

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

752

HOME ECONOMICS

Time: 3 Hour.

ANSWERS

Year: 2015

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 plan” and state two reasons why it is essential in Home Economics teaching.
A lesson plan is a detailed guide that outlines the objectives, content, teaching methods, materials, and assessment strategies for a specific lesson. It serves as a roadmap for teachers to deliver instruction effectively.

A lesson plan is essential because it helps the teacher organize and sequence activities in a logical order, ensuring that learning objectives are met systematically during the lesson.

It also aids in time management and resource allocation, allowing the teacher to make efficient use of available materials and classroom time.

2. List four general safety rules to observe in a Home Economics laboratory.
Keeping the laboratory clean and uncluttered helps prevent accidents by reducing the risk of slips, trips, or falls.

Using equipment only as intended and handling tools carefully minimizes the chance of injuries or damage to materials.

Wearing protective clothing such as aprons, gloves, and closed shoes protects individuals from burns, cuts, and chemical exposure.

Reporting spills, broken equipment, or unsafe conditions promptly allows timely correction and maintains a safe working environment.

3. Mention four external factors that affect food preservation.
Temperature influences the speed of food spoilage because higher temperatures accelerate microbial growth and chemical reactions.

Humidity or moisture levels affect food spoilage by providing an environment conducive to mold and bacterial growth.

Exposure to light can cause oxidation and nutrient degradation, leading to discoloration and reduced food quality.

Air or oxygen exposure encourages oxidation and microbial contamination, which deteriorate food safety and shelf life.

4. Define “undernutrition” and name two clinical signs of protein-energy malnutrition.
Undernutrition is a condition caused by insufficient intake or absorption of nutrients, leading to poor health, stunted growth, and weakened immunity.

Two clinical signs of protein-energy malnutrition include edema, which is swelling caused by fluid retention, and muscle wasting, where there is visible loss of muscle mass.

5. State four roles of parents in career guidance for their children.

Parents provide emotional support, encouraging their children to explore and pursue career interests confidently.

They share knowledge about various professions and opportunities, helping children make informed decisions.

Parents assist children in identifying their strengths and interests, which guides suitable career choices.

They facilitate access to educational resources, career counseling, or mentorship that can support career development.

6. Give four reasons for using case studies in Home Economics instruction.

Case studies promote critical thinking by challenging students to analyze real-world problems and situations.

They encourage active participation through discussions, enhancing engagement and deeper understanding.

Case studies help students apply theoretical knowledge to practical, everyday issues, improving relevance.

They develop problem-solving and decision-making skills vital for personal and community life.

7. List four symptoms of iron-deficiency anemia.

Fatigue and weakness occur because the blood carries less oxygen to body tissues.

Pale skin and mucous membranes result from reduced red blood cell count.

Shortness of breath happens due to insufficient oxygen delivery during physical activity.

Dizziness or light-headedness arises from reduced oxygen supply to the brain.

8. State four types of presses or irons used in garment finishing.

Flat irons smooth flat fabric surfaces, ensuring an even finish.

Steam irons use steam to relax fibers and remove wrinkles efficiently.

Tailor's clappers help set sharp creases and seams by pressing and cooling the fabric.

Pressing cloths protect delicate fabrics from direct heat and prevent shine or damage.

9. Mention four cultural influences on family meal patterns.

Traditional food preferences dictate the choice of dishes and cooking methods within a family.

Religious beliefs influence permitted foods and fasting or feasting days, affecting meal timing and content.

Family roles determine who prepares, serves, and eats meals, shaping meal routines.

Special ceremonies and rituals often involve unique meals or changes in meal frequency and size.

10. State four benefits of using real objects (realia) as teaching aids.

Realia make learning concrete by providing tangible examples, helping students understand abstract ideas better.

They engage multiple senses, such as sight and touch, which enhances memory retention.

Using real objects encourages hands-on learning, promoting active participation.

Realia make lessons more interesting and relatable, increasing student motivation and involvement.

11. Describe six methods of planning and managing household budgets, and explain how each contributes to financial stability.

Setting clear financial goals enables families to focus on priorities, such as paying bills, saving for education, or investing, which ensures resources are used wisely and supports long-term stability.

