

**THE UNITED REPUBLIC OF TANZANIA  
NATIONAL EXAMINATION COUNCIL OF TANZANIA  
FORM TWO SECONDARY EDUCATION EXAMINATION, 2008**

**050**

**HOME ECONOMICS**

**Time: 2:30 Hours.**

**ANSWER**

**Year: 2008**

---

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

maktaba.tetea.org



## 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 nutrient is mainly provided by meat?

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

Correct answer: A. Protein

Reason: Meat is rich in protein, which is essential for growth, body repair, and maintenance of tissues.

ii) Which one of the following is a method of cooking food in an oven?

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

Correct answer: A. Roasting

Reason: Roasting is a dry-heat cooking method done inside an oven, suitable for meats and some vegetables.

iii) Which type of fabric is made from flax plant?

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

Correct answer: B. Linen

Reason: Linen is a strong, natural fibre made from the stem of the flax plant and is used for making clothes and home furnishings.

iv) Which of the following is a good conductor of heat?

- A. Wood
- B. Glass
- C. Aluminium

D. Plastic

Correct answer: C. Aluminium

Reason: Aluminium conducts heat efficiently, making it suitable for cooking utensils.

v) Which of the following is the most suitable method of storing dry cereals?

A. In a damp place

B. In airtight containers

C. On the floor

D. In open baskets

Correct answer: B. In airtight containers

Reason: Airtight containers prevent moisture, pests, and dust from spoiling cereals.

vi) Which cooking method involves cooking food in hot fat with part of it above the surface?

A. Deep frying

B. Shallow frying

C. Stewing

D. Boiling

Correct answer: B. Shallow frying

Reason: In shallow frying, food is partly submerged in hot oil and turned to cook both sides.

vii) Which of the following tools is used to remove bread crumbs from a table after meals?

A. Table brush

B. Duster

C. Scraper

D. Spoon

Correct answer: A. Table brush

Reason: A table brush sweeps crumbs off the table neatly without damaging the table surface.

viii) Which fibre is produced by silkworms?

A. Cotton

B. Silk

C. Wool

D. Nylon

Correct answer: B. Silk

Reason: Silk is a natural fibre spun by silkworms and valued for its smooth texture and shine.

ix) Which of these is a benefit of blanching vegetables before freezing?

- A. Enhances colour and flavour
- B. Increases bacterial growth
- C. Makes them soggy
- D. Removes nutrients

Correct answer: A. Enhances colour and flavour

Reason: Blanching briefly cooks vegetables, helping preserve colour, flavour, and texture during freezing.

x) Which of the following is used for measuring dry ingredients like flour?

- A. Measuring jug
- B. Measuring cups
- C. Kitchen scale
- D. Ladle

Correct answer: B. Measuring cups

Reason: Measuring cups provide accurate portioning of dry ingredients for recipes.

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) Method of cooking vegetables in steam
- ii) Appliance used for keeping clothes free from creases
- iii) Nutrient needed for strong bones and teeth
- iv) Tool used for cutting fabric
- v) Method of preserving meat by removing water

List B:

- A. Baking
- B. Boiling
- C. Drying
- D. Iron
- E. Steaming
- F. Freezing
- G. Scissors
- H. Roasting

I. Calcium

J. Blanching

Answers:

i) E – Steaming

Reason: Steaming cooks vegetables with steam from boiling water, preserving nutrients.

ii) D – Iron

Reason: An iron smooths fabrics and removes wrinkles after washing or sewing.

iii) I – Calcium

Reason: Calcium strengthens bones and teeth and is found in foods like milk and fish.

iv) G – Scissors

Reason: Scissors are essential for cutting fabric accurately during sewing.

v) C – Drying

Reason: Drying removes water from meat, preventing bacterial growth and extending shelf life.

### **SECTION B (45 MARKS)**

3. (a) Explain five advantages of using gas as a fuel for cooking.

Gas provides instant heat, reducing cooking time compared to fuels that require preheating.

It is easy to control the heat level, allowing precise cooking temperatures for different dishes.

