

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

752

HOME ECONOMICS

Time: 3 Hour.

ANSWERS

Year: 2017

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 “balanced diet” and state two reasons why it is important for human health.

A balanced diet is a diet that contains the right proportions of all the necessary nutrients—carbohydrates, proteins, fats, vitamins, minerals, and water—that the body needs to function properly. It ensures that no nutrient is deficient or in excess.

A balanced diet is important because it provides the energy required for daily activities and bodily functions, helping maintain overall health and vitality. When the body receives adequate nutrients, it can grow, repair tissues, and support immune functions effectively.

It is also important because it helps prevent nutritional deficiencies and reduces the risk of chronic diseases such as diabetes, heart disease, and obesity by maintaining healthy body weight and metabolic functions.

2. List any four safety precautions to observe when using an electric sewing machine.

Unplug the sewing machine before cleaning, oiling, or making adjustments. This precaution prevents accidental electrical shocks or the machine starting unexpectedly, which could cause injuries.

Keep fingers and loose clothing away from the needle area during operation to avoid needle pricks or entanglement, which could lead to cuts or other injuries.

Place the sewing machine on a stable, flat surface to prevent it from tipping over or moving during use. A stable setup ensures precise stitching and reduces the risk of accidents.

Check the power cord and plug regularly for damage or frays. Using damaged electrical equipment can cause electric shocks or short circuits, putting users at risk.

3. Mention four types of teaching and learning materials commonly used in teaching Home Economics.

Printed materials like textbooks, workbooks, and recipe sheets provide structured information that students can read and refer back to during lessons or at home.

Visual aids such as charts, posters, and diagrams help to explain concepts clearly and make abstract information easier to understand through images and illustrations.

Real objects or realia, including cooking utensils, fabrics, and food items, give students hands-on experience, making lessons practical and interactive.

Audio-visual materials like videos, projectors, and slideshows engage multiple senses and can demonstrate processes or techniques that might be difficult to explain verbally alone.

4. Define the term “malnutrition” and list two types of malnutrition disorders.

Malnutrition refers to a condition where an individual's diet is insufficient or imbalanced in nutrients, leading to poor health, impaired growth, and weakened immune function. It can be due to undernutrition or overnutrition.

Two common types of malnutrition disorders are kwashiorkor, caused primarily by protein deficiency and characterized by swelling and an enlarged liver, and marasmus, caused by a severe deficiency of energy (calories), leading to extreme thinness and muscle wasting.

5. State four roles of the family in promoting moral values among its members.

The family acts as the primary role model by demonstrating acceptable behaviors such as honesty, respect, and responsibility, which children imitate and internalize.

It provides a structured environment where discussions about right and wrong can take place, helping members understand societal expectations and develop ethical reasoning.

Families reward good behavior through praise and positive reinforcement, encouraging members to adhere to moral standards.

They set and enforce rules consistently, teaching discipline and respect for authority, which are crucial aspects of moral development.

6. Give four reasons for assessing learners during and after teaching a Home Economics lesson.

Assessment during a lesson helps the teacher identify learners' misunderstandings or difficulties immediately, allowing for timely interventions and support.

It provides a way to measure how well students have achieved the lesson objectives, giving both teacher and learner feedback on progress.

Assessment motivates learners by making them aware of their strengths and areas needing improvement, which encourages continuous effort.

It helps teachers evaluate the effectiveness of their teaching methods and materials, enabling improvements in future lessons.

7. Identify four basic stitches used in hand sewing.

Running stitch is a simple, straight stitch used for temporary stitching, basting, or gathering fabric. It is quick but not very strong.

Backstitch is a strong stitch that overlaps, making it ideal for permanent seams where durability is important.

Slip stitch (or ladder stitch) is used to close seams invisibly, especially when finishing hems or closing openings after stuffing.

Whipstitch involves stitching around the edge of fabric pieces to join them neatly and prevent fraying, often used for appliqué or edging.

8. Outline four causes of food spoilage in home storage.

Microbial growth occurs when bacteria, yeast, or molds multiply on food, especially if stored in warm or moist conditions, causing food to rot and sometimes produce toxins.

Enzymatic activity continues even after food is harvested or slaughtered, breaking down food components and causing changes in flavor, texture, and appearance.

Oxidation caused by exposure to air leads to rancidity in fats and oils and discoloration of fruits and vegetables, reducing nutritional quality and palatability.

Excess moisture or high humidity encourages mold growth and accelerates spoilage by providing a conducive environment for microbes.

