

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

**050**

**HOME ECONOMICS**

**Time: 2:30 Hours.**

**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).

FOR EXAMINER'S USE ONLY		
QUESTION NUMBER	SCORE	EXAMINER'S INITIALS
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
<b>TOTAL</b>		
<b>CHECKER'S INITIALS</b>		

## 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

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

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

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

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

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

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

(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

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

- A. Blindness
- B. Rickets
- C. Pellagra
- D. Scurvy

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

- A. Weevils
- B. Moth larvae
- C. Cockroaches
- D. Termites

(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

(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

(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

## 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
- ii) A disease caused by lack of iron
- iii) A cooking method suitable for tender cuts of meat
- iv) A process of cleaning fabric using chemicals instead of water
- v) A household accident caused by contact with hot fat

List B:

- A. Dry cleaning
- B. Burns
- C. Measuring jug
- D. Boiling
- E. Anaemia
- F. Roasting
- G. Stewing
- H. Frying pan
- I. Broiling
- J. Grilling

## SECTION C

Answer all questions in this section.

3. (a) Explain five safety precautions to observe when using electrical kitchen appliances.  
(b) State five ways of controlling flies in food preparation areas.
4. (a) Outline five principles to follow when planning a family budget.  
(b) Describe five problems caused by poor household waste disposal.
5. (a) Give five advantages of boiling food as a cooking method.  
(b) (i) State three disadvantages of overcooking vegetables.  
(ii) Mention two examples of vegetables that are best cooked by steaming.
6. (a) Explain five measures to take when storing cereals to prevent pest infestation.  
(b) Give five reasons why it is important to sort clothes before washing.
7. (a) Describe five benefits of proper ventilation in the home.  
(b) Mention five possible effects of using substandard kitchen utensils.
8. (a) Outline five methods of preserving fruits at home.  
(b) (i) List three factors to consider when buying a refrigerator.  
(ii) State two maintenance practices for a refrigerator.
9. (a) Explain five advantages of using energy-efficient stoves in cooking.  
(b) State five disadvantages of using poor quality detergents for laundry.
10. (a) Outline five factors that determine the choice of clothing for school children.  
(b) Describe five care practices for cotton garments.