

THE UNITED REPUBLIC OF TANZANIA
NATIONAL EXAMINATION COUNCIL OF TANZANIA
FORM TWO SECONDARY EDUCATION EXAMINATION, 2002

050

HOME ECONOMICS

Time: 2:30 Hours.

ANSWER

Year: 2002

Instructions

1. This paper consists of sections **A**, **B** and **C**.
2. Answer **all** questions.
3. Section A carries **40** marks, section B and section C carries 30 marks each.
4. Cellular phones and unauthorized materials are **not allowed** in the examination room.
5. Write your **Examination Number** on every page of your answer booklet(s).

| FOR EXAMINER'S USE ONLY | | |
|--------------------------------|--------------|--------------------------------|
| QUESTION NUMBER | SCORE | EXAMINER'S INITIALS |
| 1 | | |
| 2 | | |
| 3 | | |
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| 9 | | |
| 10 | | |
| TOTAL | | |
| CHECKER'S INITIALS | | |

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SECTION A (15 MARKS)

Answer all questions in this section

1. Choose the correct answer from the given alternatives and write its letter in the box provided.

i) Which nutrient is essential for energy production in the body?

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

Answer: B

Reason: One nutrient essential for energy production in the body is carbohydrates, as they are the primary source of fuel for body functions. Proteins are for growth and repair, vitamins support metabolic processes, and minerals aid structural health, but none are the main energy source.

ii) Which fabric is known for its warmth and is derived from sheep?

- A. Cotton
- B. Linen
- C. Wool
- D. Polyester

Answer: C

Reason: One fabric known for its warmth and derived from sheep is wool, valued for its insulating properties. Cotton and linen are plant-based, and polyester is synthetic, lacking the same warmth.

iii) Which factor is most important when planning a family meal?

- A. Using expensive ingredients
- B. Considering nutritional balance
- C. Cooking only one dish
- D. Ignoring family preferences

Answer: B

Reason: One key factor when planning a family meal is considering nutritional balance, ensuring the meal includes carbohydrates, proteins, fats, vitamins, and minerals for health. Expensive ingredients, single-dish meals, or ignoring preferences do not prioritize nutrition.

iv) Which tool is used to protect fingers during hand sewing?

- A. Scissors
- B. Thimble
- C. Measuring tape
- D. Pins

Answer: B

Reason: One tool used to protect fingers during hand sewing is a thimble, worn to prevent needle pricks. Scissors cut fabric, measuring tape measures, and pins hold fabric, none of which protect fingers.

v) Which is a consumer right when purchasing goods?

- A. Right to demand discounts
- B. Right to safe and quality products
- C. Right to sell faulty goods
- D. Right to produce advertisements

Answer: B

Reason: One consumer right when purchasing goods is the right to safe and quality products, ensuring goods are free from harm and meet standards. Demanding discounts, selling faulty goods, or producing ads are not consumer rights.

vi) Which method is best for cleaning a refrigerator?

- A. Using abrasive powder
- B. Wiping with a damp cloth and mild detergent
- C. Soaking with hot water
- D. Scrubbing with bleach

Answer: B

Reason: One effective method for cleaning a refrigerator is wiping with a damp cloth and mild detergent, as it removes dirt without damaging surfaces. Abrasive powder scratches, hot water is impractical, and bleach may leave harmful residues.

vii) Which stitch is used to create a strong seam in garments?

- A. Tacking
- B. Backstitch
- C. Overcasting
- D. Basting

Answer: B

Reason: One stitch used to create a strong seam in garments is the backstitch, known for its durability in joining fabrics. Tacking and basting are temporary, and overcasting prevents fraying, not for strong seams.

viii) Which safety rule applies when handling hot pots in the kitchen?

- A. Using bare hands
- B. Using oven mitts
- C. Placing on a wet surface
- D. Leaving on the stove unattended

Answer: B

Reason: One safety rule when handling hot pots is using oven mitts to protect hands from burns. Bare hands, wet surfaces, or leaving pots unattended increase the risk of accidents.

ix) Which is a key stage in child development from 1 to 3 years?