9. List four principles to consider when planning meals for children under five years.

Meals should be nutrient-dense to provide all the essential vitamins and minerals necessary for rapid growth and development during early childhood.

Portion sizes must be appropriate for children's smaller stomachs to prevent overfeeding or wastage.

A variety of foods with different textures and flavors should be offered to encourage acceptance and prevent feeding difficulties or picky eating.

Meals and snacks should be given at regular intervals to maintain energy levels and promote healthy eating habits.

10. Give four advantages of using demonstration as a teaching method in Home Economics.

Demonstration provides a clear, step-by-step visual of procedures, which helps students understand practical skills better than verbal explanations alone.

It engages multiple senses—sight, hearing, and sometimes smell—making the learning experience richer and more memorable.

Demonstrations allow students to observe correct techniques and safety procedures firsthand, reducing the likelihood of mistakes during practice.

They provide opportunities for immediate questions and clarifications, helping students to understand the reasons behind each step.

11. Describe six methods of preserving perishable foods at home and explain how each method prevents spoilage.

Refrigeration slows down the growth of bacteria and enzymatic activity by keeping food at low temperatures, extending shelf life.

Freezing preserves food by stopping microbial growth and enzymatic reactions completely due to very low temperatures.

Drying removes moisture from food, creating an environment where bacteria and molds cannot survive or multiply.

Canning involves heating food to destroy microorganisms and sealing it in airtight containers to prevent recontamination.

Pickling preserves food by immersing it in acidic solutions like vinegar or brine, creating conditions unsuitable for microbial growth.

Salting draws out moisture through osmosis, reducing water activity in food and inhibiting microbial growth.

12. Describe six factors that a teacher should consider when selecting teaching and learning materials for a Home Economics lesson.

Relevance to the lesson objectives ensures that the materials support the specific content and skills being taught.

Suitability for the learners' age and skill level guarantees that materials are understandable and appropriately challenging.

Availability and affordability make sure that the resources can be accessed and used without financial strain.

Durability matters because materials should withstand repeated use and handling in practical lessons.

Safety considerations are essential to prevent accidents or harm, especially when materials involve sharp tools or chemicals.

Cultural appropriateness ensures that materials respect students' backgrounds and do not offend or alienate any group.

13. Explain six effects of early marriage on the social, physical, and economic wellbeing of adolescent girls in Tanzania.

Socially, early marriage often results in interrupted education, limiting opportunities for personal development and social mobility.

Physically, adolescent girls may face health risks such as complications during pregnancy and childbirth due to their underdeveloped bodies.

Early marriage can lead to psychological stress and limited autonomy, affecting mental health and decision-making abilities.

Economically, girls who marry early often have reduced earning potential and increased dependence on their spouses or families.

Early childbearing associated with early marriage increases the financial burden of childcare and healthcare costs.

The cycle of poverty can perpetuate as girls with limited education and skills are unable to contribute effectively to household income or community development.

14. Describe five steps involved in preparing a table of specifications when planning a Home Economics test.

Identify the content areas or topics to be assessed, such as nutrition, clothing, or home management, ensuring comprehensive coverage.

Determine the learning objectives and cognitive levels (knowledge, application, analysis) to be evaluated within each content area.

Allocate the number of questions or marks to each content area and cognitive level proportionally to their importance in the syllabus.

Prepare a matrix or grid showing the distribution of questions across topics and cognitive levels for balanced assessment.

Review and adjust the table to ensure fairness, coverage, and alignment with teaching priorities before developing the test items.

15. Explain in detail six advantages of using participatory teaching methods in teaching Home Economics.

Participatory methods actively involve learners in the learning process, which increases motivation and ownership of their learning outcomes.

They encourage collaboration and communication among students, helping them develop interpersonal skills necessary for family and community life.

Hands-on activities strengthen practical skills like cooking, sewing, and budgeting, which improve retention and mastery.

Participatory teaching fosters critical thinking and problem-solving by challenging students to plan, execute, and evaluate tasks.

These methods allow learners to explore creativity and adaptability by trying different approaches to real-life challenges.

Immediate feedback from peers and teachers during activities enables students to correct mistakes and improve skills efficiently.

16. Describe six parts of a sewing machine and state the function of each part.

The needle pierces the fabric to form stitches during sewing.

The presser foot holds the fabric firmly in place to ensure even stitching.

The feed dog moves the fabric forward through the machine at a consistent rate.

The bobbin supplies the lower thread needed to form stitches with the upper thread.

The tension control adjusts the tightness of the thread to produce balanced stitches.

The hand wheel manually raises and lowers the needle for precise control, especially at the start or end of sewing.