

THE UNITED REPUBLIC OF TANZANIA
NATIONAL EXAMINATION COUNCIL OF TANZANIA
FORM TWO SECONDARY EDUCATION EXAMINATION, 2004

050

HOME ECONOMICS

Time: 2:30 Hours.

ANSWER

Year: 2004

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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1. For each of the items (i) – (v), choose the correct answer from the given alternatives and write its letter in the box provided.

(i) Which nutrient mainly provides the body with energy?

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

Correct answer: C. Carbohydrates

Explanation: Carbohydrates are the main source of energy for the body. They are broken down into glucose, which is used by the cells for physical activity, brain function, and organ operation. While proteins and fats can also provide energy, carbohydrates are the most efficient and primary fuel source.

(ii) Which type of cloth is most suitable for making kitchen aprons?

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

Correct answer: B. Cotton

Explanation: Cotton is strong, durable, and resistant to heat, making it ideal for kitchen aprons. It absorbs moisture from spills and sweat, is comfortable to wear, and is easy to wash and maintain. Silk and wool are delicate, while nylon is less heat-resistant and can melt if exposed to high temperatures.

(iii) Which food preservation method involves heating food in sealed containers?

- A. Canning
- B. Smoking
- C. Freezing
- D. Salting

Correct answer: A. Canning

Explanation: Canning involves placing food in jars or cans, sealing them, and heating them to destroy microorganisms. This process prevents spoilage and allows food to be stored safely for long periods without refrigeration. Smoking, freezing, and salting are also preservation methods but do not involve sealed heating in containers.

(iv) Which piece of equipment is used to measure liquids accurately in cooking?

- A. Measuring cylinder
- B. Measuring jug
- C. Weighing scale
- D. Timer

Correct answer: B. Measuring jug

Explanation: A measuring jug is specifically designed with calibrated markings for liquid measurement, ensuring accuracy in cooking and baking. Measuring cylinders are more common in laboratories, weighing scales measure weight, and timers track time rather than volume.

(v) Which of the following is the most effective method of controlling cockroaches in the kitchen?

- A. Leaving food uncovered
- B. Regular cleaning and sealing entry points
- C. Storing food on the floor
- D. Using dirty water for mopping

Correct answer: B. Regular cleaning and sealing entry points

Explanation: Regular cleaning removes food crumbs and spills that attract cockroaches, while sealing cracks and gaps prevents them from entering. The other options actually encourage cockroach infestation by providing food and shelter conditions.

2. Match the items in List A with the correct responses in List B by writing the letter of the correct response beside the item number in the table provided.

List A:

- i) Nutrient important for strong bones and teeth
- ii) Method of preserving vegetables by boiling in sugar
- iii) Insect pest that damages clothes made of wool
- iv) Appliance used for baking cakes
- v) Fabric that creases easily when washed

List B:

- A. Calcium
- B. Jam making
- C. Oven
- D. Moth

- E. Linen
- F. Blender
- G. Polyester
- H. Fermentation
- I. Freezing
- J. Ironing

i) Nutrient important for strong bones and teeth – Correct answer: A. Calcium

Explanation: Calcium is essential for the growth, development, and maintenance of strong bones and teeth. It also plays a role in blood clotting and muscle contraction. A lack of calcium can lead to rickets in children and osteoporosis in adults.

ii) Method of preserving vegetables by boiling in sugar – Correct answer: B. Jam making

Explanation: Jam making involves boiling fruits or vegetables in sugar to create a concentrated environment that inhibits the growth of microorganisms, thus prolonging shelf life.

iii) Insect pest that damages clothes made of wool – Correct answer: D. Moth

Explanation: Moths, particularly their larvae, feed on the protein fibres found in wool, causing holes and damage to garments.

iv) Appliance used for baking cakes – Correct answer: C. Oven

Explanation: An oven provides consistent, controlled heat suitable for baking cakes and other pastries. Without it, achieving the correct texture and cooking balance is difficult.

v) Fabric that creases easily when washed – Correct answer: E. Linen

Explanation: Linen wrinkles easily due to its low elasticity. This is a common characteristic of natural plant fibres, requiring regular ironing to maintain a smooth appearance.

3. (a) Explain five advantages of budgeting for a family.

