

**THE UNITED REPUBLIC OF TANZANIA
MINISTRY OF EDUCATION AND VOCATIONAL TRAINING
FORM TWO SECONDARY EDUCATION EXAMINATION, 2007**

051

FOOD AND NUTRITION**Time: 2:30 Hours****ANSWERS****Year: 2007****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		

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) A deficiency of calcium causes

- A. Scalia
- B. Night blindness
- C. Rickets
- D. Beriberi

C

Reason: Calcium deficiency impairs bone mineralization, leading to rickets in children, characterized by soft and deformed bones.

(ii) Adolescence is between

- A. Infancy and childhood
- B. Childhood and adulthood
- C. Toddler and adulthood
- D. Foetal and childhood

B

Reason: Adolescence is the transitional phase between childhood (ages 2–12) and adulthood (post-puberty), typically spanning ages 10–19.

(iii) The best cut of beef for stewing is

- A. Fatty
- B. Boneless
- C. Tender
- D. Tough

D

Reason: Tough cuts, like chuck or brisket, are ideal for stewing as slow, moist cooking breaks down connective tissues, making them tender.

(iv) Laundry wastewater disposal is called

- A. Solid refuse
- B. Liquid refuse
- C. Mixed refuse
- D. Chemical waste

B

Reason: Wastewater from laundry, containing water and detergent, is classified as liquid refuse, distinct from solid or chemical waste.

(v) Fruits are rich in

- A. Minerals and fats

- B. Vitamins and roughage
- C. Proteins and fats
- D. Water and protein

B

Reason: Fruits are high in vitamins (e.g., Vitamin C) and dietary fiber (roughage), supporting immunity and digestion.

(vi) Oral hygiene includes

- A. Brushing once weekly
- B. Using charcoal
- C. Visiting dentist regularly
- D. Brushing twice daily

D

Reason: Brushing twice daily removes plaque and prevents tooth decay, as recommended by dental health guidelines.

(vii) Laundry process to stiffen collars is

- A. Bleaching
- B. Blueing
- C. Starching
- D. Drying

C

Reason: Starching adds stiffness to fabrics, particularly collars, enhancing their shape and appearance.

(viii) First Aid includes

- A. Finding cause of accident
- B. Relieving pain
- C. Preventing further damage
- D. All except administering full treatment

D

Reason: First Aid involves immediate actions like relieving pain and preventing harm but excludes full medical treatment, which requires professionals.

(ix) Cleaning aluminium pans with soda will

- A. Discolor them
- B. Strengthen them
- C. Scratch them
- D. Dissolve them

A

Reason: Soda (sodium bicarbonate) can react with aluminium, causing discoloration or tarnishing due to chemical interaction.

(x) Niacin deficiency causes

A. Pellagra

B. Rickets

C. Beriberi

D. Scurvy

A

Reason: Niacin (Vitamin B₃) deficiency leads to pellagra, characterized by dermatitis, diarrhea, and dementia.

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

(i) Weaning does not stop breastfeeding. **TRUE**

(ii) Poisonous gases may suffocate. **TRUE**

(iii) Immunization is child health requirement. **TRUE**

(iv) Grilling uses dry heat. **TRUE**

(v) Alcoholism is bad behaviour. **TRUE**

(vi) Lack of fibre may cause obesity. **FALSE**

(vii) Soft water leaves no marks. **TRUE**

(viii) Wet mop is used after scrubbing. **TRUE**

(ix) Tenant pays rent. **TRUE**

(x) Fever indicates pregnancy. **FALSE**

3. (a) Give the meaning of:

(i) Preventive Health Service

Preventive health service refers to the type of healthcare provided with the aim of avoiding the occurrence of diseases and promoting general health before illness appears.

(ii) Curative Health Service

Curative health service refers to the type of healthcare that involves the diagnosis, treatment, and management of existing diseases or health conditions in order to restore good health.

(b) List four preventive health services in communities.

(i) Immunization programs

(ii) Health education campaigns

(iii) Environmental sanitation

(iv) Disease surveillance and control

(c) State three ways a family can prevent diseases.

