

**THE UNITED REPUBLIC OF TANZANIA
MINISTRY OF EDUCATION AND VOCATIONAL TRAINING
FORM TWO SECONDARY EDUCATION EXAMINATION, 2005**

051**FOOD AND NUTRITION****Time: 2:30 Hours****INSTRUCTIONS**

1. This paper consists of sections **A, B** and **C**.
2. Answer **ALL** questions from sections A and B,
and only **ONE** from section C.
3. **ALL** answers must be written in the spaces provided.
4. Write your examination number at the top right corner of every page.
5. **ALL** writing must be in blue or black ink **EXCEPT**
diagrams which must be in pencil.
6. Cell-phones are not allowed in the examination room.

FOR EXAMINER'S USE ONLY		
QUESTION NUMBER	SCORE	INITIALS OF EXAMINER
1		
2		
3		
4		
5		
6		
7		
8		
9		
TOTAL		

This paper consists of 6 printed pages.

SECTION A (20 Marks)

1. For each of the following items (i) - (x), choose the correct answer and write its letter in the box provided.

(i) The nutrient essential for blood clotting is

- A. Vitamin A
- B. Vitamin K
- C. Vitamin C
- D. Vitamin D

(ii) The stage of life before adolescence is

- A. Infancy
- B. Childhood
- C. Adulthood
- D. Old age

(iii) The best part of fish for steaming is

- A. Fatty cuts
- B. Tender fillets
- C. Tough cuts
- D. Bones

(iv) Waste from cleaning agents is classified as

- A. Organic refuse
- B. Liquid refuse
- C. Chemical waste
- D. Dry refuse

(v) The main function of fats in the body is

- A. Building muscles
- B. Providing energy
- C. Strengthening bones
- D. Improving vision

(vi) Good oral hygiene helps prevent

- A. Scurvy
- B. Tooth decay
- C. Rickets
- D. Beriberi

(vii) The laundry process that enhances fabric appearance is

- A. Bleaching
- B. Ironing
- C. Soaking

D. Blueing

(viii) First Aid includes all EXCEPT

- A. Checking the scene for safety
- B. Administering full medical treatment
- C. Providing temporary relief
- D. Preventing further harm

(ix) Using bleach on coloured clothes can cause

- A. Brightening
- B. Fading
- C. Strengthening
- D. Softening

(x) The disease caused by iodine deficiency is

- A. Goitre
- B. Scurvy
- C. Rickets
- D. Pellagra

2. Write TRUE if the statement is correct and FALSE if the statement is not correct in the space provided.

- (i) Breast milk meets all infant nutritional needs for six months.
- (ii) Poor ventilation can cause respiratory issues.
- (iii) Immunization is optional for healthy children.
- (iv) Boiling is a dry heat cooking method.
- (v) Kindness and cooperation are bad behaviours.
- (vi) Lack of protein can cause stunted growth.
- (vii) Hard water reduces soap lather.
- (viii) Dusting should follow mopping in cleaning.
- (ix) A landlord owns the rented property.
- (x) Nausea is a common pregnancy symptom.

SECTION B (60 Marks)

3. (a) Give the meaning of:

(i) Public Health

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(ii) Child Health Services

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(b) List four child health services in communities.

- (i)
- (ii)
- (iii)
- (iv)

(c) State three ways families can ensure safe drinking water.

- (i)
- (ii)
- (iii)

4. (a) Give three causes of rickets.

- (i)
- (ii)
- (iii)

(b) List three symptoms of rickets.

- (i)
- (ii)
- (iii)

(c) (i) State three prevention strategies.

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(ii) Give three treatment methods.

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5. (a) Outline six steps in laundering silk garments.

- (i)
- (ii)
- (iii)
- (iv)
- (v)
- (vi)

(b) For white cotton laundry:

(i) Bleaching:

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-

(ii) Ironing:

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-

(c) List two factors in treating stains on synthetic fabrics.

- (i)
- (ii)

6. (a) Give four reasons for maintaining kitchen hygiene.

- (i)
- (ii)
- (iii)
- (iv)

(b) Outline five considerations when choosing kitchen utensils.

- (i)
- (ii)
- (iii)
- (iv)
- (v)

(c) State four suitable methods for cooking root vegetables.

- (i)
- (ii)
- (iii)
- (iv)

7. (a) List three nutrients essential for elderly individuals.

- (i)
- (ii)
- (iii)

(b) Explain four ways to minimize food waste during preparation.

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8. (a) Identify four methods of food storage in the home.
- (i)
- (ii)
- (iii)
- (iv)
- (b) Explain four effects of improper food storage.
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SECTION C (20 Marks)

Answer only **one** question from this section.

- [illegible]