Gas is relatively clean-burning, producing less smoke and soot than charcoal or firewood.

It is versatile and can be used for various cooking methods such as boiling, frying, steaming, and baking.

Gas stoves are quick to ignite, making them convenient for busy households.

(b) State four precautions to take when storing gas cylinders in the home.

Store cylinders in a well-ventilated area away from direct sunlight to prevent heat build-up.

Keep cylinders away from flammable materials to avoid fire hazards.

Ensure the valve is tightly closed when not in use to prevent gas leakage.

Place cylinders upright to prevent damage to the valve and maintain safety.

(c) Mention three examples of meals that can be prepared using gas as a fuel.

Rice can be boiled quickly and evenly on a gas stove.

Chapati can be fried or cooked on a gas-powered griddle.

Tea can be prepared efficiently by boiling water on a gas flame.

4. (a) Explain five factors to consider when selecting clothing for a child.

The clothing should be made from comfortable, soft fabrics that do not irritate the skin.

Durability is important to withstand frequent washing and active play.

The clothes should be appropriate for the climate, such as warm clothing in cold weather and light fabrics in hot weather.

Ease of wearing and removing is essential, especially for young children who may need frequent changes.

Clothing should allow for growth and movement, ensuring the child can play comfortably.

(b) State four advantages of using cotton fabrics for children's clothes.

Cotton is breathable, allowing air circulation and preventing overheating.

It is soft and gentle on the skin, reducing the risk of irritation.

Cotton is absorbent, helping keep the child dry and comfortable.

It is easy to wash and maintain, making it practical for children's everyday wear.

(c) Mention three examples of clothes suitable for a cold season.

Wool sweaters provide insulation and warmth.

Thick socks keep feet warm and prevent frostbite.

Gloves protect hands from cold temperatures.

5. (a) Explain five advantages of having a clean and well-arranged kitchen.

A clean kitchen helps prevent the growth of harmful microorganisms that can contaminate food and cause illness. This ensures the health and safety of the household.

It improves the efficiency of work because tools and ingredients are easy to find, reducing the time spent searching for items during cooking.

A well-arranged kitchen reduces the risk of accidents such as slips, falls, or burns, since the working space is kept clear and safe.

It creates a pleasant environment for cooking, which can make meal preparation more enjoyable and less stressful.

Maintaining cleanliness in the kitchen prolongs the life of appliances and utensils by preventing damage from dirt, grease, and food residue.

(b) State four safety measures to observe when using sharp kitchen tools.

Always cut away from the body to reduce the chance of injury in case the tool slips.

Keep knives and sharp tools sharp because dull blades require more force and are more likely to slip.

Use a stable cutting board to prevent tools from sliding while in use.

Store sharp tools safely, such as in knife blocks or drawers with blade guards, to avoid accidental cuts.

(c) Mention three kitchen tools that require careful handling to prevent injury.

Knives should be handled with care to avoid cuts.

Graters need careful use to prevent scraping the skin.

Mandolines can cause deep cuts if fingers come too close to the blade.

6. (a) Explain five causes of accidents in the home.

Slippery floors from spilled water or oil can cause falls and injuries.

Improper storage of sharp objects like knives and scissors can lead to accidental cuts.

Faulty electrical wiring or overloaded sockets can cause electric shocks or fires.

Poor lighting in staircases or corridors can lead to trips and falls.

Children playing with hazardous household chemicals can result in poisoning.

(b) State four ways of preventing burns and scalds in the kitchen.

Use pot holders or oven gloves when handling hot pots and pans to protect hands.

Turn pot handles inward on the stove to prevent accidental tipping.

Avoid wearing loose clothing that can catch fire near open flames.

Test the temperature of hot liquids before serving to prevent scalding.

(c) Mention three first aid measures for minor cuts.

Wash the cut gently with clean water to remove dirt.

Apply antiseptic to prevent infection.

Cover the wound with a clean plaster or bandage to keep it protected.



7. (a) Explain five importance of budgeting in a family.

Budgeting helps control spending by setting clear limits on how much money can be used for each need.

It allows families to save for future goals such as education, emergencies, or investments.

