

**THE UNITED REPUBLIC OF TANZANIA**  
**NATIONAL EXAMINATION COUNCIL OF TANZANIA**  
**FORM TWO SECONDARY EDUCATION EXAMINATION, 2007**

**050**

**HOME ECONOMICS**

**Time: 2:30 Hours.**

**ANSWER**

**Year: 2007**

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**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).

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

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

i) Which one of the following is an example of a protective clothing used in the kitchen?

- A. Apron
- B. Socks
- C. Hat
- D. Jacket

Correct answer: A. Apron

Reason: An apron is worn in the kitchen to protect clothes from spills, stains, and hot splashes, maintaining hygiene and safety.

ii) Which nutrient is most important for repairing worn-out body tissues?

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

Correct answer: B. Protein

Reason: Protein is the body-building nutrient responsible for repairing tissues and supporting growth and maintenance.

iii) Which of the following is the most suitable method of storing fresh vegetables?

- A. Leaving them on the kitchen counter
- B. Storing them in a cool, dry place
- C. Keeping them near a stove
- D. Placing them in sealed plastic bags without ventilation

Correct answer: B. Storing them in a cool, dry place

Reason: Vegetables stay fresh longer in a cool, dry place, which slows spoilage and prevents wilting.

iv) Which type of stitch is used to finish raw edges of fabric to prevent fraying?

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

Correct answer: C. Overcasting stitch

Reason: Overcasting stitch wraps thread around raw edges, securing them to prevent fraying in fabrics.

v) Which of the following is a benefit of boiling drinking water before use?

- A. Improves taste
- B. Destroys harmful microorganisms
- C. Adds nutrients
- D. Makes it colourful

Correct answer: B. Destroys harmful microorganisms

Reason: Boiling kills bacteria, viruses, and parasites, making water safe for consumption.

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

List A:

- i) A source of Vitamin C
- ii) A method of cooking using dry heat in an oven
- iii) A natural fibre from animals
- iv) A tool for measuring small amounts of liquids
- v) A method of preserving vegetables by cooling below 0°C

List B:

- A. Wool
- B. Roasting
- C. Measuring spoon
- D. Freezing
- E. Orange
- F. Grilling
- G. Nylon
- H. Lettuce
- I. Baking
- J. Steaming

Answers:

- i) E – Orange

Reason: Oranges are rich in Vitamin C, which boosts immunity and promotes wound healing.

ii) B – Roasting

Reason: Roasting uses dry heat in an oven to cook food, enhancing flavour and texture.

iii) A – Wool

Reason: Wool is an animal fibre obtained from sheep, used for warm clothing.

iv) C – Measuring spoon

Reason: Measuring spoons ensure accuracy in measuring small amounts of liquids or dry ingredients.

v) D – Freezing

Reason: Freezing preserves vegetables by slowing microbial activity and enzyme action.

3. Explain five reasons why it is important to have good ventilation in a kitchen.

Good ventilation removes cooking odours, keeping the kitchen air fresh and pleasant.

It reduces excess heat generated during cooking, making the kitchen more comfortable to work in.

Ventilation removes smoke and harmful gases that may be produced from cooking appliances, improving air quality.

It helps control humidity levels, preventing mould growth and damage to kitchen structures.

Adequate ventilation prevents the accumulation of carbon monoxide, reducing health risks.

4. Describe five safety precautions to take when using an electric iron.

Always ensure the iron is switched off and unplugged when not in use to prevent accidents. This is important because leaving the iron connected to electricity unattended can cause overheating, which may result in a fire outbreak. It also prevents children or pets from accidentally touching the hot surface.

Keep the cord away from the ironing board edge to avoid tripping hazards. A dangling cord can easily be pulled, causing the iron to fall and injure someone or cause burns. It also reduces the chance of damaging the iron if it falls to the floor.

Do not touch the hot soleplate to prevent burns. The soleplate reaches extremely high temperatures during ironing, and accidental contact can cause severe skin burns. Always handle the iron by the designated cool areas or handle.

Avoid using the iron near water to reduce the risk of electric shock. Water conducts electricity, so using an electric iron near wet areas can create a dangerous situation where electricity travels through water and causes injury.

Store the iron in an upright position in a safe place after use to prevent damage. Storing the iron flat or in unstable positions can damage the soleplate or cause it to tip over and hurt someone. An upright position also allows any remaining heat to dissipate safely.

5. Give five reasons why families should practise proper waste disposal at home.

Proper waste disposal prevents the spread of diseases by reducing breeding grounds for pests such as flies, cockroaches, and rats. These pests carry harmful microorganisms that can contaminate food and water, leading to illnesses like cholera or typhoid.

