

THE UNITED REPUBLIC OF TANZANIA
NATIONAL EXAMINATION COUNCIL OF TANZANIA
FORM TWO SECONDARY EDUCATION EXAMINATION, 2005

050

HOME ECONOMICS

Time: 2:30 Hours.

ANSWER

Year: 2005

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
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SECTION A

Answer all questions in this section.

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

(i) Which of the following is the most suitable method for storing fresh fish for two days?

- A. Hanging in the kitchen
- B. Wrapping and keeping in a freezer
- C. Leaving in an open basket
- D. Keeping in a paper bag

Correct answer: B. Wrapping and keeping in a freezer

Reason: Freezing slows down the activity of bacteria and enzymes that cause spoilage, keeping fish safe and fresh for longer. Wrapping prevents freezer burn and odour contamination from other foods.

(ii) Which fibre is obtained from the seed hair of a plant?

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

Correct answer: C. Cotton

Reason: Cotton fibres come from the fluffy hairs surrounding the seeds of the cotton plant. They are soft, breathable, and commonly used for making clothing and household textiles.

(iii) Which of the following nutrients provides the highest amount of energy per gram?

- A. Protein
- B. Fat
- C. Carbohydrate
- D. Vitamin

Correct answer: B. Fat

Reason: Fats supply about 9 kcal per gram, which is more than double the energy provided by proteins or carbohydrates, which both provide about 4 kcal per gram.

(iv) Which cooking method uses dry heat without direct exposure to flame?

- A. Boiling

B. Steaming

C. Baking

D. Grilling

Correct answer: C. Baking

Reason: Baking involves cooking food using dry heat in an enclosed space like an oven, without direct flame contact.

(v) Which is the most effective way to control mould growth on bread?

A. Wrapping in paper and keeping in a warm place

B. Refrigerating or freezing after cooling

C. Placing near the stove

D. Storing in an open basket

Correct answer: B. Refrigerating or freezing after cooling

Reason: Cold temperatures slow mould growth, and freezing stops it entirely, extending bread shelf life.

(vi) A deficiency of Vitamin A may lead to:

A. Blindness

B. Rickets

C. Pellagra

D. Scurvy

Correct answer: A. Blindness

Reason: Vitamin A is essential for maintaining healthy vision. Its deficiency can cause night blindness and, in severe cases, total blindness.

(vii) Which of the following pests damages clothes made from wool?

A. Weevils

B. Moth larvae

C. Cockroaches

D. Termites

Correct answer: B. Moth larvae

Reason: Moth larvae feed on keratin in animal fibres like wool, leaving holes in garments.

(viii) The main function of an ironing board is to:

A. Store sewing tools

B. Provide a flat surface for pressing clothes

C. Dry clothes

D. Hold fabric for cutting

Correct answer: B. Provide a flat surface for pressing clothes

Reason: An ironing board offers a stable, heat-resistant, padded surface that allows effective wrinkle removal when ironing.

(ix) Which of the following is NOT a good personal hygiene practice for food handlers?

A. Washing hands before preparing food

B. Wearing clean protective clothing

C. Handling food with unwashed hands

D. Covering hair while cooking

Correct answer: C. Handling food with unwashed hands

Reason: Unwashed hands carry bacteria and contaminants, which can transfer to food and cause illness.

(x) Which is a correct match for the term “blanching”?

A. Cooking in fat at high heat

B. Brief boiling followed by cooling

C. Cooking food in steam

D. Slow cooking over low heat

Correct answer: B. Brief boiling followed by cooling

Reason: Blanching involves quickly boiling food, usually vegetables, then cooling them in ice water to stop cooking, helping preserve colour, flavour, and texture.

SECTION B

Answer all questions in this section.

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.

List A:

i) A tool used to measure liquids accurately — C. Measuring jug

Reason: A measuring jug has calibrated markings to measure exact liquid volumes for cooking or baking.

ii) A disease caused by lack of iron — E. Anaemia

Reason: Iron deficiency reduces haemoglobin production, leading to anaemia, which causes fatigue and weakness.

iii) A cooking method suitable for tender cuts of meat — G. Stewing

Reason: Stewing is gentle, moist heat cooking that makes tender cuts flavourful without overcooking.

iv) A process of cleaning fabric using chemicals instead of water — A. Dry cleaning

Reason: Dry cleaning uses solvents to remove dirt and stains from fabrics without water, protecting delicate materials.

v) A household accident caused by contact with hot fat — B. Burns

Reason: Burns occur when hot fat splashes or spills on skin, damaging tissue.

