

THE UNITED REPUBLIC OF TANZANIA
NATIONAL EXAMINATION COUNCIL OF TANZANIA
FORM TWO SECONDARY EDUCATION EXAMINATION, 2003

050

HOME ECONOMICS

Time: 2:30 Hours.

ANSWER

Year: 2003

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).

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QUESTION NUMBER	SCORE	EXAMINER'S INITIALS
1		
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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 cooking method uses hot air to cook food evenly?

- A. Boiling
- B. Steaming
- C. Baking
- D. Frying

Answer: C

Reason: One cooking method that uses hot air to cook food evenly is baking, as it involves dry heat circulating in an oven, ideal for items like cakes or bread. Boiling uses water, steaming uses vapor, and frying uses hot oil, none of which rely on hot air as the primary medium.

ii) Which fibre is derived from a plant and used for making bed sheets?

- A. Wool
- B. Cotton
- C. Silk
- D. Nylon

Answer: B

Reason: One fibre derived from a plant and used for making bed sheets is cotton, valued for its softness, breathability, and durability. Wool and silk are animal-based, and nylon is synthetic, making them less common for bed sheets.

iii) A balanced diet should include:

- A. Only proteins and fats
- B. Carbohydrates, proteins, fats, vitamins, and minerals
- C. Only carbohydrates and vitamins
- D. Fats and minerals only

Answer: B

Reason: One characteristic of a balanced diet is that it includes carbohydrates for energy, proteins for growth, fats for energy storage, vitamins for body functions, and minerals for health, ensuring all nutritional needs are met. Other options are incomplete.

iv) Which tool is essential for cutting threads during sewing?

- A. Measuring tape
- B. Scissors
- C. Thimble
- D. Tracing wheel

Answer: B

Reason: One tool essential for cutting threads during sewing is scissors, as they provide precision and ease for trimming threads. A measuring tape measures fabric, a thimble protects fingers, and a tracing wheel marks patterns, not cuts threads.

v) The term “consumer responsibility” refers to:

- A. Selling quality goods
- B. Making informed purchasing decisions
- C. Producing advertisements
- D. Setting market prices

Answer: B

Reason: One aspect of consumer responsibility is making informed purchasing decisions, such as checking product quality and comparing prices. Selling goods, producing ads, or setting prices are roles of producers or sellers.

vi) Which method is best for storing perishable vegetables?

- A. In a plastic bag at room temperature
- B. In an airtight container in the refrigerator
- C. In a cloth bag on the counter
- D. In an open basket

Answer: B

Reason: One effective method for storing perishable vegetables is using an airtight container in the refrigerator, which maintains freshness and prevents spoilage. Room temperature or open storage accelerates decay.

vii) Which stitch is used to prevent fabric edges from fraying?

- A. Running stitch
- B. Overcasting
- C. Tacking
- D. Backstitch

Answer: B

Reason: One stitch used to prevent fabric edges from fraying is overcasting, which secures raw edges to maintain fabric integrity. Running stitch and backstitch are for joining fabrics, and tacking is temporary.

viii) Which safety precaution should be observed when using a pressure cooker?

- A. Opening the lid immediately after cooking
- B. Checking the safety valve before use
- C. Filling it to the brim
- D. Using a damaged gasket

Answer: B

Reason: One safety precaution when using a pressure cooker is checking the safety valve before use to ensure safe operation and prevent accidents like explosions. Opening the lid immediately, overfilling, or using a damaged gasket can cause harm.

ix) Which is a basic need for a child's development?

- A. Expensive clothing
- B. Adequate shelter
- C. Luxury toys
- D. Television access

Answer: B

Reason: One basic need for a child's development is adequate shelter, providing safety and comfort essential for growth. Expensive clothing, luxury toys, and television are not essential needs.

x) Which cleaning agent is suitable for removing grease from kitchen surfaces?

- A. Plain water
- B. Detergent
- C. Sand
- D. Vinegar

Answer: B

Reason: One cleaning agent suitable for removing grease from kitchen surfaces is detergent, as it effectively breaks down oils. Plain water is insufficient, sand is abrasive, and vinegar is better for descaling than grease removal.

