

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

752

HOME ECONOMICS

Time: 3 Hour.

ANSWERS

Year: 2014

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 “food spoilage” and mention two visible signs of food spoilage.

Food spoilage is the process where food deteriorates in quality and becomes unsafe to eat due to biological, chemical, or physical changes.

Two visible signs of food spoilage are mold growth on the surface and discoloration such as browning or dark spots.

2. List four limitations of using lecture method in teaching Home Economics.

The lecture method limits student participation, making the learning experience passive.

It does not cater well to practical or hands-on learning, which is important in Home Economics.

Students may lose interest easily as lectures can become monotonous.

There is little opportunity for immediate feedback or clarification during lectures.

3. Mention four advantages of breastfeeding over using infant formula.

Breastfeeding provides natural antibodies that protect infants from infections.

It is cost-effective as it requires no purchase of formula or feeding equipment.

Breast milk is always at the right temperature, making feeding convenient.

Breastfeeding strengthens mother-child bonding through close contact.

4. State four functions of clothing apart from protection.

Clothing serves as a means of self-expression and identity.

It indicates social status or group affiliation.

Clothing provides comfort by regulating body temperature.

It enhances modesty by covering parts of the body.

5. Identify four causes of early marriage among adolescent girls in rural areas.

Poverty forces families to marry off daughters early.

Cultural traditions support early marriage as a social norm.

Lack of education limits girls' opportunities, leading to early marriage.

Peer pressure and community expectations encourage early unions.

6. List four advantages of using locally available materials in Home Economics lessons.

Locally available materials reduce costs.

They are easily accessible, ensuring lessons proceed smoothly.

Using familiar materials makes learning more relevant.

It promotes sustainable use of local resources.

7. Give four examples of household cleaning agents.

Soap.

Detergents.

Bleach.

Vinegar.

8. State four precautions to observe when handling sharp kitchen tools.

Hold tools by their handles to avoid cuts.

Use a stable cutting surface like a cutting board.

Keep blades sharp to prevent slipping.

Store tools safely out of children's reach.

9. List four personal qualities of a good Home Economics teacher.

Patience.

Good communication skills.

Creativity.

Approachability.

10. Mention four causes of food poisoning.

Bacterial contamination like Salmonella.

Poor food storage temperatures.

Poor personal hygiene of handlers.

Chemical contamination such as pesticides.

11. Describe six causes of food spoilage and explain how each affects the safety and quality of food.

Microbial growth is a major cause of food spoilage. Bacteria, molds, and yeasts multiply in food, breaking down nutrients and producing toxins that make food unsafe to eat. This not only degrades the taste and smell but can also cause foodborne illnesses.

Enzyme activity naturally present in foods leads to breakdown of food components like fats and proteins. This process results in undesirable changes in texture, flavor, and color, lowering the food's quality even if it is not harmful immediately.

Exposure to air causes oxidation, where oxygen reacts with fats and other molecules in food. Oxidation leads to rancidity in fats, off-flavors, and loss of nutritional value, especially vitamins A and E.

Moisture creates a favorable environment for molds and bacteria to grow. High moisture content accelerates spoilage by softening the food and encouraging microbial contamination, which compromises safety.

Light exposure can cause degradation of sensitive vitamins and pigments in food, leading to nutrient loss and discoloration. Prolonged light exposure also speeds up oxidation and spoilage reactions.

Insect infestation introduces contaminants such as dirt, feces, and disease-causing microorganisms. Insects physically damage food and increase the risk of foodborne illnesses, making the food unsafe for consumption.

12. Explain six importance of meal planning in a family setting.

Meal planning ensures that the family consumes a balanced diet by including a variety of nutrients from different food groups. This promotes good health and prevents nutritional deficiencies.

It helps reduce food waste by allowing the family to purchase only what is needed and use leftovers effectively.

Planning meals saves time by organizing cooking schedules in advance, making daily meal preparation more efficient.

It allows better control of the family budget by preventing impulse buying and enabling bulk purchases of staple foods.

Meal planning accommodates special dietary needs of family members, such as allergies or medical conditions, ensuring everyone's health is considered.

It encourages healthier eating habits by reducing reliance on fast foods and promoting home-cooked meals.

13. Discuss six factors contributing to malnutrition in children under five years in developing countries.

Poverty limits the ability of families to buy adequate and nutritious food, resulting in insufficient dietary intake for children.

Poor maternal education reduces knowledge about proper child feeding practices and nutrition, leading to inadequate diets.

Inadequate sanitation and unsafe drinking water increase exposure to infections like diarrhea, which impair nutrient absorption.

Food insecurity caused by drought, conflict, or poor agricultural productivity reduces the availability of diverse and sufficient foods.

Cultural beliefs and taboos may restrict the consumption of certain nutritious foods by children, causing imbalanced diets.

Limited access to healthcare services reduces the prevention and treatment of diseases that contribute to malnutrition.

14. Explain in detail six guidelines for constructing a valid and reliable Home Economics test.

First, clearly define the objectives of the test to ensure it measures the intended knowledge or skills. This helps maintain focus and relevance.

Second, select appropriate question types that align with the skills being tested, such as multiple-choice for knowledge recall or practical tasks for skill assessment.

Third, ensure the questions are clear and unambiguous, avoiding complex wording that might confuse students or lead to misinterpretation.

Fourth, cover all important content areas proportionally to avoid bias and ensure a comprehensive assessment of the syllabus.

Fifth, pilot the test on a small group to identify any unclear questions or issues in timing and scoring before final administration.

Finally, apply consistent and objective scoring criteria or rubrics to maintain fairness and reliability across different students and examiners.

15. Describe six methods used to dispose of fullness in garment construction and explain where each can be applied.

Darts remove fullness by folding and stitching the fabric to create shape; they are commonly applied in fitted bodices and dresses.

Pleats involve folding fabric evenly and stitching the folds down or leaving them loose; pleats are used in skirts and sometimes sleeves to add decorative fullness.

Gathers are created by sewing loose stitching along the fabric edge and pulling it tight to create soft fullness; this technique is used in sleeves, skirts, and ruffles.

Tucks are narrow folds stitched into fabric for both decorative and functional fullness control, often seen in shirts and blouses.

Godets are triangular inserts sewn into seams or hems to add flare and fullness, commonly used in skirts and dresses.

Shirring involves sewing multiple rows of elastic thread to gather fabric, creating stretch and fullness; it is applied in waistbands, cuffs, and bodices for comfort.

16. Discuss six ways in which a Home Economics teacher can make effective use of field visits to improve student learning.

Careful planning ensures the visit aligns with curriculum goals, making the experience relevant and meaningful for students.

Preparing students beforehand by discussing objectives and background information helps them engage actively during the visit.

Using guided questions during the visit encourages observation, critical thinking, and note-taking, enhancing learning.

Encouraging student participation through group activities or discussions during the visit fosters collaboration and deeper understanding.

Conducting post-visit reviews or assignments allows students to reflect on their experiences and consolidate knowledge.

Gathering feedback from students helps evaluate the visit's effectiveness and improves future field trip planning.