

**THE UNITED REPUBLIC OF TANZANIA
MINISTRY OF EDUCATION AND VOCATIONAL TRAINING
FORM TWO SECONDARY EDUCATION EXAMINATION, 2013**

051

FOOD AND NUTRITION**Time: 2:30 Hours****ANSWERS****Year: 2013****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		

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 strong bones and teeth is

- A. Vitamin A
- B. Calcium
- C. Vitamin C
- D. Iron

B

Reason: Calcium is a key mineral required for the formation and maintenance of strong bones and teeth, working alongside Vitamin D for bone health.

(ii) The stage of human development between infancy and adolescence is

- A. Childhood
- B. Adulthood
- C. Old age
- D. Foetal stage

A

Reason: Childhood, typically from age 2 to puberty, follows infancy and precedes adolescence in human developmental stages.

(iii) The best part of poultry for roasting is

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

B

Reason: Tender cuts, like chicken breast or whole birds, are ideal for roasting as they cook evenly and remain juicy under dry heat.

(iv) Waste from food preparation and leftovers is classified as

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

B

Reason: Food preparation waste and leftovers are biodegradable, classified as organic refuse, suitable for composting or decomposition.

(v) The main source of dietary fibre in the diet is

- A. Meat and fish
- B. Whole grains and vegetables
- C. Sugars and oils
- D. Dairy products

B

Reason: Whole grains (e.g., oats, brown rice) and vegetables (e.g., broccoli, carrots) are rich in dietary fibre, promoting digestion and health.

(vi) Proper oral hygiene includes

- A. Brushing teeth once a week
- B. Using sugary mouthwash
- C. Regular dental check-ups
- D. Avoiding brushing after meals

C

Reason: Regular dental check-ups allow professionals to detect and address oral health issues, complementing daily brushing and flossing.

(vii) The laundry process that adds stiffness to clothes is

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

B

Reason: Starching applies a starch solution to fabrics, adding stiffness to items like collars and shirts for a crisp appearance.

(viii) First Aid aims to do all of the following EXCEPT

- A. Save lives
- B. Prevent further injury
- C. Administer long-term treatment
- D. Relieve pain

C

Reason: First Aid provides immediate, temporary care to save lives and prevent further harm, but long-term treatment requires medical professionals.

(ix) Using vinegar on copper utensils can cause

- A. Rusting
- B. Discoloration
- C. Strengthening
- D. Polishing

B

Reason: Vinegar, an acidic substance, reacts with copper, causing discoloration or tarnishing due to chemical corrosion.

(x) The disease caused by a deficiency of Vitamin D is

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

B

Reason: Vitamin D deficiency leads to rickets in children, causing soft, deformed bones due to impaired calcium absorption.

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

(i) Weaning involves gradually introducing solid foods to infants. **TRUE**

(ii) Inhaling carbon monoxide can lead to poisoning. **TRUE**

- (iii) Vaccinations are essential for preventing infectious diseases. **TRUE**
- (iv) A pressure cooker is ideal for frying foods. **FALSE**
- (v) Bullying and stealing are examples of positive behavior. **FALSE**
- (vi) Lack of dietary fibre can lead to digestive issues. **TRUE**
- (vii) Hard water can reduce the effectiveness of soap. **TRUE**
- (viii) Sweeping should be done after mopping the floor. **FALSE**
- (ix) A landlord owns the property rented by a tenant. **TRUE**
- (x) Morning sickness is a common symptom during pregnancy. **TRUE**

3. (a) Give the meaning of:

(i) Community Health

Community health is the state of physical, mental, and social well-being of people living together in a specific area, achieved through organized efforts and services aimed at preventing diseases and promoting healthy living.

(ii) Nutritional Health

Nutritional health refers to the condition of the body and its functions as determined by the intake and utilization of nutrients from food necessary for growth, energy, and disease prevention.

(b) Identify four community health services offered in rural areas.

- (i) Health education and awareness campaigns
- (ii) Immunization services
- (iii) Provision of clean and safe water
- (iv) Environmental sanitation services

(c) State three ways families can promote hygiene at home.

- (i) Regular cleaning of the house and surroundings
- (ii) Proper disposal of waste and garbage
- (iii) Using clean water for drinking, cooking, and washing

4. (a) Give three causes of kwashiorkor.

