

**THE UNITED REPUBLIC OF TANZANIA
MINISTRY OF EDUCATION AND VOCATIONAL TRAINING
FORM TWO SECONDARY EDUCATION EXAMINATION, 2008**

051

FOOD AND NUTRITION**Time: 2:30 Hours****ANSWERS****Year: 2008****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) The mineral essential for red blood cell formation is

- A. Calcium
- B. Vitamin C
- C. Iron
- D. Potassium

C

Reason: Iron is a key component of hemoglobin, which is essential for red blood cell formation and oxygen transport in the body.

(ii) Adolescence is a stage of

- A. Growth and maturation
- B. Old age
- C. Infancy
- D. Toddlers

A

Reason: Adolescence is characterized by rapid physical, emotional, and cognitive growth and maturation, occurring between childhood and adulthood.

(iii) Best cuts of fish for baking are

- A. Oily cuts
- B. Boneless fillets
- C. Tender fillets
- D. Boneless cuts

B

Reason: Boneless fillets are ideal for baking as they cook evenly, are easy to handle, and present well without bones.

(iv) Water from bathrooms is called

- A. Liquid refuse
- B. Mixed refuse
- C. Grey water
- D. Chemical waste

C

Reason: Grey water refers to wastewater from bathrooms, sinks, and laundry, which is relatively clean compared to sewage and can sometimes be reused.

(v) Fruits and vegetables contain mainly

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

B

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

(vi) To maintain teeth health you should

- A. Brush twice daily

- B. Use traditional sticks
- C. Only chew sugar-free gum
- D. Avoid dentist visits

A

Reason: Brushing twice daily with fluoride toothpaste removes plaque and prevents cavities, as recommended by dental health guidelines.

(vii) Laundry process to remove cooking oil stains is

- A. Bleaching
- B. Blueing
- C. Pre-soaking
- D. Drying

C

Reason: Pre-soaking with detergent or a stain remover breaks down oil-based stains like cooking oil, making them easier to wash out.

(viii) First Aid aims to

- A. Diagnose illnesses
- B. Prevent further injury
- C. Prescribe medication
- D. Discharge patients

B

Reason: First Aid focuses on providing immediate care to prevent further injury or worsening of a condition until professional help is available.

(ix) Abrasive cleaning agents on aluminium

- A. Discolour it
- B. Strengthen it
- C. Clean it completely
- D. Scratch it

D

Reason: Abrasive agents, like scouring pads, can scratch aluminium surfaces, damaging their finish and making them prone to further wear.

(x) Thiamine deficiency causes

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

C

Reason: Thiamine (Vitamin B₁) deficiency leads to beriberi, a disease affecting the nervous and cardiovascular systems, often linked to poor diets.

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

- (i) Weaning stops all breast-feeding. **FALSE**
- (ii) Poisonous gas inhalation suffocates. **TRUE**
- (iii) Immunization is essential for child health. **TRUE**
- (iv) An oven uses dry heat. **TRUE**

- (v) Sexual abuse is bad behaviour. **TRUE**
- (vi) Low fibre may cause obesity. **FALSE**
- (vii) Soft water leaves mineral deposits. **FALSE**
- (viii) Wet mops are used after scrubbing. **TRUE**
- (ix) Tenant pays rent to landlord. **TRUE**
- (x) Fever is pregnancy symptom. **FALSE**

3. (a) Give the meaning of:

(i) Preventive Health Service

Preventive health service is a type of health care aimed at avoiding the occurrence of diseases, maintaining health, and promoting well-being before illness develops.

(ii) Curative Health Service

Curative health service is a type of health care provided to diagnose, treat, and manage illnesses or health problems to restore an individual's health.

(b) List four preventive services in communities.

- (i) Immunization against infectious diseases
- (ii) Health education programs
- (iii) Environmental sanitation services
- (iv) Disease control and surveillance

(c) State three family disease-prevention methods.

- (i) Proper waste disposal and environmental cleanliness
- (ii) Regular hand washing and personal hygiene
- (iii) Eating safe, clean, and balanced food

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

- (i) Lack of iron in the diet
- (ii) Deficiency of folic acid
- (iii) Deficiency of vitamin B₁₂

(b) List three anaemia symptoms.

- (i) Pale skin and lips
- (ii) Weakness and frequent tiredness
- (iii) Shortness of breath and dizziness

(c) (i) Provide three prevention methods.

