

**THE UNITED REPUBLIC OF TANZANIA  
MINISTRY OF EDUCATION AND VOCATIONAL TRAINING  
FORM TWO SECONDARY EDUCATION EXAMINATION, 2009**

051

**FOOD AND NUTRITION****Time: 2:30 Hours****ANSWERS****Year: 2009****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.

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

**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 healthy vision and found in carrots is

- A. Vitamin B<sub>1</sub>
- B. Vitamin A
- C. Vitamin C
- D. Vitamin D

**B**

**Reason:** Vitamin A is crucial for maintaining healthy vision, particularly in low light, and is found in carrots as beta-carotene, a precursor to Vitamin A.

(ii) Adolescence occurs between

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

**A**

**Reason:** Adolescence is the transitional period between childhood (post-infancy) and adulthood, typically spanning ages 10–19.

(iii) The best cut of meat for grilling is

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

**C**

**Reason:** Tender cuts, like sirloin or ribeye, are ideal for grilling due to their quick cooking time and ability to remain juicy under high heat.

(iv) Refuse from kitchen food preparation is known as

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

**B**

**Reason:** Kitchen food preparation waste, like vegetable peels or food scraps, is classified as dry refuse, as it is solid and often organic.

(v) Roughage and minerals are mainly found in

- A. Fruits and vegetables
- B. Fish and meat
- C. Oil and sugar
- D. Starchy foods

**A**

**Reason:** Fruits and vegetables are rich in dietary fiber (roughage) and minerals (e.g., potassium, magnesium), supporting digestion and health.

(vi) Proper dental hygiene includes

- A. Brushing twice daily
- B. Only using salt water
- C. Chewing hard foods only
- D. Avoiding dentist visits

**A**

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

(vii) The laundry step that restores whiteness is

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

**A**

**Reason:** Bleaching uses chemical agents to remove stains and restore whiteness to fabrics, particularly for white cotton.

(viii) First Aid does NOT include

- A. Checking the scene
- B. Relieving pain
- C. Preventing further injury
- D. Administering full medical treatment

**D**

**Reason:** First Aid provides immediate, temporary care to stabilize a person, but full medical treatment requires professional medical expertise.

(ix) Lemon juice on aluminium can

- A. Discolour it
- B. Strengthen it
- C. Clean completely
- D. Make it lighter

**A**

**Reason:** Lemon juice, being acidic, reacts with aluminium, causing discoloration or tarnishing due to chemical corrosion.

(x) Vitamin C deficiency causes

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

**B**

**Reason:** Vitamin C deficiency leads to scurvy, characterized by bleeding gums, poor wound healing, and fatigue, due to impaired collagen formation.

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

- (i) Weaning starts while breastfeeding continues. **TRUE**
- (ii) Smoke inhalation may cause suffocation. **TRUE**
- (iii) Immunization helps prevent childhood illnesses. **TRUE**
- (iv) Pressure cookers are used for dry cooking. **FALSE**
- (v) Bullying and vandalism are good behavior. **FALSE**
- (vi) Low dietary fibre intake may cause constipation. **TRUE**
- (vii) Hard water leaves soap scum on dishes. **TRUE**
- (viii) Wet mops are used before sweeping. **FALSE**
- (ix) A landlord rents property to others. **TRUE**
- (x) Morning sickness is a pregnancy symptom. **TRUE**

3. (a) Give the meaning of:

(i) Primary Health Care

Primary health care is the essential health care service made available to individuals and families in a community at an affordable cost, using practical, scientifically sound, and socially acceptable methods.

(ii) Rehabilitative Health Care

Rehabilitative health care refers to services provided to help individuals recover physical, mental, or social abilities that have been lost due to illness, injury, or disability.

(b) List four primary health services found in schools.

- (i) Immunization services
- (ii) Health education and promotion
- (iii) Medical check-ups and screening
- (iv) Sanitation and environmental health services

(c) State three ways a family can promote health.

