

**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****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 essential for strong bones and teeth is

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

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

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

(iii) The best part of poultry for roasting is

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

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

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

(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

(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

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

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

(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

(ix) Using vinegar on copper utensils can cause

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

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

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

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

SECTION B (60 Marks)

3. (a) Give the meaning of:

(i) Community Health

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(ii) Nutritional Health

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

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

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

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

4. (a) Give three causes of kwashiorkor.

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

(b) Give three symptoms of kwashiorkor.

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

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

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(ii) Write three ways of treating kwashiorkor.

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

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-

(ii) Blueing:

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-

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

- (i)
- (ii)

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

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

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

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

(c) State four suitable methods for cooking vegetables.

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

SECTION C (20 Marks)

Answer only one question from this section.

- 7. Explain six factors that contribute to poor nutrition in communities and suggest solutions to address them.
- 8. Describe seven ways to ensure safety when handling food in the kitchen.
- 9. Discuss six benefits of proper meal planning and four challenges families face in maintaining a balanced diet.