- (i) Severe deficiency of protein in the diet
- (ii) Poor weaning practices and feeding children on carbohydrate-only meals
- (iii) Lack of nutrition education for parents and caregivers

(b) Give three symptoms of kwashiorkor.

- (i) Swollen belly (edema)
- (ii) Hair discoloration and thinning
- (iii) Skin lesions and delayed growth

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

Providing children with a balanced diet rich in proteins

Educating mothers on proper breastfeeding and weaning practices
Early detection and treatment of malnutrition cases

(ii) Write three ways of treating kwashiorkor.

Providing protein-rich and balanced foods

Treating infections and other illnesses promptly

Offering vitamin and mineral supplements

Continuous health and nutrition education for the family

5. (a) Describe six steps of laundry work for cotton garments.

(i) Sorting clothes by color and type

(ii) Soaking to loosen dirt and stains

(iii) Washing using appropriate detergent and water temperature

(iv) Rinsing thoroughly to remove soap

(v) Drying in the sun or air

(vi) Ironing to smoothen and disinfect

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

(i) Bleaching:

- Removes stubborn stains and dirt
- Restores the original whiteness of fabrics

(ii) Blueing:

- Reduces yellowing in white fabrics
- Makes white clothes appear brighter

(c) State two factors to consider when removing stains from clothes.

(i) Type of fabric to avoid damage

(ii) Type of stain and suitable stain remover

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

(i) To prevent food spoilage and wastage

(ii) To ensure food availability during times of scarcity

(iii) To maintain nutritional value and quality

(iv) To reduce the risk of foodborne illnesses

(b) Outline five factors to consider when selecting food preservation methods.

(i) Type and nature of the food item

(ii) Duration the food is to be stored

(iii) Availability and cost of preservation facilities

(iv) Climatic and environmental conditions

(v) Desired texture, taste, and appearance of the preserved food

(c) State four suitable methods for cooking vegetables.

(i) Boiling

(ii) Steaming

- (iii) Stir-frying
- (iv) Stewing

7. Explain six factors that contribute to poor nutrition in communities and suggest solutions to address them.

One factor is poverty, which limits families' ability to buy or produce enough nutritious food. The solution is to support income-generating projects and affordable food production programs.

A second factor is lack of nutrition education, where people are unaware of the importance of a balanced diet. The solution is to conduct community-based nutrition awareness campaigns.

Third, poor agricultural practices and over-reliance on a few staple crops reduce food variety. The solution is to promote modern farming methods and encourage the planting of diverse crops.

Fourth, cultural beliefs and food taboos restrict certain nutritious foods for specific groups such as pregnant women or children. The solution is to involve local leaders in nutrition education to challenge harmful practices.

Fifth, poor infrastructure makes it difficult to transport food from farms to markets, causing shortages. The solution is to improve roads and storage facilities to reduce post-harvest losses.

Sixth, climate change affects food production through droughts and floods. The solution is to adopt drought-resistant crops and irrigation systems to maintain reliable food supply.

8. Describe seven ways to ensure safety when handling food in the kitchen.

One way is to wash hands thoroughly before and after handling food to prevent the spread of germs.

A second way is to clean kitchen surfaces, utensils, and equipment before use to avoid contamination.

Third, separate raw and cooked foods to prevent cross-contamination of harmful bacteria.

Fourth, cook food thoroughly, especially meat, eggs, and fish, to kill harmful microorganisms.

Fifth, store perishable foods in refrigerators or cool places to prevent spoilage.

Sixth, cover food properly when storing it to keep away dust, insects, and other contaminants.

Seventh, check expiry dates on packaged foods and dispose of expired or spoiled items to ensure safety.

9. Discuss six benefits of proper meal planning and four challenges families face in maintaining a balanced diet.

One benefit is that it ensures the family receives a balanced diet with all essential nutrients for good health.

A second benefit is that it helps manage the household budget by controlling unnecessary spending on unplanned food items.

Third, it reduces food wastage by buying and preparing only what is needed.

Fourth, proper meal planning saves time by reducing daily decision-making about what to cook.

Fifth, it accommodates the health needs of family members, such as those with allergies or specific conditions.

Sixth, it encourages variety in meals, making eating enjoyable and reducing boredom with food.

Four challenges families face include low income, which limits access to diverse and nutritious foods. A second challenge is lack of nutritional knowledge for selecting balanced meals. Third, cultural food habits may restrict healthy choices. Lastly, poor availability of certain foods in rural areas makes it hard to achieve a balanced diet.