

**THE UNITED REPUBLIC OF TANZANIA**  
**NATIONAL EXAMINATION COUNCIL OF TANZANIA**  
**FORM TWO SECONDARY EDUCATION EXAMINATION, 2010**

**050**

**HOME ECONOMICS**

**Time: 2:30 Hours.**

**Year: 2010**

**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 (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) The best way to store leftover cooked rice to prevent food poisoning is to:

- A. Leave it on the table overnight
- B. Store it in an airtight container in the fridge
- C. Keep it in a warm oven
- D. Wrap it in a cloth and keep in the cupboard

ii) Which fibre is obtained from the flax plant?

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

iii) The process of soaking beans before cooking mainly helps to:

- A. Improve flavour
- B. Reduce cooking time
- C. Make them heavier
- D. Change their colour

iv) Which cleaning agent is most suitable for removing grease from kitchen walls?

- A. Vinegar solution
- B. Soap solution
- C. Cold water
- D. Baking soda paste

v) A stitch used to neaten raw fabric edges is called:

- A. Tacking stitch
- B. Overcasting stitch

C. Backstitch

D. Hemming stitch

vi) Which nutrient mainly helps to repair worn-out tissues in the body?

A. Carbohydrates

B. Vitamins

C. Proteins

D. Fats

vii) A good floor covering in a kitchen should be:

A. Absorbent and smooth

B. Rough and porous

C. Durable and easy to clean

D. Shiny and slippery

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

A. Stewing

B. Deep frying

C. Roasting

D. Boiling

ix) The safest way to lift a heavy box from the floor is to:

A. Keep legs straight and bend from the waist

B. Bend knees and keep back straight

C. Bend sideways to reach the box

D. Pull it across the floor

x) The main reason for using fabric softeners when washing clothes is to:

A. Brighten the colour

B. Reduce stiffness and make fabric pleasant to touch

C. Remove stubborn stains

D. Make clothes dry faster

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.

<b>List A</b>	<b>List B</b>
i) A type of sugar found in milk	A. Starch
ii) Temporary stitch for holding fabric layers	B. Reverse stitch
iii) Method of preserving vegetables without chemicals	C. Lactose
iv) Heat transfer in grilling	D. Radiation
v) Fibre obtained from the cocoon of a silkworm	E. Basting stitch
	F. Silk
	G. Blanching

### **SECTION B (70 MARKS)**

Answer all questions in this section

3. A Form Two student is starting a school garden project to grow vegetables for the Home Economics department.

(a) Explain five advantages of having a school garden.

(b) State four factors to consider when selecting a site for a vegetable garden.

(c) Describe three ways of controlling pests organically in the garden.

4. You are preparing to teach junior students about wise buying.

(a) Explain five factors to consider when making a shopping list for the family.

- (b) Give four disadvantages of impulse buying.
  - (c) Outline three ways to ensure you get value for money when shopping.
5. A family wishes to improve the hygiene of their kitchen.
- (a) Explain five practices that promote kitchen hygiene.
  - (b) Describe four effects of poor kitchen hygiene on the family's health.
  - (c) State three features of a good kitchen storage area.
6. You are guiding a learner on laundry work.
- (a) Explain five rules for washing coloured clothes to maintain their appearance.
  - (b) Give four reasons for ironing clothes after washing.
  - (c) State three dangers of using excessive heat when ironing.
7. A community nutritionist is teaching about food groups.
- (a) Explain five functions of proteins in the body.
  - (b) Give four effects of protein deficiency.
  - (c) State three animal sources of protein.
8. You are to train young people about personal safety in the home.
- (a) Explain five measures to prevent accidents in the kitchen.
  - (b) Describe four first aid steps for treating minor burns.
  - (c) State three causes of electric shocks in the home.
9. A tailor is selecting fabric for making uniforms.
- (a) Explain five factors to consider when choosing fabric for uniforms.
  - (b) Give four advantages of cotton fabric.
  - (c) State three disadvantages of using polyester fabric for uniforms.

### **SECTION C (15 MARKS)**

Answer only one question from this section

10. Discuss five causes of food spoilage and explain how each can be prevented.
11. Describe five ways of saving fuel when cooking at home.