SECTION C

3. (a) Explain five safety precautions to observe when using electrical kitchen appliances.

One precaution is to ensure that the appliance is switched off and unplugged when not in use. This prevents accidental activation and reduces the risk of electrical shock or fire.

Another precaution is to avoid using electrical appliances with wet hands or on wet surfaces. Water conducts electricity and can cause severe electric shocks if it comes into contact with live electrical parts.

It is important to regularly inspect cords and plugs for damage. Damaged cords can expose live wires, increasing the risk of short circuits or electrocution.

Users should follow the manufacturer's instructions for each appliance. Incorrect usage may cause malfunction, overheating, or injury.

Electrical appliances should be kept away from flammable materials. Heat generated by appliances like toasters or ovens can ignite nearby flammable items such as cloths or paper.

(b) State five ways of controlling flies in food preparation areas.

Keeping all food covered at all times is essential. This prevents flies from landing on food and spreading germs.

Proper waste disposal is necessary. Waste bins should be covered and emptied regularly to avoid attracting flies.

Installing mesh screens on windows and doors helps keep flies from entering the kitchen while still allowing ventilation.

Cleaning food preparation surfaces immediately after use removes food particles that could attract flies.

Using safe fly repellents, such as fly traps or natural repellents like basil, can help reduce the presence of flies indoors.

4. (a) Outline five principles to follow when planning a family budget.

Income should be accurately determined before making a budget. This ensures that expenditure is planned based on realistic figures.

Needs should be prioritised over wants. Essential expenses such as food, shelter, and education should be covered before luxury items.

Savings should be included in the budget. Allocating a portion of income to savings ensures financial security for emergencies and future needs.

Spending limits should be set for each category. This prevents overspending in one area at the expense of other needs.

The budget should be reviewed regularly. Changes in income or expenses require adjustments to keep the budget effective.

(b) Describe five problems caused by poor household waste disposal.

Poor waste disposal can lead to unpleasant odours, which make the home uncomfortable and unhygienic.

It can attract pests such as rats, flies, and cockroaches, which spread diseases.

Blocked drainage systems can occur if waste is improperly disposed of, leading to flooding and property damage.

Decomposing waste can release harmful gases into the air, contributing to air pollution.

Contaminated water sources may result from waste seeping into the soil, posing health risks to the community.

5. (a) Give five advantages of boiling food as a cooking method.

Boiling is a simple cooking method that requires minimal skill, making it suitable for beginners.

It is effective in killing bacteria and parasites in food, ensuring it is safe to eat.

Boiling helps to retain the natural flavour of foods like vegetables when done for the right amount of time.

It does not require special equipment beyond a pot and heat source, making it accessible.

Boiling is economical because it uses water as the cooking medium, which is inexpensive and readily available.

(b) (i) State three disadvantages of overcooking vegetables.

Overcooking can cause vegetables to lose essential nutrients, particularly vitamins that are sensitive to heat.

It can result in an unappealing texture, making vegetables mushy and less enjoyable to eat.

Overcooked vegetables may lose their vibrant colour, making meals less visually appealing.

(ii) Mention two examples of vegetables that are best cooked by steaming.

Carrots are best steamed to preserve their sweetness and nutrient content.

Spinach is ideal for steaming as it cooks quickly while retaining most of its vitamins and minerals.

6. (a) Explain five measures to take when storing cereals to prevent pest infestation.

Cereals should be stored in clean, dry containers with tight-fitting lids. This prevents entry of pests such as weevils and keeps the cereals safe from contamination.

The storage area should be kept cool and dry. Moisture encourages mould growth and attracts pests, so low humidity helps maintain cereal quality.

Before storage, cereals should be properly dried. Damp cereals are prone to spoilage and infestation because pests thrive in moist environments.