Budgeting helps ensure that essential needs such as food, clothing, housing, and education are met first before non-essential expenses. This helps a family live within its means and avoid financial stress.

It promotes saving by allocating a portion of income to future needs, emergencies, or investments. This enhances financial security and preparedness for unexpected events.

Budgeting allows for better debt management by planning repayments and avoiding unnecessary borrowing, thus reducing the burden of interest payments.

It improves financial discipline by helping family members understand priorities and resist impulse spending on unnecessary items.

Budgeting aids in goal setting, enabling a family to work towards specific achievements such as buying a house, funding higher education, or starting a business.

(b) Outline five consequences of poor waste management in the home.

Poor waste management can lead to foul odours, making the home environment uncomfortable and unhealthy to live in.

It attracts pests like flies, rodents, and cockroaches, which can spread diseases such as cholera, dysentery, and typhoid.

Accumulated waste becomes a breeding ground for bacteria and parasites, increasing the risk of infections among household members.

Blocked drainage systems caused by improperly disposed waste can lead to flooding and damage to property.

Improper disposal of waste, such as burning plastics, pollutes the air, soil, and water, harming the wider environment.

4. (a) State four safety rules to observe when using sharp kitchen tools.

Always cut away from the body to avoid injury if the tool slips.

Keep hands and fingers away from the cutting path to prevent accidental cuts.

Ensure tools are dry and handles are clean to maintain a firm grip during use.

Use the correct cutting surface, such as a chopping board, to prevent slips and damage to the blade.

(b) (i) Mention three signs of spoilage in fresh fish.

A strong, unpleasant odour indicating decomposition.

Eyes that are cloudy or sunken rather than clear and bright.

Gills that have turned brownish instead of being bright red or pink.

(ii) Give two methods of preventing fish spoilage at home.

Store fish in a refrigerator or freezer immediately after purchase to slow bacterial growth.

Cook the fish promptly after buying to maintain freshness and reduce spoilage risk.

5. (a) Describe five measures of preventing burns in the kitchen.

Always use oven mitts or pot holders when handling hot dishes to protect hands from burns.

Keep pot handles turned inward so they are not accidentally knocked over, spilling hot contents.

Avoid wearing loose sleeves that could catch on pot handles or come into contact with open flames.

Maintain children at a safe distance from cooking areas to prevent accidents with hot liquids or surfaces.

Do not leave cooking food unattended, as overheating could lead to splattering oil or boiling liquids causing burns.

(b) Explain five reasons why it is important to ventilate a house.

Good ventilation ensures a continuous supply of fresh air, which improves indoor air quality.

It helps remove indoor pollutants such as smoke, dust, and harmful gases, reducing the risk of respiratory problems.

Proper ventilation reduces excess humidity, preventing mould growth and structural damage.

It assists in controlling indoor temperature, creating a more comfortable living environment.

Ventilation eliminates unpleasant odours, keeping the home fresh and pleasant for occupants.

6. (a) State five factors to consider when choosing furniture for a living room.

The size of the living room is important because it determines how much furniture can fit without making the space look overcrowded. Large pieces in a small room can make movement difficult, while too small furniture in a big room can make it look empty.

The purpose of the furniture should be considered, as living rooms may be used for relaxation, entertaining guests, or as a multifunctional space. Choosing furniture that fits the intended use ensures practicality and comfort.

The style and design of the furniture should match the interior décor of the living room. Harmonising colours, materials, and shapes with walls, flooring, and curtains creates a balanced and attractive appearance.

The durability and quality of materials used in making the furniture matter because living room furniture is used frequently. High-quality wood, strong fabrics, and sturdy joints ensure the furniture lasts longer and maintains its appearance.

The cost of the furniture should be within the buyer's budget. Comparing prices and selecting the best quality within the available budget ensures financial stability while still achieving desired comfort and style.

(b) Explain five advantages of using locally available materials in home decoration.

Using locally available materials reduces costs because transport expenses are low, and there are no import taxes. This makes home decoration more affordable.

It supports local industries and craftsmen, contributing to the economic growth of the community and providing employment opportunities.

Locally sourced materials are usually well-suited to the climate and environment of the area, meaning they are more durable and efficient in the local conditions.

The use of local materials promotes cultural identity by incorporating traditional patterns, textures, and designs into home décor.