(i) Maintaining cleanliness in the home environment

(ii) Ensuring proper disposal of waste

(iii) Eating balanced and safe food

4. (a) List three causes of nutritional anaemia.
- (i) Deficiency of iron in the diet
 - (ii) Deficiency of folic acid
 - (iii) Deficiency of vitamin B₁₂
- (b) List three symptoms.
- (i) Pale skin and lips
 - (ii) Weakness and fatigue
 - (iii) Shortness of breath
- (c) (i) Provide three prevention methods.
- Eating iron-rich foods such as liver and green leafy vegetables
Providing vitamin supplements where necessary
Health education about balanced diet and nutrition
- (ii) Provide two treatment options.
- Administration of iron and folic acid supplements
 - Medical treatment of underlying causes like intestinal worms
5. (a) Outline six steps in laundry.
- (i) Sorting clothes according to color and fabric
 - (ii) Soaking dirty clothes in water and detergent
 - (iii) Washing by rubbing or using a washing machine
 - (iv) Rinsing thoroughly with clean water
 - (v) Drying clothes under the sun or in a dryer
 - (vi) Ironing and storing clothes properly
- (b) For white cotton:
- (i) Boiling:
- Helps to remove stubborn stains and kill germs
 - Maintains whiteness and freshness of the fabric
- (ii) Starching:
- Makes the fabric firm and neat
 - Helps to maintain the shape of the garment
- (c) State two stain treatment factors.
- (i) Type of stain on the fabric
 - (ii) Type and color of fabric material
6. (a) List four reasons why cooking is necessary.
- (i) To kill harmful germs and parasites in food
 - (ii) To improve taste and flavor of food

- (iii) To make food soft and easy to digest
- (iv) To preserve food for a longer time

(b) Provide five factors to consider in choosing cooking methods.

- (i) Type of food to be cooked
- (ii) Nutritional value to be retained
- (iii) Availability of fuel and cooking equipment
- (iv) Time available for cooking
- (v) Health condition of the person eating the food

(c) List four methods suitable for cooking fish.

- (i) Boiling
- (ii) Frying
- (iii) Grilling
- (iv) Steaming

7. Describe socio-cultural factors prompting early marriage, and four negative effects on girls' empowerment.

One socio-cultural factor prompting early marriage is traditional beliefs and customs. In some Tanzanian communities, marrying off girls at a young age is seen as a way of preserving family honour and preventing premarital pregnancy.

A second factor is poverty. In poor families, parents may arrange early marriages for their daughters to gain dowry or reduce the number of dependents at home.

Third, lack of education contributes to early marriage. Families who do not value girls' education often marry them off early, believing that a woman's role is to marry and bear children.

Fourth, peer and family pressure influences early marriage. Girls may be convinced by relatives or friends that marriage is a source of respect and security, pushing them into early unions.

Fifth, religious teachings are sometimes interpreted to support early marriage, with the belief that girls should marry once they reach puberty.

Sixth, fear of pregnancy outside marriage makes some parents quickly arrange marriages for their daughters if they suspect them of engaging in relationships.

Four negative effects on girls' empowerment include denial of education, as married girls often drop out of school. Secondly, early marriage increases health risks due to early pregnancies and childbirth complications. Thirdly, it reduces economic independence because married girls rely on their husbands for support. Lastly, it limits participation in decision-making, as young married girls are often excluded from contributing to family and community matters.

8. Explain seven causes of domestic accidents and preventive measures.

One cause of domestic accidents is slippery floors, which lead to falls. The preventive measure is keeping floors dry and promptly cleaning any spills.

A second cause is sharp objects like knives and broken glass left carelessly. Storing them safely after use prevents injuries.

Third, faulty electrical appliances can cause shocks and fires. The preventive measure is regular checking and maintenance of all electrical equipment.

Fourth, overcrowded rooms filled with furniture and objects can lead to tripping and falls. Arranging household items neatly ensures safer movement.

Fifth, leaving cooking unattended leads to kitchen fires. Always staying near cooking stoves and turning them off after use prevents this.

Sixth, children playing with matches, sockets, or chemicals can cause accidents. Keeping dangerous items out of children's reach and educating them about safety helps prevent incidents.

Seventh, poor lighting causes people to bump into objects. Installing adequate lighting in all areas of the house, especially staircases and corridors, reduces this risk.

9. Describe six benefits of breastfeeding and four reasons mothers resort to other milk types.

One benefit of breastfeeding is that it provides ideal nutrition for infants, containing all the nutrients required for healthy growth and development.

A second benefit is protection against infections, as breast milk contains antibodies that help prevent diseases like diarrhoea and respiratory infections.

Third, breastfeeding promotes bonding between the mother and baby, providing emotional comfort and security.

Fourth, it reduces the risk of chronic diseases later in life, such as obesity and diabetes.

Fifth, breastfeeding helps mothers recover faster after delivery by contracting the uterus and reducing postpartum bleeding.

Sixth, it is economical and convenient since it requires no preparation, is always available at the right temperature, and costs nothing.

Four reasons mothers resort to other milk types include medical conditions where the mother is ill or on medication unsafe for the baby. A second reason is low breast milk production, making supplementation necessary. Third, mothers returning to work or school may be unable to breastfeed regularly. Lastly, personal preference or cultural beliefs may lead some mothers to opt for formula or cow's milk.