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 method of preserving food by heating and sealing in cans
- ii) A temporary stitch to hold fabric layers together
- iii) A plan to allocate household income
- iv) A fibre obtained from an animal
- v) A first aid measure for a minor cut

LIST B

- A. Wool
- B. Canning
- C. Budgeting
- D. Tacking
- E. Cleaning and bandaging
- F. Drying
- G. Hemming

| List A | (i) | (ii) | (iii) | (iv) | (v) |

| List B | B | D | C | A | E |

Answers:

One method of preserving food by heating and sealing in cans is canning, which prevents spoilage by sealing food in airtight containers after heating.

One temporary stitch to hold fabric layers together is tacking, used to secure fabric before permanent sewing.

One plan to allocate household income is budgeting, which organizes income and expenses for financial stability.

One fibre obtained from an animal is wool, derived from sheep and used for warm clothing.

One first aid measure for a minor cut is cleaning and bandaging, which prevents infection and protects the wound.

SECTION B (70 MARKS)

Answer **all** questions in this section

3. a) List four factors to consider when selecting a site for a family house.
- b) Explain three ways to maintain cleanliness in a home environment.
- c) State two benefits of using eco-friendly materials in home construction.

Answers:

a) One factor to consider when selecting a site for a family house is accessibility to roads and public transport, ensuring ease of travel for daily needs.

Another factor is the availability of utilities like water and electricity, which are essential for household functionality.

Proximity to schools, markets, or workplaces is also important to meet family needs conveniently.

Safety and security of the area must be considered to protect the family from crime or hazards.

b) One way to maintain cleanliness in a home environment is regular sweeping and mopping of floors, which removes dust and prevents dirt buildup.

Another way is proper waste disposal, such as sorting waste for recycling and using bins to prevent pollution.

Cleaning kitchen surfaces after use is also effective, as it prevents pest attraction and maintains hygiene.

c) One benefit of using eco-friendly materials in home construction is reduced environmental impact, as sustainable materials conserve natural resources.

Another benefit is improved indoor air quality, promoting healthier living conditions for the family.

4. a) Mention five hygienic practices to observe during food preparation.

b) Explain four effects of consuming contaminated food.

Answers:

a) One hygienic practice to observe during food preparation is washing hands thoroughly with soap, which removes germs before handling food.

Another practice is cleaning utensils and surfaces, preventing cross-contamination between foods.

Storing raw and cooked foods separately is also important to avoid bacterial spread.

Cooking food at the correct temperature is essential to kill harmful pathogens.

Washing vegetables and fruits under running water removes dirt and pesticides effectively.

b) One effect of consuming contaminated food is food poisoning, causing symptoms like nausea, vomiting, or diarrhea.

Another effect is long-term health issues, such as kidney damage from prolonged exposure to toxins.

Contaminated food can weaken the immune system, increasing susceptibility to other illnesses.

Nutritional loss is another consequence, as contamination may degrade the food's nutrient quality.

5. a) (i) Define the term “care label” on clothing.

- (ii) List three examples of care label instructions.
- b) (i) Explain two reasons for sorting clothes before washing.
- (ii) Describe one method of washing delicate fabrics.
- (iii) State one reason for using lukewarm water for washing woolen clothes.

Answers:

a) (i) One definition of a care label is that it is a tag on clothing providing instructions for washing, drying, and ironing to maintain its quality.

(ii) One example of a care label instruction is machine wash at 30°C, ensuring safe cleaning.

Another example is do not bleach, preventing damage to fabric color or structure.

A third example is iron on low heat, protecting delicate fabrics from scorching.

b) (i) One reason for sorting clothes before washing is to prevent color bleeding, as dark colors may stain lighter fabrics.

Another reason is to protect delicate fabrics, as washing them separately from heavy items prevents damage.

(ii) One method of washing delicate fabrics is hand washing in cold water with mild detergent, gently squeezing without wringing to preserve the fabric.

(iii) One reason for using lukewarm water for washing woolen clothes is that it prevents shrinking and maintains the fabric's shape and texture.