Locally available materials are often easier to replace or repair, ensuring that maintenance is simple and affordable over time.

7. (a) State five characteristics of a well-ventilated kitchen.

A well-ventilated kitchen has a steady flow of fresh air from outside, ensuring that stale air does not accumulate.

It contains proper outlets such as chimneys, exhaust fans, or windows to remove smoke and steam generated during cooking.

It prevents the build-up of excessive heat, making the cooking environment more comfortable for the user.

It helps eliminate strong food odours quickly, keeping the kitchen smelling fresh after meals.

Good ventilation reduces humidity, which can prevent mould growth and damage to wooden furniture or fixtures in the kitchen.

(b) Outline five effects of poor lighting in the home.

Poor lighting causes eye strain because the eyes must work harder to focus in dim conditions, leading to discomfort and headaches.

It increases the risk of accidents such as tripping, spilling, or cutting oneself when handling tools or sharp objects.

Poor lighting makes rooms appear smaller and less inviting, negatively affecting the overall mood of the occupants.

It can reduce productivity, especially in areas where tasks like sewing, reading, or cooking require good visibility.

Prolonged poor lighting can cause long-term vision problems, particularly in children whose eyes are still developing.

8. (a) Explain five factors to consider when planning a family meal.

The nutritional needs of each family member must be considered to ensure balanced meals that provide adequate proteins, carbohydrates, fats, vitamins, and minerals.

The budget available for food influences the type and quantity of ingredients that can be purchased, so meals should be planned to be both nutritious and affordable.

Cultural preferences and food traditions should be respected to ensure that meals are acceptable and enjoyed by all members of the family.

The availability of food items in the market or season is important, as using seasonal produce often means fresher and more affordable meals.

The time available for preparation should be considered, with quick meals planned for busy days and more elaborate dishes for when there is more time.

(b) Give five reasons for storing food properly in the home.

Proper food storage prevents spoilage and waste by slowing the growth of bacteria, mould, and yeast.

It maintains the freshness and nutritional quality of the food for longer periods, ensuring that it remains safe to eat.

Proper storage prevents contamination by pests such as insects and rodents, which can make food unsafe.

It helps in better organisation of the kitchen or pantry, making it easier to find ingredients when needed.

Proper storage saves money by reducing the need to replace spoiled or contaminated food.

9. (a) State five advantages of using gas as a source of fuel in the home.

Gas provides instant heat, making cooking faster compared to solid fuels such as charcoal or firewood.

It is easy to control the temperature by adjusting the flame, which allows precise cooking and prevents food from burning.

Gas produces less smoke than traditional fuels, reducing indoor air pollution and making the kitchen cleaner.

It is more convenient and requires less storage space compared to bulky firewood or charcoal.

Gas is more energy-efficient, as it directs heat to the cooking pot without much wastage.

(b) Outline five safety precautions to observe when using gas in the home.

Always check for leaks by applying soapy water to connections and looking for bubbles, rather than using a flame.

Keep the gas cylinder in an upright position in a well-ventilated area to prevent gas build-up in case of leaks.

Ensure that the regulator and hose are in good condition and replaced if worn out.

Turn off the gas supply when not in use to prevent accidental leaks.

Keep flammable materials such as paper and cloth away from the stove and cylinder.

10. (a) Explain five advantages of using a refrigerator in the home.

A refrigerator slows down bacterial growth, keeping perishable food fresh for longer periods and reducing waste.

It allows bulk purchasing and storage of food, which can save money and reduce frequent shopping trips.

Refrigerators help store leftovers safely, allowing them to be eaten later without the risk of spoilage.

They make it possible to keep drinks and desserts chilled, improving taste and enjoyment.

Refrigerators help maintain a steady supply of fresh food, such as vegetables, fruits, milk, and meat, regardless of season.

(b) Give five disadvantages of poor refrigerator maintenance.

A poorly maintained refrigerator consumes more electricity because dust and dirt reduce cooling efficiency.

Food may spoil quickly if the refrigerator is not cooling properly due to blocked vents or damaged seals.

Unpleasant odours can develop from spills or decaying food inside an unclean refrigerator.

Excess frost build-up can reduce storage space and affect the efficiency of the appliance.

Frequent breakdowns caused by neglecting maintenance can result in costly repairs or the need to replace the refrigerator earlier than expected.