

**THE UNITED REPUBLIC OF TANZANIA**  
**NATIONAL EXAMINATION COUNCIL OF TANZANIA**  
**FORM TWO SECONDARY EDUCATION EXAMINATION, 2009**

**050**

**HOME ECONOMICS**

**Time: 2:30 Hours.**

**ANSWER**

**Year: 2009**

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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 NUMBER</b>	<b>SCORE</b>	<b>EXAMINER'S INITIALS</b>
1		
2		
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<b>TOTAL</b>		
<b>CHECKER'S INITIALS</b>		

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## 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 method of food preservation involves removing most of the moisture from food?

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

Correct answer: B. Drying

Reason: Drying reduces the water content of food to a level where microorganisms cannot grow, thus extending its shelf life.

ii) Which of the following is the most appropriate for marking buttonhole positions on a garment?

- A. Tailor's chalk
- B. Measuring tape
- C. Hem gauge
- D. Scissors

Correct answer: A. Tailor's chalk

Reason: Tailor's chalk makes clear, temporary marks that can be brushed or washed away after sewing.

iii) The main nutrient supplied by eggs is:

- A. Carbohydrates
- B. Proteins
- C. Vitamin A
- D. Calcium

Correct answer: B. Proteins

Reason: Eggs are rich in high-quality protein which helps build and repair body tissues.

iv) Which cooking method uses steam under pressure to cook food quickly?

- A. Stewing

- B. Pressure cooking
- C. Frying
- D. Baking

Correct answer: B. Pressure cooking

Reason: Pressure cooking traps steam in a sealed container, increasing the temperature and cooking food faster.

v) Which fabric is obtained from the cocoon of a silkworm?

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

Correct answer: C. Silk

Reason: Silk is produced from the fibres spun by silkworms to make their cocoons.

vi) Which part of a sewing machine holds the needle firmly in position?

- A. Bobbin case
- B. Needle clamp
- C. Presser foot
- D. Feed dog

Correct answer: B. Needle clamp

Reason: The needle clamp secures the needle in place so it remains steady during stitching.

vii) Which kitchen equipment is used to remove water from cooked pasta?

- A. Sieve
- B. Colander
- C. Ladle
- D. Grater

Correct answer: B. Colander

Reason: A colander has holes that allow water to drain while retaining the pasta.

viii) Which method of cooking involves immersing food completely in hot fat or oil?

- A. Deep frying
- B. Shallow frying
- C. Roasting
- D. Boiling

Correct answer: A. Deep frying

Reason: Deep frying submerges food in hot oil, cooking it evenly and producing a crispy texture.

ix) Which type of starch is most suitable for stiffening shirt collars?

- A. Cold water starch
- B. Hot water starch
- C. Spray starch
- D. Corn starch

Correct answer: B. Hot water starch

Reason: Hot water starch provides a firm finish that keeps collars crisp for a longer period.

x) Which one of the following is a source of vitamin D?

- A. Spinach
- B. Liver
- C. Groundnuts
- D. Oranges

Correct answer: B. Liver

Reason: Liver contains vitamin D, which is important for strong bones and teeth.

**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.**

i) Heat transfer method in grilling – D. Radiation

Reason: Grilling cooks food using direct radiant heat from a flame or heating element.

ii) Fabric made from synthetic fibres – B. Nylon

Reason: Nylon is a man-made fabric created from petrochemicals.

iii) Temporary joining of fabric pieces before sewing – C. Basting

Reason: Basting uses long, loose stitches to hold fabric in place before permanent stitching.

iv) Method of heating food to destroy harmful microorganisms – A. Pasteurisation

Reason: Pasteurisation uses controlled heating to kill bacteria without greatly affecting food quality.

v) The main nutrient supplied by fish – E. Protein

Reason: Fish is a good source of high-quality protein that supports body growth and repair.

### **3. (a) Explain five guidelines for safe storage of cleaning chemicals in the home.**

Cleaning chemicals should be stored in their original containers with labels intact to ensure that the contents are easily identifiable and instructions for use are available.

They should be kept out of the reach of children and pets, preferably in locked cupboards, to prevent accidental ingestion or contact.

Storage areas should be cool and dry, as heat and moisture can cause chemical reactions or reduce the effectiveness of the products.

Chemicals should never be stored near food items to avoid the risk of contamination that could lead to poisoning.

It is important to store chemicals away from direct sunlight, as light can degrade certain cleaning agents and alter their composition.

(b) State four dangers of improper storage of cleaning chemicals.

Improper storage can result in accidental poisoning if children or pets ingest the substances.

It can cause harmful chemical reactions if incompatible chemicals are stored together.

There is a risk of fire or explosion if flammable chemicals are stored near heat sources.

Leakage or spillage from poorly sealed containers can damage surfaces and cause environmental pollution.

(c) List three common cleaning chemicals used in the home.

Bleach is used for disinfecting surfaces and whitening fabrics.

Ammonia solution is used for cleaning glass and removing grease.

Vinegar is used for removing limescale and deodorising surfaces.