6. a) Differentiate between a sewing machine part and an accessory.

b) Explain the functions of:

(i) Bobbin

(ii) Feed dog

(iii) Presser foot

c) State two safety precautions when using a sewing machine.

Answers:

a) One difference is that a sewing machine part is a fixed component essential for operation, like the needle, while an accessory is a detachable tool for specific tasks, like a buttonhole foot.

b) One function of the bobbin is to hold the lower thread, interlocking with the upper thread to form stitches.

One function of the feed dog is to move the fabric forward under the needle during stitching for even seams.

One function of the presser foot is to hold the fabric in place, ensuring consistent stitching without slipping.

c) One safety precaution when using a sewing machine is unplugging it when not in use to prevent electrical accidents.

Another precaution is keeping fingers away from the needle to avoid injuries during operation.

7. a) List four nutritional needs of a pregnant woman.

b) Explain three reasons why meal planning is important for special groups.

c) Suggest two foods suitable for a pregnant woman's diet.

Answers:

a) One nutritional need of a pregnant woman is protein, which supports fetal growth and tissue repair.

Another need is iron, which prevents anemia and supports blood production.

Calcium is also essential for the fetus's bone development.

Folic acid is needed to reduce the risk of birth defects.

b) One reason meal planning is important for special groups is that it ensures nutritional needs are met, such as extra iron for pregnant women.

Another reason is that it accommodates dietary restrictions, like low sugar for diabetics, to maintain health. Meal planning also promotes balanced nutrition, addressing specific health conditions for better outcomes.

c) One food suitable for a pregnant woman's diet is leafy greens, rich in folic acid and iron. Another suitable food is eggs, high in protein and choline for fetal development.

8. a) Mention four common household accidents.
- b) Explain three first aid measures for treating a minor burn.
- c) Suggest two ways to prevent electrical accidents in the home.
- d) State one reason why first aid kits should be accessible in every home.

Answers:

a) One common household accident is burns, often caused by hot liquids or surfaces. Another accident is cuts, resulting from sharp kitchen tools like knives. Falls, due to slippery floors or clutter, are also common. Electrical shocks, caused by faulty appliances, are another frequent accident.

b) One first aid measure for a minor burn is cooling the burn under running cold water for 10–15 minutes to reduce heat and pain. Another measure is covering the burn with a sterile, non-stick bandage to prevent infection. Avoiding ice or ointments is also important, as they can worsen the injury.

c) One way to prevent electrical accidents is regularly inspecting and replacing frayed cords to avoid shocks. Another way is avoiding overloading electrical sockets to prevent fires or short circuits.

d) One reason first aid kits should be accessible is that they allow quick response to emergencies, reducing injury severity.

9. a) List four factors to consider when buying household goods.

b) Explain three roles of consumer protection agencies.

Answers:

a) One factor to consider when buying household goods is quality, ensuring durability and safety.

Another factor is cost, which should fit within the budget while meeting standards.

Brand reputation is also important for reliability and trust.

Warranty availability is another factor, offering protection for repairs or replacements.

b) One role of consumer protection agencies is enforcing product safety standards to protect consumers from harm.

Another role is addressing consumer complaints, resolving issues like defective goods or unfair practices.

Educating consumers about their rights and responsibilities is also a key role to promote informed buying.

SECTION C (15 MARKS)

Answer **all** questions in this section

10. a) Describe three methods of preserving food and give one example of food for each method.

b) Explain four factors to consider when choosing a food preservation method.

Answers:

a) One method of preserving food is freezing, which slows microbial growth, suitable for meat like fish.

Another method is drying, which removes moisture to prevent spoilage, ideal for fruits like mangoes.

Canning is another method, involving heating and sealing food in airtight containers, such as for vegetables like beans.

b) One factor to consider when choosing a food preservation method is the type of food, as some methods like freezing suit fish better than grains.

Another factor is available equipment, as freezing requires a freezer while drying needs minimal tools.

The desired storage duration is also important, as freezing preserves food longer than refrigeration.

Cost of the method is another consideration, as canning may require equipment, while drying is more affordable.