

**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****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>		

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 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

(ii) Adolescence occurs between

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

(iii) The best cut of meat for grilling is

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

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(iv) Refuse from kitchen food preparation is known as

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

(v) Roughage and minerals are mainly found in

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

(vi) Proper dental hygiene includes

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

(vii) The laundry step that restores whiteness is

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

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- (viii) First Aid does NOT include
- A. Checking the scene
  - B. Relieving pain
  - C. Preventing further injury
  - D. Administering full medical treatment

- (ix) Lemon juice on aluminium can
- A. Discolour it
  - B. Strengthen it
  - C. Clean completely
  - D. Make it lighter

- (x) Vitamin C deficiency causes
- A. Rickets
  - B. Scurvy
  - C. Pellagra
  - D. Beriberi

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

### SECTION B (60 Marks)

3. (a) Give the meaning of:

- (i) Primary Health Care

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- (ii) Rehabilitative Health Care

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

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

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

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

4. (a) Give three causes of protein-energy malnutrition.

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

(b) List three symptoms of malnutrition.

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

(c) (i) State two prevention strategies.

- .....
- .....

(ii) Give two treatment methods.

- .....
- .....

5. (a) Outline six steps in doing laundry.

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

(b) For white cotton laundry:

(i) Boiling:

- .....
- .....

(ii) Blueing:

- .....
- .....

(c) List two factors in stain treatment.

- (i) .....
- (ii) .....

6. (a) Give four reasons for cooking food.

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

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

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

(c) State four suitable methods for cooking eggs.

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

### SECTION C (20 Marks)

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

- 7. Describe socio-cultural factors encouraging teenage pregnancy, and explain four impacts on girls' education.
- 8. Explain seven causes of domestic accidents and suggest prevention measures.
- 9. Describe six benefits of exclusive breastfeeding and give four reasons why some mothers use formula milk.

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