

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

752

HOME ECONOMICS

Time: 3 Hour.

ANSWERS

Year: 2013

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 the term “adolescence” and state two physical changes that occur in adolescent girls.

Adolescence is the period of life between childhood and adulthood, typically ranging from ages 10 to 19, during which individuals experience rapid physical, emotional, and psychological growth.

One major physical change in adolescent girls is breast development, which is one of the first signs of puberty indicating sexual maturity.

Another physical change is the beginning of menstruation, which marks the onset of reproductive capability and signals hormonal changes in the body.

2. Mention four factors that influence food choices in different communities.

Cultural beliefs strongly affect food choices because traditions and customs often dictate which foods are acceptable or taboo within a community.

Economic status influences food choices since people with limited income might prioritize affordability over nutrition or variety.

Religious practices determine food selection by prescribing dietary laws, such as prohibiting certain meats or requiring fasting periods.

Geographical location impacts food availability; communities tend to consume foods that can be grown or sourced locally.

3. Give four advantages of using visual aids when teaching Home Economics.

Visual aids improve understanding by providing concrete examples, which help students grasp abstract or complex concepts more easily.

They increase students’ attention and motivation by making lessons more interesting and interactive.

Visuals cater to different learning styles, particularly benefiting those who learn better through seeing rather than listening.

They enhance memory retention because images and diagrams are easier to recall than verbal explanations alone.

4. Identify four points to consider when feeding a sick person.

It is important to provide small, frequent meals to avoid overwhelming the digestive system and encourage better appetite.

Offer foods that are easy to digest and rich in nutrients to support the body’s healing process.

Ensure the sick person stays well-hydrated by giving plenty of fluids such as water, soups, or juices.

Avoid spicy, fatty, or very sweet foods that might irritate the stomach or worsen symptoms.

5. State four advantages of using a treadle sewing machine.

Treadle sewing machines operate without electricity, making them suitable for areas with unreliable power supply.

They are robust and built to last, requiring less frequent maintenance and repairs.

Users can control the sewing speed manually, which is useful for precision work or beginners learning sewing techniques.

These machines tend to be more affordable, making them accessible for individuals and schools with limited budgets.

6. Mention four sources of protein foods commonly available in rural Tanzanian households.

Beans and legumes are widely grown and provide an important plant-based protein source.

Eggs from domestic chickens are a cheap and accessible form of animal protein.

Fish from local lakes or rivers supply essential protein and other nutrients to rural families.

Meat from small livestock such as goats, sheep, or chickens is commonly consumed when available.

7. List four teaching and learning methods suitable for large classes in Home Economics.

Group discussions encourage peer interaction and active participation, which helps manage large numbers.

Demonstrations allow the teacher to effectively show practical skills to many students simultaneously.

Question and answer sessions engage students and provide immediate feedback on their understanding.

Using audio-visual aids helps capture attention and clarifies concepts for a wide audience.

8. State four methods of controlling pests in food storage areas.

Maintaining cleanliness and removing food scraps reduces attractants for pests.

Storing food in sealed, airtight containers prevents pests from accessing it.

Using physical traps or barriers can catch or block pest entry effectively.

Applying safe pesticides or natural repellents when necessary can eliminate persistent pest problems.

9. Mention four signs and symptoms of dehydration in infants.

A dry mouth and tongue are early signs indicating loss of fluids.

Sunken eyes are a more severe sign showing fluid depletion.

Reduced or absent tears when crying suggest serious dehydration.

Lethargy or unusual sleepiness signals critical loss of body fluids.

10. Give four factors to consider when preparing teaching aids for Home Economics lessons.

Teaching aids should be relevant and directly linked to the lesson objectives to reinforce learning.

They must be clear and simple to understand to avoid confusing students.

Durability is important so aids can be reused multiple times, maximizing resources.

Consider the availability and cost of materials to ensure aids can be prepared within budget.

11. Describe six factors contributing to early pregnancies among adolescents in Tanzania and suggest ways to address each factor.

Peer pressure can lead adolescents to engage in sexual activities prematurely; addressing this requires peer education programs that promote healthy decision-making.

Lack of comprehensive sexual education results in misinformation; integrating age-appropriate reproductive health education in schools is essential.

Poverty forces some girls into early marriages or transactional sex; empowering families economically can reduce this vulnerability.

Cultural norms and practices, such as child marriage, promote early pregnancy; community sensitization can challenge and change harmful traditions.

Limited access to reproductive health services prevents contraception use; expanding adolescent-friendly health services improves access.

Poor parental guidance leaves adolescents uninformed; encouraging open family communication strengthens support and education.

12. Explain six characteristics of a good Home Economics teacher and how each characteristic contributes to effective teaching.

Patience allows the teacher to give students enough time to understand and practice skills without rushing.

Clear communication ensures that instructions and concepts are conveyed understandably, facilitating learning.

Organizational skills help in planning lessons, managing materials, and keeping the class orderly, which supports smooth teaching.

Creativity enables the teacher to design engaging lessons and use varied methods to maintain student interest.

Strong subject knowledge ensures accurate and confident teaching, which builds student trust.

Approachability makes students comfortable asking questions and seeking help, fostering a positive learning environment.

13. Discuss six reasons for assessing students' performance during and after a Home Economics lesson.

Assessment helps identify students' understanding and learning gaps early, allowing timely support.

It provides students with feedback that motivates them to improve their skills and knowledge.

Teachers can use assessment results to adjust teaching methods for better effectiveness.

Evaluating performance ensures that lesson objectives are met and learning outcomes achieved.

Assessment helps in recording student progress for reporting to parents or school authorities.

It promotes accountability for both teachers and students in the learning process.

14. Explain in detail six advantages of using participatory teaching and learning strategies in Home Economics.

Participatory methods actively involve students, increasing their motivation and interest in learning.

These strategies develop critical thinking as learners analyze problems and propose solutions collaboratively.

They improve communication skills through group interaction and discussion.

Students gain hands-on experience, which enhances practical skill development.

Participatory learning fosters teamwork, preparing students for real-life social and work environments.

It promotes better retention of knowledge because students are directly engaged in the learning process.

15. Describe six effects of malnutrition on the health and development of children under five years.

Malnutrition weakens the immune system, making children more prone to infections and illnesses.

It causes stunted growth, leading to reduced height and delayed physical development.

Cognitive development is impaired, affecting memory, learning ability, and concentration.

Delayed motor skills reduce children's ability to crawl, walk, or play at expected ages.

Low energy levels limit physical activity and exploration, impacting overall development.

Severe malnutrition increases mortality risk from common diseases such as diarrhea and pneumonia.

16. Explain six important factors to consider when selecting a site for constructing a Home Economics laboratory.

Accessibility is crucial so that students and staff can easily reach the laboratory without difficulties.

The site must have enough space to accommodate equipment, movement, and future expansion.

Availability of utilities such as clean water, electricity, and proper ventilation ensures a safe and functional environment.

Safety considerations include being free from hazards like flooding or pollution.

Proximity to classrooms allows smooth integration of practical lessons into the curriculum.

Good lighting and hygiene support a healthy, productive learning atmosphere.