

Candidate's Examination Number.....

THE UNITED REPUBLIC OF TANZANIA
NATIONAL EXAMINATIONS COUNCIL
FORM TWO SECONDARY EDUCATION EXAMINATION

051

FOOD AND NUTRITION

Time: 2:30 Hours

ANSWERS

Year: 2014

Instructions

1. This paper consists of Section **A**, **B** and **C**.
2. Answer **all** questions in section **A** and **B**,
and choose only **ONE** question from section **C**.
3. **All** answers should be written in spaces provided.
4. Cellular phones and unauthorized materials are not allowed in the assessment room



FOR ASSESSOR'S USE ONLY		
QUESTION NUMBER	SCORE	ASSESSOR'S INITIALS
1		
2		
3		
4		
5		
6		
7		
8		
9		
TOTAL		
CHECKER'S INITIALS		

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 vision and found in carrots is

- A. Vitamin B₁
- B. Vitamin A
- C. Vitamin C
- D. Vitamin D

Answer: B

Reason: Vitamin A is crucial for maintaining healthy vision, particularly for low-light and color vision. Carrots are rich in beta-carotene, a precursor to Vitamin A, which the body converts to support eye health.

ii. Adolescence is a stage between

- A. Childhood and adulthood
- B. Infancy and childhood
- C. Toddler and old age
- D. Foetal and childhood

Answer: A

Reason: Adolescence is the transitional phase between childhood and adulthood, typically occurring during the teenage years, marked by physical, emotional, and social changes.

iii. Which part of fish is most suitable for poaching?

- A. Oily cuts
- B. Boneless cuts
- C. Tender fillets
- D. Tough bones

Answer: C

Reason: Tender fillets are ideal for poaching because they cook evenly and quickly in gentle heat, maintaining their delicate texture and flavor without falling apart.

iv. Waste from kitchens and food stalls is called:

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

Answer: C

Reason: Kitchen and food stall waste includes a combination of organic (food scraps) and inorganic (packaging) materials, classified as mixed refuse due to its varied composition.

v. Vitamins and roughage are mainly found in

- A. Fruits and vegetables
- B. Fish and meat
- C. Oil and sugar

D. Starchy foods

Answer: A

Reason: Fruits and vegetables are primary sources of vitamins (e.g., Vitamin C, Vitamin A) and roughage (dietary fiber), which support immunity, digestion, and overall health.

vi. Proper dental hygiene includes

A. Brushing twice daily

B. Only using salt water

C. Chewing hard foods only

D. Avoiding dentist visits

Answer: A

Reason: Brushing twice daily removes plaque and prevents cavities, forming a cornerstone of dental hygiene, as recommended by dental health professionals.

vii. The laundry process that removes discoloration from white clothes is

A. Bleaching

B. Blueing

C. Starching

D. Drying

Answer: A

Reason: Bleaching uses chemical agents to whiten fabrics and remove stains or discoloration, restoring the brightness of white clothes.

viii. First Aid does NOT include:

A. Checking the scene

B. Relieving pain

C. Administering full treatment

D. Preventing further injury

Answer: C

Reason: First Aid provides immediate, temporary care to stabilize a person until professional help arrives. Administering full treatment requires medical expertise beyond First Aid's scope.

ix. Using lemon juice on aluminum cookware can

A. Discolor it

B. Strengthen it

C. Clean it completely

D. Make it lighter

Answer: A

Reason: Lemon juice is acidic and can react with aluminum, causing pitting or discoloration due to chemical corrosion of the metal surface.

x. The disease caused by vitamin C deficiency is

A. Rickets

B. Scurvy

C. Pellagra

D. Beriberi

Answer: B

Reason: Scurvy results from a deficiency of Vitamin C, leading to symptoms like bleeding gums and poor wound healing, as Vitamin C is essential for collagen formation.

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

- i. Weaning should start while breastfeeding continues. **TRUE**
- ii. Smoke inhalation can cause suffocation. **TRUE**
- iii. Immunization helps prevent childhood illnesses. **TRUE**
- iv. Pressure cookers are used for steaming. **FALSE**
- v. Bullying and vandalism are examples of good behaviour. **FALSE**
- vi. Lack of dietary fibre can cause constipation. **TRUE**
- vii. Hard water forms soap scum on dishes. **TRUE**
- viii. Wet mop is used before sweeping. **FALSE**
- ix. A landlord rents property to others. **TRUE**
- x. Morning sickness is a symptom of early pregnancy. **TRUE**

3. (a) Define:

(i) Primary Health Care

Primary Health Care is the first level of contact with the health system, providing essential, accessible, and community-based care focused on prevention, promotion, and basic treatment.

(ii) Rehabilitative Health Care

Rehabilitative Health Care involves services aimed at restoring physical, mental, or social functioning after illness, injury, or disability through therapy and support.

(b) List four primary health services offered in schools.

- (i) Health screenings
- (ii) Immunizations
- (iii) Health education
- (iv) First aid services

(c) State three ways families can promote health.

- (i) Encouraging balanced nutrition
- (ii) Promoting regular physical activity
- (iii) Ensuring routine medical check-ups

4. (a) List three causes of protein-energy malnutrition.

- (i) Inadequate food intake
- (ii) Poor absorption of nutrients
- (iii) Increased nutrient loss due to illness

(b) Give three symptoms of malnutrition.

- (i) Weight loss
- (ii) Fatigue and weakness
- (iii) Delayed growth in children

(c) (i) State two prevention methods.

Adequate dietary intake
Nutrition education

(ii) Provide two treatment options.

