

**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****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 8 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) A deficiency of calcium causes

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

(ii) Adolescence is between

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

(iii) The best cut of beef for stewing is

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

(iv) Laundry wastewater disposal is called

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

(v) Fruits are rich in

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

(vi) Oral hygiene includes

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

(vii) Laundry process to stiffen collars is

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

(viii) First Aid includes

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

(ix) Cleaning aluminium pans with soda will

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

(x) Niacin deficiency causes

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

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.
- (ii) Poisonous gases may suffocate.
- (iii) Immunization is child health requirement.
- (iv) Grilling uses dry heat.
- (v) Alcoholism is bad behaviour.
- (vi) Lack of fibre may cause obesity.
- (vii) Soft water leaves no marks.
- (viii) Wet mop is used after scrubbing.
- (ix) Tenant pays rent.
- (x) Fever indicates pregnancy.

SECTION B (60 Marks)

3. (a) Give the meaning of:

(i) Preventive Health Service

.....
.....

(ii) Curative Health Service

.....
.....

(b) List four preventive health services in communities.

(i)

(ii)

(iii)

(iv)

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

(i)

(ii)

(iii)

4. (a) List three causes of nutritional anaemia.

(i)

(ii)

(iii)

(b) List three symptoms.

(i)

(ii)

(iii)

(c) (i) Provide three prevention methods.

.....
.....

(ii) Provide two treatment options.

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-

5. (a) Outline six steps in laundry.

(i)

(ii)

(iii)

- (iv)
(v)
(vi)

(b) For white cotton:

(i) Boiling:

-
-

(ii) Starching:

-
-

(c) State two stain treatment factors.

- (i)
(ii)

6. (a) List four reasons why cooking is necessary.

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

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

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

(c) List four methods suitable for cooking fish.

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

SECTION C (20 Marks)

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

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

8. Explain seven causes of domestic accidents and preventive measures.
9. Describe six benefits of breastfeeding and four reasons mothers resort to other milk types.

[illegible]