

**THE UNITED REPUBLIC OF TANZANIA  
MINISTRY OF EDUCATION AND VOCATIONAL TRAINING  
FORM TWO SECONDARY EDUCATION EXAMINATION, 2011**

051

**FOOD AND NUTRITION****Time: 2:30 Hours****ANSWERS****Year: 2011****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 that helps in blood clotting is

- A. Vitamin K
- B. Vitamin B
- C. Vitamin C
- D. Vitamin D

**A**

**Reason:** Vitamin K is essential for synthesizing clotting factors in the liver, enabling blood to coagulate and prevent excessive bleeding.

(ii) The developmental stage after adolescence is

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

**C**

**Reason:** Adulthood follows adolescence, typically beginning around age 20, after the physical and psychological changes of puberty are complete.

(iii) The best part of fish for frying is

- A. Tough cuts
- B. Fillets
- C. Fatty cuts
- D. Bones

**B**

**Reason:** Fillets, especially tender and boneless ones, are ideal for frying due to their even thickness, quick cooking time, and appealing texture.

(iv) Waste materials like paper and plastics are classified as

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

**C**

**Reason:** Paper and plastics are non-biodegradable solid waste, categorized as dry refuse, often recyclable but distinct from organic or hazardous waste.

(v) The main function of carbohydrates in the body is

- A. Building muscles
- B. Providing energy
- C. Strengthening bones
- D. Improving vision

**B**

**Reason:** Carbohydrates are the body's primary energy source, broken down into glucose to fuel cellular activities and physical functions.

(vi) Good dental hygiene helps prevent

- A. Scurvy
- B. Tooth decay
- C. Rickets
- D. Beriberi

**B**

**Reason:** Good dental hygiene, like brushing and flossing, removes plaque and bacteria, preventing tooth decay caused by acid-producing bacteria.

(vii) The laundry process that prevents creasing of clothes is

- A. Bleaching
- B. Ironing
- C. Soaking
- D. Blueing

**B**

**Reason:** Ironing smooths out wrinkles using heat and pressure, preventing creasing and improving the appearance of clothes.

(viii) First Aid includes all of the following EXCEPT

- A. Checking the scene for safety
- B. Administering full medical treatment
- C. Providing temporary relief
- D. Preventing further harm

**B**

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

(ix) Using bleach on colored clothes can cause

- A. Brightening
- B. Fading
- C. Strengthening
- D. Softening

**B**

**Reason:** Bleach is an oxidizing agent that strips dye from colored clothes, causing fading or discoloration when improperly used.

(x) The disease caused by iodine deficiency is

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

**A**

**Reason:** Iodine deficiency impairs thyroid hormone production, leading to goitre, an enlargement of the thyroid gland.

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

- (i) Breast milk provides all nutrients needed for infants. **TRUE**
- (ii) Poor ventilation can cause respiratory issues. **TRUE**
- (iii) Immunization is not necessary for healthy children. **FALSE**
- (iv) Steaming is a dry heat cooking method. **FALSE**
- (v) Honesty and respect are examples of bad behavior. **FALSE**
- (vi) Dietary fibre helps prevent constipation. **TRUE**
- (vii) Hard water makes laundry cleaning difficult. **TRUE**
- (viii) Mopping should precede sweeping in cleaning. **FALSE**
- (ix) Tenants pay rent to live in a landlord's property. **TRUE**
- (x) Weight gain is a common symptom of pregnancy. **TRUE**

3. (a) Give the meaning of:

(i) Maternal Health

Maternal health refers to the health care services provided to women during pregnancy, childbirth, and after delivery to ensure the well-being of both the mother and the baby.

(ii) Child Health Services

Child health services are health care activities and programs aimed at promoting, maintaining, and restoring the health of children from birth up to adolescence.

(b) Identify four child health services provided in communities.

- (i) Immunization programs
- (ii) Growth monitoring and nutritional assessment
- (iii) Treatment of common childhood illnesses
- (iv) Health education for parents and guardians

(c) State three ways families can ensure clean water supply.