Nutritional supplementation
Medical management of underlying conditions

5. (a) Outline six laundry steps.

- (i) Sorting clothes by color and fabric
- (ii) Pre-treating stains
- (iii) Washing with appropriate detergent
- (iv) Rinsing thoroughly
- (v) Drying (air or machine)
- (vi) Ironing or folding

(b) Write the Benefits of the following treatments Laundering white cotton:

(i) Boiling:

- Removes tough stains
- Sanitizes fabric

(ii) Blueing:

- Enhances whiteness
- Reduces yellowing

(c) Give two factors to consider in stain removal.

- (i) Type of stain
- (ii) Fabric material

6. (a) Give four reasons why we cook food.

- (i) Improves digestibility
- (ii) Enhances flavor
- (iii) Kills harmful bacteria
- (iv) Preserves nutrients

(b) Outline five considerations when choosing cooking methods.

- (i) Type of food
- (ii) Nutrient retention
- (iii) Available equipment
- (iv) Time constraints
- (v) Desired texture or flavor

(c) Name four appropriate methods to cook eggs.

- (i) Boiling
- (ii) Frying
- (iii) Scrambling
- (iv) Poaching

7. Discuss six socio-economic reasons contributing to teenage pregnancy and four impacts on education.

One socio-economic reason contributing to teenage pregnancy is poverty. In families where income is very low, some teenage girls may be forced into early sexual relationships in exchange for financial support, gifts, or basic needs such as school fees, clothes, or food. This increases the risk of unplanned pregnancies at an early age.

Another reason is lack of parental care and supervision. In families where parents are absent due to work, separation, or neglect, teenagers often lack guidance on sexual matters. This makes them vulnerable to peer pressure and risky sexual behavior, leading to early pregnancies.

A third reason is unemployment and idleness. In communities with high unemployment rates, especially among youth, idle time and frustration can lead to irresponsible behavior such as unprotected sex, resulting in teenage pregnancies.

Fourth, limited access to sexual and reproductive health education contributes to teenage pregnancy. When young people are not taught about the consequences of early sex, contraception, and responsible relationships, they are more likely to engage in unsafe sexual practices.

Fifth, early marriage customs driven by socio-cultural expectations can lead to teenage pregnancy. In some communities, it is common to marry off girls while they are still young, leading to early childbearing before completing their education.

Lastly, exposure to negative media influence also plays a role. Films, music, and social media platforms sometimes promote inappropriate sexual behavior, influencing teenagers to imitate what they see without understanding the risks, resulting in pregnancies.

Four impacts on education include school dropout, where pregnant girls are often forced to leave school before completing their studies. Secondly, early pregnancy limits academic concentration and performance due to stress and health challenges. Thirdly, it reduces career opportunities as teenage mothers may fail to pursue higher education or vocational training. Lastly, it leads to social stigma and discrimination, where teenage mothers may be isolated or mocked by peers and teachers, discouraging them from continuing school.

8. Explain seven causes of domestic fires and propose safety measures.

One cause of domestic fires is unattended cooking. Leaving stoves, ovens, or charcoal stoves on without supervision can lead to overheating, oil fires, or flame spread to nearby flammable materials.

A second cause is faulty electrical appliances. Old, poorly maintained, or overloaded appliances and sockets can overheat and cause electrical fires.

Third, careless use of candles and lanterns can result in fires when left close to curtains, beds, or clothing, especially in homes without electricity.

Fourth, improper storage of flammable substances like petrol, paraffin, or cooking gas inside living areas increases the risk of accidental ignition.

Fifth, children playing with matches, lighters, or electrical sockets can unintentionally start fires within homes.

Sixth, leaving irons, heaters, or hair dryers on unattended can overheat and set nearby objects on fire.

Seventh, poor wiring systems, including illegal connections and worn-out cables, can cause short circuits and trigger fires.

Safety measures include always supervising cooking and turning off stoves and appliances after use. Another measure is ensuring all electrical appliances are properly maintained and switching them off when not in use. Keeping candles and lanterns away from flammable materials and placing them on stable surfaces is also important. Flammable liquids and gas cylinders should be stored outside living rooms in safe, well-ventilated areas. Educating children on fire dangers and keeping matches and lighters out of their reach helps prevent accidents. Never leaving irons, heaters, or dryers unattended while in use is crucial. Finally, using certified electricians for wiring installations and avoiding illegal connections reduces fire risks.

9. Describe five benefits of exclusive breastfeeding and explain why some mothers opt for formula.

One benefit of exclusive breastfeeding is that it provides complete nutrition for the infant. Breast milk contains the ideal balance of nutrients such as proteins, fats, carbohydrates, vitamins, and minerals required for a baby's growth and development.

A second benefit is that breast milk strengthens the baby's immune system. It contains antibodies that protect the infant from infections such as diarrhoea, respiratory diseases, and ear infections.

Third, breastfeeding promotes strong bonding between the mother and baby. The physical closeness and eye contact during feeding enhance emotional attachment and security.

Fourth, breast milk is easily digestible and reduces the risk of constipation or stomach problems compared to formula milk.

Fifth, breastfeeding is economical and convenient. It requires no purchase, preparation, or equipment, making it accessible at any time and temperature suitable for the baby.

Some mothers opt for formula feeding because of medical conditions. If a mother is seriously ill, has infections like HIV without access to proper treatment, or takes certain medications harmful to the baby, formula is considered safer. Another reason is returning to work or school, making regular breastfeeding difficult. Some mothers may experience insufficient milk production and choose formula to supplement the baby's diet. Lastly, cultural beliefs or personal preference can also influence some mothers to use formula milk instead of breastfeeding.