It keeps the home environment clean and free from unpleasant odours. Accumulated waste releases bad smells that make living conditions uncomfortable and may even affect mental well-being.

Safe disposal of waste reduces environmental pollution, protecting soil and water sources. When waste is thrown into open areas, harmful chemicals and microorganisms can seep into the soil and contaminate rivers, lakes, and underground water.

It allows for recycling and composting, which conserves resources. Recycling materials like glass, metal, and plastic helps reduce the demand for new raw materials, while composting biodegradable waste creates natural manure for plants.

Proper waste management prevents blockages in drainage systems, reducing flooding risks. When waste is dumped into drains, it can block water flow during rains, leading to floods that damage property and spread diseases.

6. Explain five advantages of using a pressure cooker in food preparation.

A pressure cooker cooks food faster, saving time and energy. The sealed environment increases the boiling point of water, allowing food to cook more quickly compared to traditional methods.

It preserves more nutrients in food compared to methods requiring prolonged cooking. Because cooking time is shorter, fewer vitamins and minerals are destroyed by heat.

Pressure cooking tenderises tough cuts of meat, making them more palatable. This is due to the high temperature and steam that break down tough muscle fibres and connective tissues.

It reduces fuel costs because less heat and time are required. Whether using gas or electricity, shorter cooking times mean less energy consumption, saving money in the long run.

The sealed environment minimises the loss of flavour and moisture from food. Since steam cannot escape, the natural juices and seasonings are locked in, enhancing the taste and texture of the dish.

7. Discuss five qualities of a good seam in garment construction.

A good seam should be strong enough to withstand wear and washing without breaking. Weak seams can come apart after minimal use, making the garment unfit for wearing.

It should be smooth and flat, avoiding puckering or bulkiness. A flat seam lies neatly against the body and looks professional, while puckering makes the garment appear poorly made.

The seam allowance should be even to maintain garment shape. Uneven seam allowances can cause the garment to twist, pull, or lose its intended fit.

It should be neat and tidy, enhancing the garment's overall appearance. Neatly sewn seams reflect skill and make the garment more appealing to the wearer and others.

A good seam should match the fabric type and intended garment use for durability and comfort. For example, stretchy fabrics require flexible seams, while heavy fabrics need strong stitching.

8. Describe five measures to take in order to prevent food poisoning in the home.

Always wash hands before handling food to remove harmful microorganisms. Handwashing with soap eliminates dirt, bacteria, and viruses that could transfer to food.

Cook food thoroughly to kill bacteria, especially in meat and poultry. Raw or undercooked foods may harbour dangerous organisms like Salmonella and E. coli.

Store perishable foods in a refrigerator to slow bacterial growth. Cold temperatures prevent microorganisms from multiplying quickly, extending food safety.

Avoid cross-contamination by using separate chopping boards for raw and cooked foods. Raw foods often carry bacteria that can spread to ready-to-eat foods if utensils or surfaces are shared.

Regularly clean kitchen surfaces and utensils to maintain hygiene. Dirty surfaces harbour bacteria that can transfer to food during preparation.

9. Discuss the importance of planning meals for a family. Give at least five points.

Meal planning ensures a balanced diet by including all essential nutrients. This helps in maintaining the health of each family member and preventing nutrient deficiencies.

It helps control food costs by avoiding unnecessary purchases. Knowing exactly what ingredients are needed for the week prevents buying items on impulse.

Planning saves time and reduces stress during meal preparation. With a clear plan, ingredients are already available, and cooking becomes quicker and more organised.

It prevents food waste by using ingredients efficiently. Leftover ingredients from one meal can be incorporated into the next, minimising spoilage.

Meal planning caters to the family's preferences and special dietary needs. For example, it ensures that people with allergies or specific health conditions are considered.

10. Explain five advantages of buying durable household equipment.

Durable equipment lasts longer, reducing the need for frequent replacements. This makes it a cost-effective investment over time.

It offers better performance and reliability over time. High-quality equipment is less likely to malfunction and can handle heavy use without breaking down.

Investing in quality equipment can save money in the long term. Although the initial cost may be higher, the savings from reduced repairs and replacements make it worthwhile.

Durable equipment is often safer to use, reducing accident risks. Well-constructed appliances are built to meet safety standards and withstand normal wear and tear.

High-quality items maintain their appearance and functionality even with regular use. This not only provides continued usefulness but also maintains the aesthetic value of the home.