- A. Infancy
- B. Toddlerhood
- C. Adolescence
- D. Adulthood

Answer: B

Reason: One key stage in child development from 1 to 3 years is toddlerhood, characterized by rapid physical and cognitive growth, such as walking and talking. Infancy is 0–1 year, adolescence is later, and adulthood is not relevant.

x) Which material is best for constructing a durable house foundation?

- A. Mud
- B. Concrete
- C. Wood
- D. Straw

Answer: B

Reason: One material best for constructing a durable house foundation is concrete, due to its strength and resistance to weathering. Mud, wood, and straw are less durable and prone to damage.

2. Match the terms in List A with their descriptions in List B by writing the letter of the correct response below the corresponding item number in the table provided.

LIST A

- i) A cooking method using a small amount of fat
- ii) A decorative stitch for fabric embellishment
- iii) A plan for organizing household chores
- iv) A synthetic fibre resistant to wrinkles
- v) A first aid measure for a sprain

LIST B

- A. Polyester
- B. Embroidery
- C. Frying
- D. Time plan
- E. Applying ice
- F. Steaming
- G. Cotton

| | | | | | |
|--------|-----|------|-------|------|-----|
| List A | (i) | (ii) | (iii) | (iv) | (v) |
| List B | C | B | D | A | E |

SECTION B (70 MARKS)

Answer all questions in this section

3.

- a) List four factors to consider when choosing household equipment.
- b) Explain three ways to maintain household equipment for long-term use.
- c) State two benefits of proper waste disposal in the home.

Answers:

a) One factor to consider when choosing household equipment is durability, ensuring the equipment withstands regular use without frequent repairs.

Another factor is ease of use, as equipment should be user-friendly for efficient operation.

Cost is also important, as it should fit within the household budget while maintaining quality.

Energy efficiency is another factor, as it reduces utility costs and environmental impact.

b) One way to maintain household equipment for long-term use is regular cleaning, which prevents dirt buildup and ensures proper functioning.

Another way is following manufacturer instructions for use, avoiding misuse that could cause damage.

Scheduling periodic maintenance checks is also effective, as it identifies and fixes issues early.

c) One benefit of proper waste disposal in the home is preventing pest infestations, as garbage attracts insects and rodents.

Another benefit is maintaining a clean environment, which promotes health and comfort for the family.

4.

- a) (i) Define personal hygiene.
- (ii) List three personal hygiene practices for adolescents.
- b) (i) Explain two effects of poor personal hygiene on health.
- (ii) Describe one way to promote personal hygiene in a community.
- (iii) State one reason why personal hygiene is important in food handling.

Answers:

a) (i) One definition of personal hygiene is the practice of maintaining cleanliness of the body to prevent illness and promote health.

(ii) One personal hygiene practice for adolescents is bathing daily to remove sweat and dirt.

Another practice is brushing teeth twice daily to prevent dental issues.

A third practice is wearing clean clothes to avoid skin infections.

b) (i) One effect of poor personal hygiene on health is increased risk of infections, as bacteria and viruses accumulate on unclean skin.

Another effect is skin problems like rashes or acne, caused by clogged pores or dirt buildup.

(ii) One way to promote personal hygiene in a community is organizing educational workshops to teach proper hygiene practices and their benefits.

(iii) One reason personal hygiene is important in food handling is that it prevents contamination, ensuring food safety and reducing illness risk.

5.

- a) Explain four advantages of following care labels when laundering clothes.
- b) Suggest three methods for storing clothes to prevent damage.

Answers:

a) One advantage of following care labels when laundering clothes is preventing damage, as specific instructions avoid shrinking or fading.

Another advantage is maintaining fabric quality, ensuring clothes remain durable and attractive.

Following care labels also saves money by reducing the need for replacements due to improper washing. It also ensures safety, as some fabrics require special handling to avoid hazards like flammability.

b) One method for storing clothes to prevent damage is folding them neatly in drawers to avoid stretching. Another method is using hangers for delicate items like dresses to maintain their shape. Storing clothes in a dry, cool place is also effective to prevent mould and mildew.

6.

