

**THE UNITED REPUBLIC OF TANZANIA  
MINISTRY OF EDUCATION AND VOCATIONAL TRAINING  
FORM TWO SECONDARY EDUCATION EXAMINATION, 2010**

**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 that supports tissue repair is

- A. Carbohydrates
- B. Proteins
- C. Fats
- D. Vitamins

(ii) The developmental stage before adolescence is

- A. Infancy
- B. Childhood
- C. Adulthood
- D. Old age

(iii) The part of meat suitable for stewing is

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

(iv) Waste from chemical cleaning agents is classified as

- A. Organic refuse
- B. Liquid refuse
- C. Hazardous waste
- D. Dry refuse

(v) The main source of Vitamin C is

- A. Meat and poultry
- B. Dairy products
- C. Citrus fruits
- D. Grains

(vi) Proper dental hygiene includes avoiding

- A. Fluoride toothpaste
- B. Sugary foods
- C. Regular brushing
- D. Dental check-ups

(vii) The laundry process that removes tough stains is

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

- (viii) First Aid does NOT involve
  - A. Controlling bleeding
  - B. Performing complex surgeries
  - C. Stabilizing injuries
  - D. Providing comfort
- (ix) Using acidic cleaners on stainless steel can cause
  - A. Polishing
  - B. Corrosion
  - C. Strengthening
  - D. Softening
- (x) The disease caused by Vitamin B<sub>1</sub> deficiency is
  - A. Scurvy
  - B. Beriberi
  - C. Rickets
  - D. Goitre

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

- (i) Weaning should begin at six months of age. ....
- (ii) Poor kitchen hygiene can cause food poisoning. ....
- (iii) Immunization is only for infants. ....
- (iv) Grilling is a moist heat cooking method. ....
- (v) Respectful behavior promotes community harmony. ....
- (vi) Lack of protein can cause growth retardation. ....
- (vii) Hard water can cause scaling in utensils. ....
- (viii) Mopping should be done before dusting. ....
- (ix) A landlord is responsible for tenant safety. ....
- (x) Nausea is a common symptom of pregnancy. ....

### SECTION B (60 Marks)

3. (a) Give the meaning of:

(i) **Public Health**

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.....

(ii) **Environmental Health**

.....  
.....

(b) Identify four public health services in urban areas.

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

(c) State three ways to prevent the spread of infectious diseases.

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

4. (a) Give three causes of rickets.

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

(b) Give three symptoms of rickets.

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

(c) (i) Mention three ways of preventing rickets.

.....  
.....

(ii) Write three ways of treating rickets.

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

5. (a) Describe six steps of laundering silk garments.

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

(b) Write the importance of the following treatments in laundry work for white cottons.

(Give two points in each treatment).

(i) **Soaking:**

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

(ii) **Ironing:**

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

(c) State two factors to consider when laundering mixed fabrics.

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

6. (a) Give four reasons for balanced meal planning.

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

(b) Outline five factors to consider when preparing meals for children.

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

(c) State four suitable methods for cooking legumes.

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

**SECTION C (20 Marks)**

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

7. Discuss six factors that influence dietary habits in Tanzanian households.

8. Explain seven ways to maintain hygiene in food storage areas.

9. Describe six benefits of proper hydration and four challenges in ensuring adequate water intake in communities.

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This image shows a full page of primary-ruled paper. It features approximately 20 horizontal rows, each consisting of two parallel dotted lines with a small gap between them, providing a guide for letter height and placement. The paper is otherwise blank, with no margins, text, or other markings.