

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

Tuesday 25th November, 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		

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 vision and found in carrots is
 - A. Vitamin B₁
 - B. Vitamin A
 - C. Vitamin C
 - D. Vitamin D

- ii. Adolescence is a stage between
 - A. Childhood and adulthood
 - B. Infancy and childhood
 - C. Toddler and old age
 - D. Foetal and childhood

- iii. Which part of fish is most suitable for poaching?
 - A. Oily cuts
 - B. Boneless cuts
 - C. Tender fillets
 - D. Tough bones

- iv. Waste from kitchens and food stalls is called:
 - A. Liquid refuse
 - B. Dry refuse
 - C. Mixed refuse
 - D. Chemical waste

- v. Vitamins and roughage are mainly found in
 - A. Fruits and vegetables
 - B. Fish and meat
 - C. Oil and sugar
 - D. Starchy foods

- vi. Proper dental hygiene includes
 - A. Brushing twice daily
 - B. Only using salt water
 - C. Chewing hard foods only
 - D. Avoiding dentist visits

- vii. The laundry process that removes discoloration from white clothes is
 - A. Bleaching
 - B. Blueing
 - C. Starching
 - D. Drying
- viii. First Aid does NOT include:
 - A. Checking the scene
 - B. Relieving pain
 - C. Administering full treatment
 - D. Preventing further injury
- ix. Using lemon juice on aluminum cookware can
 - A. Discolor it
 - B. Strengthen it
 - C. Clean it completely
 - D. Make it lighter
- x. The disease caused by vitamin C deficiency is
 - A. Rickets
 - B. Scurvy
 - C. Pellagra
 - D. Beriberi

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

3. (a) Define:

(i) Primary Health care

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.....

(ii) Rehabilitative Health Care

.....
.....

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

(i)

(ii)

(iii)

(iv)

(c) State three ways families can promote health.

(i)

(ii)

(iii)

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

(i)

(ii)

(iii)

(b) Give three symptoms of malnutrition.

(i)

(ii)

(iii)

(c) (i) State two prevention methods.

.....
.....

(ii) Provide two treatment options.

.....
.....

5. (a) Outline six laundry steps.

(i)

(ii)

(iii)

(iv)

(v)

(vi)

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

(i) Boiling:(two benefits)

-
-

(ii) Blueing: (two benefits)

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-

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

(i)

(ii)

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

(i)

(ii)

(iii)

(iv)

(b) Outline five considerations when choosing cooking methods.

(i)

(ii)

(iii)

(iv)

(v)

(c) Name four appropriate methods to cook eggs.

(i)

(ii)

(iii)

(iv)

SECTION C (20 marks)

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

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

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

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