**4. (a) Explain five reasons for including vegetables in the daily diet.**

Vegetables are rich in vitamins such as vitamin A and C, which are essential for healthy vision, immune function, and skin health.

They provide minerals like iron, calcium, and potassium, which are necessary for various body processes including blood formation and bone health.

Vegetables are a good source of dietary fibre, which aids digestion and prevents constipation.

They contain antioxidants that help protect the body from chronic diseases like cancer and heart disease.

Vegetables are generally low in calories and fat, making them beneficial for maintaining a healthy weight.

(b) State four effects of overcooking vegetables.

Overcooking leads to the loss of heat-sensitive vitamins such as vitamin C.

It causes the vegetables to lose their natural colour, making them look dull and unattractive.

Overcooked vegetables often have an undesirable soft and mushy texture.

They may lose their natural flavour, making them less appetising.

(c) Mention three examples of green leafy vegetables.

Spinach is a nutrient-rich leafy vegetable high in iron and vitamins.

Kale is a hardy green vegetable rich in vitamin K and antioxidants.

Amaranth leaves are commonly eaten boiled or fried and are high in calcium.

**5. (a) Explain five advantages of cooking food using electricity.**

Electric cooking provides precise temperature control, which ensures that food is cooked evenly and reduces the risk of burning.

It is generally cleaner than using solid fuel or charcoal, as it does not produce smoke or soot.

Electric cookers are convenient to operate with minimal supervision needed once cooking starts.

They are safer to use indoors because they do not emit harmful gases like carbon monoxide.

Electricity can be used with a wide range of cooking appliances, making it versatile for various cooking methods.

**(b) State four disadvantages of cooking food using electricity.**

Cooking with electricity becomes impossible during power cuts, which can disrupt meal preparation.

Electricity is more expensive in some areas compared to other fuels.

Electric cookers often heat up more slowly than gas stoves, making them less ideal for quick cooking.

There is a risk of electric shock if appliances are not maintained properly.

**(c) List three safety precautions when using electrical cooking appliances.**

Always ensure your hands are dry before touching electrical appliances to avoid shocks.

Keep electrical cords away from water and hot surfaces.

Unplug appliances after use to prevent accidental operation or electrical hazards.

**6. (a) Explain five factors to consider when choosing clothing for a baby.**

Clothing should be made from soft, breathable fabrics to avoid skin irritation.

It should be easy to put on and remove to simplify dressing and undressing.

Baby clothes should be appropriately sized to allow free movement and comfort.

They should be easy to wash and dry, as babies often soil their clothes frequently.

The clothes should be free from small parts like loose buttons that could be swallowed.

(b) State four reasons why cotton is suitable for baby clothes.

Cotton is soft and comfortable against a baby's delicate skin.

It absorbs moisture well, keeping the baby dry and comfortable.

Cotton is breathable, allowing air circulation to prevent overheating.

It is durable and can withstand frequent washing without losing quality.

(c) List three disadvantages of using nylon for baby clothes.

Nylon does not absorb moisture, which can cause discomfort in warm weather.

It can trap heat, making the baby too warm.

Nylon may cause static electricity, which can irritate the baby's skin.

**7. (a) Explain five personal hygiene practices that prevent the spread of diseases.**

Washing hands with soap and water before eating and after using the toilet removes germs and prevents ingestion.

Bathing daily removes sweat, dirt, and bacteria from the skin.

Brushing teeth at least twice a day prevents tooth decay and gum disease.

Wearing clean clothes prevents the accumulation of bacteria and bad odours.

Keeping nails short and clean reduces the chances of harbouring dirt and germs.

(b) State four effects of poor personal hygiene.

It can lead to skin infections such as rashes and sores.

Poor hygiene may cause bad breath and dental problems.

It increases the risk of gastrointestinal diseases due to ingestion of germs.

Poor hygiene can lead to social rejection due to bad body odour.

(c) Mention three personal hygiene items used daily.



Soap is used for cleaning the body and hands.

Toothpaste is used for cleaning teeth.

A comb is used for keeping hair neat and tidy.

**8. (a) Explain five ways of saving time when performing household chores.**

Planning chores in advance helps in using time efficiently by reducing delays.

Using modern appliances like washing machines speeds up tasks.

Grouping similar tasks together avoids repetition and saves time.

Assigning specific tasks to different family members ensures work is done faster.

Avoiding unnecessary movements by keeping tools and supplies close saves time.

**(b) State four advantages of saving time in home management.**

It reduces fatigue, as less effort is spent on prolonged tasks.

It leaves more time for leisure and relaxation.

Time saved can be used for productive activities such as studying or working.

It improves the overall efficiency of home management.

**(c) List three household chores that can be done weekly.**

Washing bed linens keeps the sleeping area clean and fresh.

Cleaning windows improves light entry and hygiene.

Polishing furniture maintains its shine and extends its lifespan.

**9. (a) Explain five guidelines for arranging furniture in a sitting room.**

Furniture should be arranged to allow free movement without obstruction.

The arrangement should promote easy conversation by placing seats close together.

Furniture should not block natural light from windows.

