

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

050

HOME ECONOMICS

Time: 2:30 Hours.

Year: 2009

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		
TOTAL		
CHECKER'S INITIALS		

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

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

iii) The main nutrient supplied by eggs is:

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

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

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

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

- A. Cotton
- B. Linen

C. Silk

D. Wool

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

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

A. Sieve

B. Colander

C. Ladle

D. Grater

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

A. Deep frying

B. Shallow frying

C. Roasting

D. Boiling

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

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

A. Spinach

B. Liver

C. Groundnuts

D. Oranges

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	List B
i) Heat transfer method in grilling	A. Conduction
ii) Fabric made from synthetic fibres	B. Nylon
iii) Temporary joining of fabric pieces before sewing	C. Basting
iv) Method of heating food to destroy harmful microorganisms	D. Radiation
v) The main nutrient supplied by fish	E. Protein
	F. Convection

SECTION B (70 MARKS)

Answer all questions in this section

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

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

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

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

(b) State four effects of overcooking vegetables.

(c) Mention three examples of green leafy vegetables.

5. (a) Explain five advantages of cooking food using electricity.
(b) State four disadvantages of cooking food using electricity.
(c) List three safety precautions when using electrical cooking appliances.
6. (a) Explain five factors to consider when choosing clothing for a baby.
(b) State four reasons why cotton is suitable for baby clothes.
(c) List three disadvantages of using nylon for baby clothes.
7. (a) Explain five personal hygiene practices that prevent the spread of diseases.
(b) State four effects of poor personal hygiene.
(c) Mention three personal hygiene items used daily.
8. (a) Explain five ways of saving time when performing household chores.
(b) State four advantages of saving time in home management.
(c) List three household chores that can be done weekly.
9. (a) Explain five guidelines for arranging furniture in a sitting room.
(b) State four advantages of proper furniture arrangement.
(c) List three examples of soft furnishings in a sitting room.
10. (a) Explain five causes of accidents in the laundry.
(b) State four first aid steps for treating cuts.
(c) List three ways of preventing burns when ironing.

SECTION C (15 MARKS)

Answer two questions from this section

11. Explain the procedures for washing and finishing a cotton dress at home.
12. Discuss the causes and prevention of food poisoning in the home.
13. Explain the steps in planning a balanced menu for a family of four, considering nutritional needs and budget.