

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

752

HOME ECONOMICS

Time: 3 Hour.

ANSWERS

Year: 2016

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 “nutrition” and mention two functions of carbohydrates in the human body.
Nutrition is the process by which living organisms obtain, assimilate, and use nutrients from food to maintain life, growth, and health.

Carbohydrates provide the main source of energy for the body, fueling daily activities and bodily functions.

They also help in the storage of energy in the form of glycogen, which can be quickly mobilized when needed.

2. State four factors to consider when planning a balanced meal.
Nutritional value to ensure the meal provides all necessary nutrients for health.

Food preferences of the individuals to encourage meal acceptance and enjoyment.

Availability of food items to make sure the meal is practical and affordable.

Cultural or religious dietary restrictions to respect beliefs and practices.

3. Give four reasons why cleanliness is important in food preparation.
It prevents contamination of food by harmful bacteria and pathogens, reducing the risk of foodborne illnesses.

Maintaining cleanliness helps preserve the quality and taste of the food.

Clean environments reduce the chance of pests and insects that may contaminate food.

It promotes a healthy and safe cooking environment for the preparer and consumers.

4. Identify four types of seams used in dressmaking.
Plain seam, which joins two pieces of fabric together with a simple stitch.

French seam, which encloses the raw edges for a neat and durable finish.

Flat-felled seam, often used in jeans for strength and durability.

Overlocked seam, where the edges are trimmed and finished with an overlock stitch to prevent fraying.

5. State four reasons for assessing learners’ performance in Home Economics.
To determine if learners have understood the lesson objectives.

To identify areas where learners need additional help or support.

To provide feedback that motivates and guides learners' improvement.

To evaluate the effectiveness of teaching methods and materials.

6. Mention four disadvantages of using chalkboard as a teaching aid.

Chalk dust can cause respiratory problems and allergies for some individuals.

Writing and erasing can be time-consuming and disrupt the flow of the lesson.

Poor visibility if the chalkboard is dirty or the writing is faint.

Limited space restricts the amount of information that can be presented at one time.

7. List four signs of vitamin A deficiency.

Night blindness, where it becomes difficult to see in low light.

Dryness and thickening of the skin.

Poor growth and development in children.

Increased susceptibility to infections.

8. State four precautions to observe when using an electric iron.

Ensure the iron is unplugged before filling it with water or cleaning.

Avoid touching the hot soleplate to prevent burns.

Place the iron on a stable, heat-resistant surface when not in use.

Check the cord for any damage before plugging it in.

9. Mention four causes of early pregnancy among adolescent girls.

Lack of sexual education and awareness.

Peer pressure and desire to fit in with social groups.

Low parental guidance and communication on reproductive health.

Cultural practices that encourage early marriage.

10. State four benefits of family planning to the family.

It helps control the number and spacing of children, improving family wellbeing.

Family planning reduces health risks for mothers and children.

It allows parents to allocate resources more effectively for education and healthcare.

It contributes to economic stability by reducing financial strain.

11. Describe six causes of food contamination and suggest measures to prevent each cause.

Poor personal hygiene of food handlers can transfer germs; this is prevented by regular hand washing and using clean clothing.

Contaminated water used in food preparation can introduce pathogens; using safe, treated water helps avoid this.

Improper storage conditions like high temperature promote bacterial growth; storing food at appropriate temperatures prevents contamination.

Cross-contamination from raw to cooked foods can occur; using separate utensils and surfaces for raw and cooked foods avoids this.

Pests such as rodents and insects can contaminate food; maintaining cleanliness and pest control measures helps reduce infestations.

Using unclean equipment or utensils can spread bacteria; regularly cleaning and sanitizing kitchen tools prevents contamination.

12. Explain six advantages of using group work as a teaching strategy in Home Economics.

Group work encourages cooperation and teamwork among students, fostering social skills development.

It allows sharing of ideas and knowledge, enhancing learning through peer interaction.

Students develop communication skills by expressing their thoughts and listening to others.

Group activities provide opportunities for collaborative problem-solving and decision-making.

It increases student engagement and motivation through active participation.

Teachers can manage large classes more effectively by organizing students into smaller groups.

13. Discuss six effects of poor feeding habits on the health of children under five years.

Poor feeding habits can cause undernutrition, leading to stunted growth and delayed development.

Children may develop weakened immune systems, making them more susceptible to infections and diseases.

Micronutrient deficiencies such as anemia can impair cognitive functions and physical health.

Inadequate feeding can lead to low energy levels, reducing activity and learning capacity.

Poor nutrition increases the risk of chronic illnesses later in life.

Severe cases can cause wasting and increased mortality rates among young children.

14. Explain in detail the steps involved in planning and organizing a field visit for Home Economics students.

Begin by identifying clear learning objectives that the field visit will address to ensure it complements the curriculum.

Obtain necessary permissions from school authorities and the site to be visited to comply with regulations.

Plan the logistics, including transportation, timing, and supervision, to ensure safety and smooth operation.

Prepare students by briefing them on the purpose, expected behavior, and what to observe during the visit.

During the visit, engage students with guided observations and discussions to maximize learning.

After the visit, conduct follow-up activities such as discussions, reports, or presentations to consolidate understanding.

15. Describe six qualities of a good Home Economics test and explain why each is important.

Validity ensures the test measures what it is intended to assess, making results meaningful.

Reliability means the test produces consistent results over time, ensuring fairness.

Clarity in instructions and questions prevents misunderstandings and allows students to demonstrate their knowledge.

Comprehensiveness covers all relevant content areas, providing a complete assessment of learning.

Objectivity reduces bias in scoring, promoting fairness and accuracy.

Practicality means the test is easy to administer and score within the available time and resources, enhancing efficiency.

16. Explain six factors to consider when selecting teaching and learning resources for practical lessons in Home Economics.

The resources should align with the lesson objectives to ensure they support learning effectively.

Availability and accessibility are important so that all students can use the materials without difficulty.

Cost-effectiveness should be considered to maximize use within budget constraints.

Durability matters for resources that will be used repeatedly over time.

Safety is crucial to prevent accidents or injuries during practical activities.

Cultural appropriateness ensures materials respect students' backgrounds and do not cause offense.