastic, and metal reduces environmental impact and conserves resources.

Composting organic waste converts it into nutrient-rich fertilizer, supporting sustainable gardening.

Proper disposal of hazardous waste such as chemicals protects health and prevents environmental damage.

Educating students and staff on waste management encourages responsible behavior and cleanliness.

13. Discuss six advantages of teaching Home Economics through project-based learning.

Project-based learning enhances practical skills by involving students in hands-on real-life tasks.

It promotes critical thinking as students plan, execute, and evaluate their projects.

Students become more engaged and motivated due to active participation in meaningful activities.

Project work fosters teamwork and communication, essential skills for both home and workplace.

It connects theoretical knowledge to practice, helping students understand concepts better.

Assessment through projects provides a comprehensive evaluation of students' abilities beyond exams.

14. Explain in detail six causes of food spoilage in homes and how each can be prevented.

Microbial growth is a major cause; it can be prevented by proper refrigeration and maintaining hygiene during food handling.

Enzyme activity breaks down food components; controlling temperature slows enzyme reactions and preserves freshness.

Exposure to air causes oxidation and rancidity; storing food in airtight containers limits oxygen exposure.

Moisture promotes mold growth; keeping food dry and using moisture-proof packaging helps prevent spoilage.

Light exposure degrades nutrients and quality; storing food in dark, cool places protects it.

Insect infestation contaminates food; sealing containers and maintaining cleanliness prevents pests.

15. Describe six procedures to follow when organizing a class field visit to a garment production factory.

Obtain permission from factory management to ensure the visit is authorized and organized.

Schedule the visit at a convenient time, coordinating with both the factory and the school calendar.

Prepare students by briefing them on the objectives, rules, and expected behavior during the visit.

Arrange safe and reliable transportation to and from the factory.

Divide students into manageable groups with supervisors to ensure effective learning and safety.

Conduct a follow-up session to discuss observations and reinforce learning outcomes from the visit.

16. Explain six roles of the family in promoting the health and well-being of its members.

Providing nutritious and balanced meals supports the physical health of family members and prevents malnutrition.

Encouraging and teaching good hygiene practices reduces the spread of infectious diseases.

Offering emotional support and a caring environment helps maintain mental and emotional well-being.

Ensuring timely access to healthcare services promotes prevention and treatment of illnesses.

Promoting regular physical activity encourages fitness and reduces risks of chronic diseases.

Creating a safe and secure home environment protects members from accidents and harm, fostering overall well-being.