Tracking income and expenses provides insight into spending patterns, helping identify unnecessary expenditures and avoid overspending, thus maintaining financial balance.

Preparing a monthly budget allows families to allocate funds for regular and irregular expenses systematically, preventing surprises and ensuring all needs are met.

Prioritizing essential expenses like food, shelter, and education ensures that basic needs are fulfilled before discretionary spending, reducing financial stress.

Setting aside savings builds a reserve for emergencies or future investments, providing security and avoiding debt.

Regularly reviewing and adjusting the budget accommodates changes in income or expenses, helping families stay on track and maintain financial control.

12. Explain six ways in which malnutrition can be prevented at the community level.

Promoting nutrition education raises awareness about the importance of balanced diets and proper feeding practices, leading to healthier food choices.

Improving access to clean water and sanitation reduces the risk of infections like diarrhea that impair nutrient absorption, lowering malnutrition rates.

Supporting local food production increases availability of diverse and nutritious foods, reducing dependency on external food sources.

Implementing immunization programs protects children from preventable diseases that exacerbate malnutrition.

Providing maternal health services ensures proper nutrition during pregnancy and breastfeeding, improving child health outcomes.

Encouraging community participation in nutrition programs fosters a sense of ownership and sustainability, increasing their effectiveness.

13. Discuss six strategies a Home Economics teacher can use to integrate ICT tools into practical lessons.

Using multimedia presentations that combine text, images, and videos helps clarify complex concepts and keeps students engaged.

Incorporating online tutorials and simulations allows students to practice skills in a virtual environment, reinforcing learning.

Recording practical activities with digital devices enables self-assessment and peer feedback, improving skill development.

Teaching students to use spreadsheet software for budgeting introduces practical financial management skills relevant to daily life.

Encouraging research through credible online sources develops information literacy and critical thinking abilities.

Utilizing communication platforms supports collaboration among students, facilitating group projects and peer learning even outside the classroom.

14. Explain in detail the procedures for setting up and conducting a cooking demonstration in class.

Start by selecting a recipe aligned with lesson objectives and suited to the students' skill levels, ensuring it teaches the intended concepts effectively.

Prepare all ingredients and cooking tools in advance to prevent interruptions and maintain a smooth demonstration.

Arrange the cooking station so that all students have a clear view, using elevated surfaces or mirrors if necessary.

Explain each step clearly while performing it, emphasizing important techniques, safety measures, and the reasons behind certain actions to deepen understanding.

Engage students by asking questions and encouraging them to observe closely, fostering active learning.

After cooking, allow students to taste the dish if possible, and discuss the results, variations, or common mistakes to consolidate learning.

15. Describe six advantages and disadvantages of using project-based learning in Home Economics.

Advantages:

Project-based learning encourages active engagement by involving students in hands-on, real-world tasks, which increases motivation and interest.

It develops critical thinking and problem-solving skills as students navigate challenges during projects.

Students apply theoretical knowledge practically, improving understanding and retention of concepts.

Collaboration within projects enhances communication and teamwork skills vital for personal and professional growth.

Projects can be customized to student interests, promoting relevance and enthusiasm.

It fosters independence and responsibility, preparing students for lifelong learning.

Disadvantages:

Projects require significant time to plan, execute, and complete, which may limit coverage of other topics.

Assessing individual contributions can be difficult, potentially leading to unequal participation.

Limited resources or materials might restrict the scale or quality of projects.

Some students may feel overwhelmed by the open-ended nature of projects or lack confidence.

Group dynamics can cause conflicts or unequal work distribution among students.

Teachers must provide ongoing support and guidance, increasing workload and preparation time.

16. Explain six factors to consider when designing a Home Economics practical assignment.

The assignment should align with curriculum objectives to ensure it supports the intended learning outcomes.

Consider the availability of materials and equipment so that all students can participate equally and complete the task.

Match the complexity of the task to students' skill levels to avoid frustration or boredom and promote effective learning.

Safety considerations must be integrated to prevent accidents or injuries during practical activities.

Allocate sufficient time for students to complete the assignment thoroughly without rushing, ensuring quality work.

Clear assessment criteria should be provided to guide students and enable fair, transparent evaluation of their performance.