

**THE UNITED REPUBLIC OF TANZANIA
MINISTRY OF EDUCATION AND VOCATIONAL TRAINING
FORM TWO SECONDARY EDUCATION EXAMINATION, 2012**

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 provides energy for body activities is

- A. Protein
- B. Carbohydrates
- C. Vitamins
- D. Minerals

(ii) The age range for adolescence is approximately

- A. 1–5 years
- B. 6–12 years
- C. 13–19 years
- D. 20–30 years

(iii) The part of meat suitable for stew system is called

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

(iv) Waste from bathrooms and sinks is referred to as

- A. Organic refuse
- B. Liquid refuse
- C. Solid refuse
- D. Chemical waste

(v) The primary nutrients found in leafy greens are

- A. Proteins and fats
- B. Carbohydrates and sugars
- C. Vitamins and minerals
- D. Fats and oils

(vi) Proper dental care involves

- A. Avoiding cold water
- B. Brushing teeth twice daily
- C. Eating sugary snacks
- D. Using only herbal toothpaste

(vii) The laundry process that enhances the brightness of white clothes is

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

(viii) First Aid does NOT include

- A. Stopping severe bleeding
- B. Providing temporary care
- C. Performing surgery
- D. Checking for breathing

(ix) Using acidic substances like lemon juice on aluminum can

- A. Polish the surface
- B. Cause corrosion
- C. Strengthen the metal
- D. Remove stains completely

(x) The deficiency disease caused by lack of niacin is

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

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

- (i) Infants should be exclusively breastfed for the first six months.
- (ii) Smoke inhalation can lead to respiratory problems.
- (iii) Immunization prevents diseases like tuberculosis.
- (iv) A frying pan is suitable for boiling vegetables.
- (v) Respect and kindness are examples of bad behavior.
- (vi) High fibre intake promotes healthy digestion.
- (vii) Soft water causes soap scum on laundry.
- (viii) Dusting should be done after mopping the floor.
- (ix) A tenant is responsible for property maintenance.
- (x) Fatigue is a common symptom of early pregnancy.

SECTION B (60 Marks)

3. (a) Give the meaning of:

(i) Health Education

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(ii) Sanitation Services

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(b) Identify four health education topics taught in schools.

- (i)
- (ii)

- (iii)
- (iv)

(c) State three ways to prevent foodborne illnesses at home.

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

4. (a) Give three causes of marasmus.

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

(b) Give three symptoms of marasmus.

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

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

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(ii) Write three ways of treating marasmus.

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5. (a) Describe six steps for laundering colored clothes.

- (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) **Boiling:**

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-

(ii) **Starching:**

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-

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

- (i)
- (ii)

6. (a) Give four reasons for proper food storage.

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

(b) Outline five factors to consider when planning a balanced meal.

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

(c) State four suitable methods for cooking poultry.

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

SECTION C (20 Marks)

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

7. Discuss six socio-economic factors affecting food security in Tanzania.

8. Explain seven ways to prevent accidents during food preparation in the kitchen.

9. Describe six advantages of exclusive breastfeeding and four reasons why some mothers opt for formula milk.

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