

**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****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 nutrient that helps in blood clotting is

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

(ii) The developmental stage after adolescence is

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

(iii) The best part of fish for frying is

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

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

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

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

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

(vi) Good dental hygiene helps prevent

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

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

- A. Bleaching
- B. Ironing

- C. Soaking
- D. Blueing

(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

(ix) Using bleach on colored clothes can cause

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

(x) The disease caused by iodine deficiency is

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

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

SECTION B (60 Marks)

3. (a) Give the meaning of:

(i) Maternal Health

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(ii) Child Health Services

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.....

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

(i)

(ii)

(iii)

(iv)

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

(i)

(ii)

(iii)

4. (a) Give three causes of obesity.

(i)

(ii)

(iii)

(b) Give three symptoms of obesity.

(i)

(ii)

(iii)

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

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(ii) Write three ways of treating obesity.

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5. (a) Describe six steps of laundering woolen 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:**

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(ii) **Rinsing:**

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-

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

- (i)
- (ii)

6. (a) Give four reasons for maintaining kitchen hygiene.

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

(b) Outline five factors to consider when choosing kitchen utensils.

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

(c) State four suitable methods for cooking root vegetables.

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

SECTION C (20 Marks)

Answer only one question from this section.

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

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

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

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[illegible]