- (i) Practicing proper personal and environmental hygiene
- (ii) Preparing and eating balanced and safe meals
- (iii) Participating in regular physical exercise and recreation

4. (a) Give three causes of protein-energy malnutrition.
- (i) Inadequate intake of protein-rich foods
  - (ii) Poverty leading to food insecurity
  - (iii) Poor knowledge about nutrition and health
- (b) List three symptoms of malnutrition.
- (i) Swollen belly (oedema) and thin limbs
  - (ii) Dry, rough, and discoloured skin
  - (iii) Weakness and frequent illness
- (c) (i) State two prevention strategies.
- Providing health education on proper feeding practices  
Ensuring the availability and intake of balanced diets
- (ii) Give two treatment methods.
- Feeding the affected person with nutrient-rich and balanced meals
  - Medical treatment of infections and complications
5. (a) Outline six steps in doing laundry.
- (i) Sorting clothes according to color, type, and level of dirt
  - (ii) Soaking the clothes in water and detergent
  - (iii) Washing the clothes by hand or using a washing machine
  - (iv) Rinsing clothes thoroughly in clean water
  - (v) Drying the clothes in open air or using a dryer
  - (vi) Ironing and storing clothes properly
- (b) For white cotton laundry:
- (i) Boiling:
- Removes tough stains and kills germs
  - Restores and maintains the fabric's whiteness
- (ii) Blueing:
- Adds a slight blue tint to improve the whiteness of fabric
  - Enhances the brightness and fresh appearance of white clothes
- (c) List two factors in stain treatment.
- (i) The type and nature of the stain
  - (ii) The type, texture, and color of the fabric
6. (a) Give four reasons for cooking food.
- (i) To kill harmful bacteria, germs, and parasites
  - (ii) To improve the taste, smell, and appearance of food
  - (iii) To make food soft and easier to chew and digest
  - (iv) To preserve food and prolong its shelf life

(b) Outline five things to consider when choosing a cooking method.

- (i) Type and texture of food to be cooked
- (ii) Nutritional value to be maintained
- (iii) Availability of fuel and cooking facilities
- (iv) Time available for cooking
- (v) The health condition of the person to be served

(c) State four suitable methods for cooking eggs.

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

7. Describe socio-cultural factors encouraging teenage pregnancy, and explain four impacts on girls' education.

One socio-cultural factor encouraging teenage pregnancy is early initiation into sexual relationships. In some communities, young girls are exposed to early sexual activity through peer influence or traditional practices.

A second factor is poverty. In poor families, teenage girls may be forced into transactional relationships with older men to obtain basic needs like clothes, school supplies, or food.

Third, lack of sexual health education contributes to teenage pregnancy, as many girls grow up without clear knowledge about reproductive health, contraception, and the consequences of early sexual activity.

Fourth, peer pressure influences girls to engage in relationships to fit in with their friends or avoid being mocked for not having a partner.

Fifth, cultural beliefs that value motherhood over education encourage teenage girls to prioritize having children over completing school.

Sixth, weak parental guidance and supervision allow teenagers to engage in risky behaviours without advice or monitoring.

Four impacts on girls' education include school dropout, as pregnant girls are often expelled or drop out voluntarily. Secondly, it reduces academic performance due to stress and health problems. Third, it increases absenteeism as pregnant girls or young mothers miss classes. Lastly, it limits future career opportunities because incomplete education restricts access to employment and vocational training.

8. Explain seven causes of domestic accidents and suggest prevention measures.

One cause of domestic accidents is slippery floors, leading to falls. Prevention includes wiping spills immediately and using non-slip mats.

A second cause is handling sharp tools like knives carelessly. Storing sharp objects safely and using them properly prevents injuries.

Third, faulty electrical appliances cause shocks and fires. Regular inspection and proper maintenance help avoid such accidents.

Fourth, leaving cooking unattended results in burns or fires. Prevention includes staying near cooking appliances and turning them off after use.

Fifth, overcrowded rooms and poorly arranged furniture cause tripping. Keeping rooms tidy with clear pathways reduces this risk.

Sixth, children playing with dangerous objects like matches and chemicals can lead to accidents. Keeping harmful items out of children's reach and educating them about safety is essential.

Seventh, poor lighting increases the risk of bumping into objects or falling. Installing bright and reliable lighting in all rooms, especially staircases and corridors, helps prevent accidents.

9. Describe six benefits of exclusive breastfeeding and give four reasons why some mothers use formula milk.

One benefit of exclusive breastfeeding is providing complete nutrition for the baby, containing all necessary nutrients in the correct proportions.

A second benefit is that it strengthens the baby's immune system with antibodies that protect against infections.

Third, it promotes emotional bonding between the mother and child, providing comfort and security.

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

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

Sixth, it is economical and convenient, always available at the right temperature and free from contamination risks.

Four reasons why some mothers use formula milk include

illness, where a mother's health condition prevents her from breastfeeding.

A second reason is insufficient breast milk production.

Third, mothers returning to work or school may choose formula feeding for convenience.

Lastly, personal preferences, cultural practices, or medical advice may lead some mothers to introduce formula milk.