Eating iron-rich foods such as liver and green vegetables
Providing iron and vitamin supplements when necessary
Conducting health education on balanced diet and nutrition

(ii) Provide three treatment methods.

- Administration of iron supplements
- Medical treatment of underlying causes such as intestinal parasites
- Providing blood transfusion in severe cases

5. (a) Describe the six steps in effective laundry.

- (i) Sorting clothes by type, color, and degree of dirt
- (ii) Soaking clothes in water with detergent to loosen dirt
- (iii) Washing clothes by rubbing or using a washing machine
- (iv) Rinsing thoroughly with clean water to remove soap
- (v) Drying clothes in the sun or using a dryer
- (vi) Ironing and storing clothes properly after drying

(b) For white cotton:

(i) Boiling:

- Kills germs and removes stubborn stains
- Restores and maintains the whiteness of the fabric

(ii) Starching:

- Makes the fabric firm, crisp, and neat
- Preserves the shape and appearance of the garment

(c) List two factors in stain removal.

- (i) Type and nature of the stain
- (ii) Type and color of the fabric

6. (a) List four purposes of cooking.

- (i) To kill harmful germs and parasites in food
- (ii) To improve the taste, smell, and appearance of food
- (iii) To make food soft and easier to digest
- (iv) To preserve food and make it last longer

(b) Explain five considerations in choosing cooking methods.

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

(c) Name four suitable methods for cooking fish.

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

7. Discuss socio-economic factors leading to early marriage, and four effects on women's empowerment.

One socio-economic factor leading to early marriage is poverty. Poor families may arrange early marriages for their daughters to receive dowry payments or reduce the number of dependents they must support.

A second factor is lack of access to education. Girls who are not enrolled in school are more likely to be married off early, as families may see no value in keeping them at home without formal education.

Third, unemployment and economic hardship increase the likelihood of early marriage. In difficult financial times, parents may see marriage as a way to secure their daughter's future and ease family expenses.

Fourth, gender inequality contributes to early marriage, as some communities prioritize boys' education and economic opportunities over girls', considering marriage the best option for young females.

Fifth, cultural expectations and pressure from relatives or community members often encourage early marriage as a sign of respectability and adulthood for girls.

Sixth, fear of pregnancy out of wedlock pushes families to arrange early marriages if a girl is suspected to be in a romantic relationship.

Four effects on women's empowerment include limiting education opportunities, as married girls usually drop out of school. Secondly, it leads to financial dependence on husbands, restricting women's ability to support themselves. Third, early marriage increases health risks, as young girls face complications in pregnancy and childbirth. Lastly, it denies women participation in decision-making, both at home and within the community, reducing their voice and influence.

8. Explain seven sources of home accidents and suggest precautions.

One source of home accidents is slippery floors, which cause falls. The precaution is to clean up spills immediately and use floor mats where necessary.

A second source is sharp tools like knives, scissors, and broken glass. These should be stored properly and used with care.

Third, faulty electrical appliances can cause shocks and fires. Regular inspection and safe handling of these appliances help prevent accidents.

Fourth, cooking fires left unattended can lead to burns or kitchen fires. Always stay near the stove when cooking and turn off appliances after use.

Fifth, overcrowded rooms and poorly arranged furniture cause tripping. Keeping rooms neat and ensuring clear pathways prevents such accidents.

Sixth, children playing with matches, chemicals, or sockets is dangerous. Store harmful items out of reach and teach children about safety.

Seventh, poor lighting increases the risk of bumping into objects and falling. Installing adequate lighting in all parts of the house reduces this risk.

9. Describe six benefits of breast milk, and give four reasons for introducing other milk.

One benefit of breast milk is that it provides all essential nutrients required for a baby's healthy growth and development.

A second benefit is that it strengthens the baby's immune system, as breast milk contains antibodies that help fight infections.

Third, it enhances bonding between the mother and baby, promoting emotional security and attachment.

Fourth, it helps the mother recover after childbirth by aiding in uterine contraction and reducing postpartum bleeding.

Fifth, breast milk lowers the baby's risk of future health problems such as obesity, diabetes, and allergies.

Sixth, it is cost-effective, always available, and requires no preparation or special storage.

Four reasons for introducing other milk include

the mother suffering from illnesses that make breastfeeding unsafe.

A second reason is insufficient breast milk production to meet the baby's needs.

Third, when a mother returns to work or school, other milk may be necessary for convenience.

Lastly, some parents may introduce other milk due to personal preferences or medical advice based on the baby's health conditions.