- (i) Boiling drinking water before use

- (ii) Using water purification chemicals like chlorine
  - (iii) Protecting water sources from contamination
4. (a) Give three causes of obesity.
- (i) Excessive consumption of fatty and sugary foods
  - (ii) Lack of regular physical exercise
  - (iii) Hereditary factors or family history of obesity
- (b) Give three symptoms of obesity.
- (i) Excessive body fat and overweight appearance
  - (ii) Difficulty in physical activities like walking or running
  - (iii) Breathlessness, fatigue, and joint pain
- (c) (i) Mention three ways of preventing obesity.
- Eating a balanced and healthy diet  
Engaging in regular physical exercise  
Avoiding excessive intake of high-calorie and fatty foods
- (ii) Write three ways of treating obesity.
- Medical consultation and professional dietary advice
  - Participating in physical fitness programs
  - Reducing calorie intake and following a controlled meal plan
5. (a) Describe six steps of laundering woolen garments.
- (i) Sorting woolen garments separately from other fabrics
  - (ii) Using mild soap or wool detergent in lukewarm water
  - (iii) Washing gently by hand without rubbing vigorously
  - (iv) Rinsing thoroughly in clean, lukewarm water
  - (v) Pressing out water gently without twisting or wringing
  - (vi) Drying flat in a shaded, well-ventilated area
- (b) Write the importance of the following treatments in laundry work for white cottons.
- (i) Soaking:
- Helps to loosen and soften dirt and stains before washing
  - Reduces the effort needed when scrubbing the fabric
- (ii) Rinsing:
- Removes remaining soap and dirt particles
  - Prevents fabric damage and irritation from leftover detergent
- (c) State two factors to consider when laundering synthetic fabrics.
- (i) The recommended washing temperature for the specific fabric
  - (ii) The type of detergent suitable for synthetic materials

6. (a) Give four reasons for maintaining kitchen hygiene.
- (i) To prevent food contamination and foodborne diseases
  - (ii) To promote a healthy and pleasant cooking environment
  - (iii) To protect kitchen users from accidents and infections
  - (iv) To maintain the quality and safety of food prepared
- (b) Outline five factors to consider when choosing kitchen utensils.
- (i) The type of food to be prepared
  - (ii) The material of the utensil and its durability
  - (iii) Ease of cleaning and maintenance
  - (iv) Safety and convenience in handling
  - (v) Size and storage space available in the kitchen
- (c) State four suitable methods for cooking root vegetables.
- (i) Boiling
  - (ii) Steaming
  - (iii) Baking
  - (iv) Roasting

7. Explain six ways cultural practices influence food choices in Tanzanian communities.

One way is through food taboos, where certain foods are prohibited for specific groups such as pregnant women or children, based on cultural beliefs.

A second way is through ceremonial meals, where particular foods are served during weddings, funerals, and festivals, reinforcing food preferences within communities.

Third, cultural practices determine the preparation methods of food, such as the preference for boiling, roasting, or fermenting certain dishes according to tradition.

Fourth, religious beliefs within cultures influence food choices by restricting or recommending specific foods, such as avoiding pork or observing fasting days.

Fifth, cultural beliefs about the health benefits or dangers of certain foods affect consumption patterns, such as considering eggs unsuitable for young children in some areas.

Sixth, customs regarding the roles of men and women in food preparation and consumption influence who eats what, when, and how much within family settings.

8. Describe seven safety measures to prevent burns in the kitchen.

One safety measure is to keep pot handles turned inward while cooking to prevent accidental knocking and spilling of hot food.

A second measure is to avoid wearing loose clothing while cooking, as it may catch fire or get caught in hot utensils.

Third, always use oven mitts or dry cloths when handling hot pots, pans, or lids to protect hands from burns.

Fourth, keep flammable items like paper, towels, and plastic away from open flames and hot surfaces.

Fifth, never leave cooking food unattended, especially when using open flames or high heat appliances.

Sixth, teach children to stay away from stoves and hot appliances to avoid accidental burns.

Seventh, have a fire extinguisher or sand nearby to quickly control kitchen fires and reduce the risk of serious burns.

9. Discuss six benefits of proper nutrition during adolescence and four challenges in achieving it.

One benefit is promoting healthy physical growth, as adolescents experience rapid increases in height, weight, and muscle development.

A second benefit is supporting brain development and academic performance through the supply of essential nutrients.

Third, proper nutrition helps in the development of strong bones and teeth due to the intake of calcium, phosphorus, and vitamin D.

Fourth, it strengthens the immune system, reducing the risk of infections and illnesses common in this age group.

Fifth, balanced nutrition prevents nutritional deficiencies such as anaemia, which can cause fatigue and weakness.

Sixth, it helps in developing good eating habits and a healthy lifestyle that continue into adulthood.

Four challenges in achieving proper nutrition during adolescence include poverty, which limits access to a variety of nutritious foods. A second challenge is peer influence, where teenagers prefer unhealthy snacks and fast foods. Third, lack of nutrition education results in poor food choices. Lastly, cultural practices may restrict certain foods for adolescents, leading to imbalanced diets.