

**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****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) The mineral essential for red blood cell formation is

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

(ii) Adolescence is a stage of

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

(iii) Best cuts of fish for baking are

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

(iv) Water from bathrooms is called

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

(v) Fruits and vegetables contain mainly

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

(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

(vii) Laundry process to remove cooking oil stains is

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

(viii) First Aid aims to

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

(ix) Abrasive cleaning agents on aluminium

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

(x) Thiamine deficiency causes

- A. Rickets
- B. Pellagra
- 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 stops all breast-feeding.
- (ii) Poisonous gas inhalation suffocates.
- (iii) Immunization is essential for child health.
- (iv) An oven uses dry heat.
- (v) Sexual abuse is bad behaviour.
- (vi) Low fibre may cause obesity.
- (vii) Soft water leaves mineral deposits.
- (viii) Wet mops are used after scrubbing.
- (ix) Tenant pays rent to landlord.
- (x) Fever is pregnancy symptom.

SECTION B (60 Marks)

3. (a) Give the meaning of:

(i) Preventive Health Service

.....
.....

(ii) Curative Health Service

.....
.....

(b) List four preventive services in communities.

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

(c) State three family disease-prevention methods.

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

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

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

(b) List three anaemia symptoms.

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

(c) (i) Provide three prevention methods.

.....
.....

(ii) Provide three treatment methods.

-
-
-

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

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

- (iv)
- (v)
- (vi)

(b) For white cotton:

(i) Boiling:

-
-

(ii) Starching:

-
-

(c) List two factors in stain removal.

- (i)
- (ii)

6. (a) List four purposes of cooking.

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

(b) Explain five considerations in choosing cooking methods.

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

(c) Name four suitable methods for cooking fish.

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

SECTION C (20 Marks)

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

7. Discuss socio-economic factors leading to early marriage, and four effects on women's empowerment.
8. Explain seven sources of home accidents and suggest precautions.
9. Describe six benefits of breast milk, and give four reasons for introducing other milk.

[illegible]

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) Vitamin B₁ essential for energy metabolism is

- A. Vitamin A
- B. Vitamin C
- C. Vitamin B₁
- D. Vitamin D

(ii) Adolescence is between

- A. Infancy and childhood
- B. Childhood and adulthood
- C. Toddlerhood and adolescence
- D. Old age

(iii) Tender meat cuts are used for

- A. Boiling
- B. Grilling
- C. Both
- D. Frying

(iv) Waste from laundries is

- A. Solid refuse
- B. Mixed refuse
- C. Liquid refuse
- D. Dry refuse

(v) Vegetables are high in

- A. Protein and water
- B. Vitamins and roughage
- C. Fat and sugar
- D. Vitamins and proteins

(vi) Healthy dental care involves

- A. Brushing once a week
- B. Brushing twice daily
- C. Using modern toothpaste
- D. Chewing sugarless gum

(vii) Whitening with starch in laundry is called

- A. Bleaching
- B. Blueing

- C. Soaking
- D. Drying

(viii) First Aid includes

- A. Covering wounds
- B. Administering antibiotics
- C. Preventing infection
- D. Diagnosing illness

(ix) Soda on aluminium

- A. Discolors it
- B. Strengthens it
- C. Dissolves it
- D. Lightens it

(x) Thiamine deficiency results in

- A. Rickets
- B. Pellagra
- 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 and breastfeeding overlap.
- (ii) Gas inhalation causes suffocation.
- (iii) Immunization improves child health.
- (iv) Pan frying is moist cooking.
- (v) Hooliganism is good behaviour.
- (vi) Low fibre causes constipation.
- (vii) Hard water causes spots.
- (viii) Wet mops are for wiping after scrubbing.
- (ix) Tenant occupies rented property.
- (x) Fever is pregnancy sign.

SECTION B (60 Marks)

3. (a) Give the meaning of:

(i) Preventive Health Service

.....
.....

(ii) Curative Health Service

.....
.....

(b) List four community preventive services.

(i)

(ii)

(iii)

(iv)

(c) State three family-based disease preventative measures.

(i)

(ii)

(iii)

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

(i)

(ii)

(iii)

(b) Mention three symptoms.

(i)

(ii)

(iii)

(c) (i) Provide three prevention methods.

.....
.....

(ii) State three treatment methods.

-
-
-

5. (a) List six laundry steps.

(i)

(ii)

(iii)

- (iv)
(v)
(vi)

(b) For white cotton laundry:

(i) Boiling:

-
-

(ii) Starching:

-
-

(c) List two stain treatment factors.

- (i)
(ii)

6. (a) Explain four reasons for cooking.

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

(b) Five factors in selecting cooking methods.

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

(c) Four suitable fish cooking methods.

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

SECTION C (20 Marks)

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

7. Describe six socio-cultural factors encouraging early marriage, and four aspects hindering girls' empowerment.
8. Explain seven causes of household accidents and propose safety measures.

9. List six benefits of breast milk and four reasons mothers introduce formula.

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.