Items should be arranged to make efficient use of available space.

There should be a focal point such as a fireplace or television around which the arrangement is made.

(b) State four advantages of proper furniture arrangement.

It makes the room appear more spacious and organised.

It improves comfort by allowing easy access to seating and tables.

It enhances the beauty and aesthetic appeal of the room.

It promotes safety by preventing tripping hazards.

(c) List three examples of soft furnishings in a sitting room.

Curtains add privacy and control the entry of light.

Cushions provide comfort and enhance the décor.

Carpets make the floor comfortable to walk on and add warmth.

**10. (a) Explain five causes of accidents in the laundry.**

Wet floors can cause slipping and falling accidents.

Using faulty electrical appliances can result in electric shocks.

Carelessly placing sharp objects like pins or needles can cause injuries.

Handling hot irons without care can cause burns.

Poor storage of chemicals such as bleach can result in accidental spills and skin irritation.

(b) State four first aid steps for treating cuts.

Wash the wound with clean water to remove dirt and germs.

Apply an antiseptic to prevent infection.

Cover the wound with a clean, dry bandage to protect it.

Seek medical attention if the cut is deep or bleeding heavily.

(c) List three ways of preventing burns when ironing.

Always turn off and unplug the iron when not in use.

Keep the iron away from the reach of children.

Avoid touching the hot surface of the iron during and immediately after use.

## **11. Explain the procedures for washing and finishing a cotton dress at home.**

The first step is to sort the cotton dress by colour to ensure it is washed with similar colours and avoid dye transfer. This also helps to choose the appropriate washing method depending on the fabric's care label.

The second step is to check the dress for any stains and treat them before washing. A mild detergent or stain remover should be applied directly to the stained area and gently rubbed in.

The third step is to prepare the washing solution. Fill a basin or washing machine with clean water and add an appropriate amount of mild detergent. If handwashing, ensure the water is lukewarm to prevent shrinking.

The fourth step is to wash the dress gently. In handwashing, swirl the dress in the soapy water without twisting or wringing it. For machine washing, select a gentle cycle to protect the fibres.

The fifth step is to rinse the dress thoroughly in clean water to remove all soap residue, which can make the fabric stiff or cause skin irritation if left.

The sixth step is to remove excess water by gently squeezing the dress or using the spin cycle of a washing machine. Avoid wringing to maintain the dress's shape.

The seventh step is to dry the dress by hanging it on a padded hanger or spreading it flat on a clean surface away from direct sunlight to prevent fading.

The eighth step is to iron the dress while it is still slightly damp. Use a hot iron suitable for cotton, pressing with steam to achieve a smooth finish.

The ninth step is to store the dress properly by hanging it in a wardrobe, ensuring it is clean and free of moisture to prevent mildew growth.

## **12. Discuss the causes and prevention of food poisoning in the home.**

One cause of food poisoning is consuming food contaminated with bacteria such as Salmonella or E. coli, often due to poor handling or hygiene. Preventing this involves washing hands, utensils, and surfaces before and after food preparation.

Another cause is eating food that has been left at room temperature for too long, allowing harmful microorganisms to multiply. This can be prevented by refrigerating perishable foods promptly and keeping hot foods hot until served.

Cross-contamination between raw and cooked food is also a major cause. This happens when juices from raw meat or seafood come into contact with cooked food. Prevention involves using separate chopping boards and knives for raw and cooked foods.

Consuming undercooked or improperly cooked foods can also lead to food poisoning. Prevention includes cooking foods to the recommended internal temperatures to kill harmful microorganisms.

Food poisoning can also result from using contaminated water in cooking or washing food. Prevention requires using clean, safe water for all food-related activities.

Another cause is consuming food past its expiry date, which may have grown harmful bacteria or mould. Prevention includes checking expiry dates before purchase and consumption.

### **13. Explain the steps in planning a balanced menu for a family of four, considering nutritional needs and budget.**

The first step is to assess the nutritional needs of the family members, considering age, health conditions, and activity levels. This ensures that each meal meets their dietary requirements.

The second step is to choose a variety of foods from all the major food groups — carbohydrates, proteins, fruits, vegetables, and fats — to ensure nutritional balance in the menu.

The third step is to consider portion sizes appropriate for each family member to avoid wastage and control costs while meeting energy needs.

The fourth step is to plan meals based on locally available and seasonal foods, as these are often fresher, more nutritious, and cheaper.

The fifth step is to create a timetable for meals, including breakfast, lunch, dinner, and snacks, ensuring an even distribution of energy throughout the day.

The sixth step is to factor in special dietary needs, such as allergies, cultural preferences, or medical conditions, to ensure inclusivity and safety.

The seventh step is to compare prices of different food items in the market and select cost-effective options without compromising on quality.

The eighth step is to prepare a detailed shopping list from the menu plan, which helps avoid impulse buying and stick to the budget.

The ninth step is to incorporate variety in preparation methods — such as steaming, baking, and stir-frying — to maintain interest and retain nutrients.

The tenth step is to review the menu regularly and adjust based on feedback from the family, changes in food prices, or nutritional advice.