Cereals should be stored away from direct sunlight. Excessive heat can damage their quality and reduce shelf life, as well as encourage pest breeding.

Regular inspection of stored cereals is essential. This helps detect any early signs of infestation so that the problem can be addressed before it spreads.

(b) Give five reasons why it is important to sort clothes before washing.

Sorting clothes prevents colour transfer. Separating light and dark clothes ensures that dark dyes do not stain lighter fabrics.

It protects delicate fabrics. Washing delicate clothes separately from heavier garments prevents damage from friction.

Sorting helps in using the correct water temperature for different fabrics. Some fabrics require cold water, while others may need warm water for effective cleaning.

It ensures the right detergent is used for specific clothing types. For example, wool and silk require mild detergents.

Sorting also allows for pre-treatment of stains. Clothes with visible stains can be treated before washing to improve stain removal.

7. (a) Describe five benefits of proper ventilation in the home.

Proper ventilation provides fresh air, which improves indoor air quality and supports good health.

It removes excess moisture from the home, preventing dampness and mould growth.

Good ventilation helps to remove odours from cooking, cleaning, or waste, keeping the home pleasant.

It reduces indoor pollutants such as smoke and dust, which can cause respiratory problems.

Ventilation helps to regulate indoor temperature, making the home more comfortable in hot or humid conditions.

(b) Mention five possible effects of using substandard kitchen utensils.

Substandard utensils may break easily during use, leading to wastage of money spent on replacements.

They can cause accidents, such as cuts or burns, if they break or malfunction during cooking.

Poor-quality materials may leach harmful chemicals into food, posing health risks.

They may cook food unevenly, affecting its taste, texture, and safety.

Substandard utensils often wear out quickly, resulting in increased household expenses over time.

8. (a) Outline five methods of preserving fruits at home.

Drying fruits removes moisture, which slows down the growth of spoilage-causing microorganisms.

Making jam preserves fruits by cooking them with sugar, which acts as a preservative.

Freezing fruits keeps them fresh for longer periods by slowing down enzymatic activity and bacterial growth.

Canning fruits in sealed jars with syrup prevents contamination and extends shelf life.

Using pickling methods with vinegar creates an acidic environment that inhibits microbial growth.

(b) (i) List three factors to consider when buying a refrigerator.

The size and capacity should match the household's needs to ensure efficient storage without wasting energy.

Energy efficiency should be considered to reduce electricity costs and environmental impact.

The design and features, such as adjustable shelves or separate freezer compartments, should meet user preferences.

(ii) State two maintenance practices for a refrigerator.

Regularly cleaning the interior removes food residues and prevents odours.

Defrosting when ice builds up improves efficiency and storage space.

9. (a) Explain five advantages of using energy-efficient stoves in cooking.

They reduce fuel consumption, which saves money over time.

They produce less smoke, improving indoor air quality and reducing health risks.

Energy-efficient stoves cook food faster, saving time for household members.

They are more environmentally friendly, as they reduce the need for excessive fuel and lower emissions.

These stoves often have a longer lifespan because they are designed for efficient performance.

(b) State five disadvantages of using poor quality detergents for laundry.

They may fail to remove dirt effectively, leaving clothes looking dull.

Harsh chemicals in poor-quality detergents can damage fabrics over time.

They may cause skin irritation or allergies in sensitive individuals.

Poor detergents can leave residues on clothes, which attract more dirt.

They may produce unpleasant odours, especially if clothes are not rinsed thoroughly.

10. (a) Outline five factors that determine the choice of clothing for school children.

Durability is important so the clothes withstand frequent washing and active use.

The climate of the area should influence the fabric choice, with lighter fabrics for hot weather and heavier ones for cooler climates.

Comfort ensures that children can move freely during activities and learning.

Affordability helps parents choose clothing within their budget without compromising quality.

School regulations may require specific colours or designs, which must be followed.

(b) Describe five care practices for cotton garments.

Washing in cold or warm water preserves the fabric and prevents shrinkage.

Using mild detergent helps maintain the fabric's softness and colour.

Drying in the shade prevents fading caused by direct sunlight.

Ironing while slightly damp makes it easier to remove wrinkles.

Storing in a dry place prevents mould and mildew growth on the garments.