Budgeting ensures that essential needs like food, housing, and clothing are met before spending on luxuries.

It helps prevent debts by ensuring that expenses do not exceed income.

Budgeting promotes wise spending by encouraging price comparisons and value for money.

(b) State four consequences of not following a family budget.

The family may run out of money before the next income, leading to financial stress.

Important needs may go unmet, causing discomfort or hardship.

Accumulation of debts may occur, reducing financial stability.

Conflict may arise among family members due to poor money management.

(c) Mention three examples of irregular family expenses.

School fees paid once or twice a year.

Medical bills for emergencies.

Repair costs for household appliances or furniture.

8. Describe the steps for laundering a pair of school socks made of cotton.

Begin by sorting the socks from other clothes, especially separating them from heavily soiled garments to prevent dirt transfer.

Check the socks for stains and pre-treat any marks by applying mild detergent or stain remover directly on the spots.

Fill a basin with lukewarm water and add a small amount of mild detergent, mixing until it dissolves.

Place the socks in the water and gently rub them together to loosen dirt, paying attention to the heel and toe areas.

Rinse the socks thoroughly in clean water until all detergent is removed.

Gently squeeze out excess water without twisting to maintain the sock's shape.

Hang the socks in a shaded, well-ventilated area to dry, avoiding direct sunlight to prevent fading.

Once dry, fold or store the socks neatly in a clean, dry place ready for use.

9. Discuss the causes and prevention of food spoilage in the home.

Food spoilage can be caused by microorganisms such as bacteria, moulds, and yeasts which break down food, leading to unpleasant smell, taste, and appearance. These organisms grow rapidly in warm, moist conditions.

Enzymes naturally present in food can cause chemical changes like browning in fruits or softening of vegetables, making them undesirable to eat.

Insects and rodents can infest stored food, contaminating it with droppings and causing damage.

Exposure to air can lead to oxidation, which changes the colour, flavour, and nutritional value of food, especially fats and oils.

Improper storage conditions, such as high humidity and incorrect temperatures, speed up spoilage by encouraging microbial growth.

To prevent food spoilage, store perishable foods in a refrigerator or freezer to slow microbial activity.

Dry goods should be kept in airtight containers to prevent moisture and pest entry.

Rotate stored food regularly, using older items first to avoid expiry.

Clean storage areas often to keep pests and dust away.

Avoid leaving cooked food at room temperature for long periods to reduce bacterial growth.

10. Describe the steps in preparing and serving a balanced breakfast for a family of four.

Start by planning the menu to include all the major food groups: carbohydrates, proteins, vitamins, minerals, and fats. For example, bread, eggs, fresh fruit, and milk.

Gather all ingredients and ensure they are fresh, clean, and measured according to the number of family members.

Prepare the carbohydrate source, such as toasting bread or cooking porridge, to provide energy for the day.

Cook a protein-rich food like scrambled eggs or beans, which help in body building and repair.

Wash and prepare fresh fruit such as bananas, oranges, or apples to provide vitamins and minerals.

Arrange the breakfast on clean plates in an appealing manner to encourage eating.

Serve beverages like milk, tea, or fresh juice to accompany the meal.

Ensure the table is set neatly with clean utensils for all four members.

Serve the meal while it is still warm and fresh to enhance taste and nutritional value.

Encourage all members to eat together for a wholesome family experience.

11. Discuss the importance of kitchen hygiene in food preparation.

Kitchen hygiene prevents contamination of food with harmful microorganisms that can cause foodborne illnesses. Maintaining cleanliness ensures the food prepared is safe to eat.

A hygienic kitchen helps preserve the quality of food by reducing exposure to dust, pests, and other contaminants.

It promotes a pleasant working environment, making cooking tasks easier and more enjoyable.

Kitchen hygiene extends the lifespan of cooking equipment by preventing damage caused by dirt, grease, or rust.

It reduces the risk of attracting pests such as cockroaches and rodents, which thrive in dirty environments.

Practising hygiene also demonstrates good discipline and care in food preparation, which is especially important when serving others.