- a) List four functions of proteins in the human body.
- b) Differentiate between complete and incomplete proteins.
- c) Name two food sources of complete proteins and two sources of incomplete proteins.

Answers:

a) One function of proteins in the human body is supporting growth and repair of tissues, such as muscles. Another function is producing enzymes, which facilitate metabolic processes. Proteins also form antibodies, strengthening the immune system against infections. They also provide energy when carbohydrates and fats are insufficient.

b) One difference is that complete proteins contain all essential amino acids needed by the body, while incomplete proteins lack one or more essential amino acids.

c) One food source of complete proteins is eggs, which provide all essential amino acids. Another source is chicken, a complete protein rich in nutrients. One source of incomplete proteins is beans, lacking some essential amino acids. Another source is rice, which needs combining with other foods for complete nutrition.

7.

- a) Mention four stages of child development from birth to five years.
- b) Explain three reasons why play is important for a child's development.
- c) Suggest two types of play materials suitable for a two-year-old.
- d) State one way to ensure the safety of play materials.

Answers:

a) One stage of child development from birth to five years is infancy, from birth to one year, marked by rapid physical growth.

Another stage is toddlerhood, from one to three years, involving walking and language development.

Early childhood, from three to five years, is also a stage, focusing on social and cognitive skills.

Another stage is the neonatal period, the first month, characterized by basic reflex development.

b) One reason play is important for a child's development is that it enhances physical skills, like coordination through activities such as running.

Another reason is that it promotes social skills, as children learn to share and interact during play.

Play also stimulates cognitive development, encouraging problem-solving and creativity.

c) One type of play material suitable for a two-year-old is stacking blocks, which develop motor skills.

Another type is soft dolls, which encourage imaginative play and emotional bonding.

d) One way to ensure the safety of play materials is checking for non-toxic materials to prevent harm if ingested.

8.

a) List four factors that influence food habits in a family.

b) Explain three principles of meal planning for a family.

Answers:

a) One factor that influences food habits in a family is cultural background, as traditions dictate food preferences.

Another factor is income level, which affects the affordability of certain foods.

Availability of food in local markets is also a factor, limiting or expanding choices.

Family health needs, such as dietary restrictions, also influence food habits.

b) One principle of meal planning for a family is ensuring nutritional balance, including all food groups for health.

Another principle is considering family preferences to ensure meals are enjoyed and consumed.

Budgeting is also important, planning meals within financial limits to avoid overspending.

9.

a) Mention four common home accidents and their causes.

b) Explain three first aid measures for treating a minor scald.

c) Suggest two ways to prevent kitchen accidents.

Answers:

a) One common home accident is burns, caused by contact with hot liquids or surfaces.

Another accident is cuts, resulting from handling sharp kitchen tools like knives.

Falls, caused by slippery floors or clutter, are also common.

Electrical shocks, due to faulty appliances or wet hands, are another accident.

b) One first aid measure for treating a minor scald is cooling the area under running cold water for 10–15 minutes to reduce heat.

Another measure is covering the scald with a sterile, non-stick bandage to prevent infection.

Avoiding popping blisters is also important to prevent further damage and infection.

c) One way to prevent kitchen accidents is using oven mitts when handling hot items to avoid burns.

Another way is keeping sharp tools stored safely in a knife block to prevent cuts.

SECTION C (15 MARKS)

Answer all questions in this section

10.

a) Describe three types of household cleaning schedules.

b) Explain four benefits of maintaining a clean home.

Answers:

a) One type of household cleaning schedule is daily cleaning, involving tasks like sweeping floors and washing dishes to maintain hygiene.

Another type is weekly cleaning, such as mopping floors or cleaning bathrooms for deeper sanitation.

Periodic cleaning is another type, including tasks like washing curtains or cleaning windows every few months.

b) One benefit of maintaining a clean home is preventing the spread of diseases by eliminating germs and bacteria.

Another benefit is creating a pleasant living environment, enhancing comfort and well-being.

A clean home also reduces pest infestations, as food scraps and clutter attract insects.

It also improves mental health, as a tidy space reduces stress and promotes relaxation.