

THE UNITED REPUBLIC OF TANZANIA
NATIONAL EXAMINATION COUNCIL OF TANZANIA
FORM TWO SECONDARY EDUCATION EXAMINATION, 2012

050

HOME ECONOMICS

Time: 2:30 Hours.

ANSWER

Year: 2011

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).

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QUESTION NUMBER	SCORE	EXAMINER'S INITIALS
1		
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TOTAL		
CHECKER'S INITIALS		

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SECTION A (15 MARKS)

Answer all questions in this section

1.

i) Which is the best method for preserving vitamins when cooking fruits?

- A. Boiling for a long time
- B. Serving them raw
- C. Frying in deep oil
- D. Baking at high temperature

Correct answer: B. Serving them raw.

Reason: Fruits contain delicate vitamins, especially vitamin C, which are destroyed by heat. Serving them raw retains the full nutritional value without loss caused by cooking.

ii) Which fabric is produced from synthetic fibres?

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

Correct answer: B. Nylon.

Reason: Nylon is a man-made fibre created through chemical synthesis, unlike silk, linen, and cotton, which are natural fibres from animal or plant sources.

iii) The main reason for adding salt to water when boiling vegetables is to:

- A. Increase boiling point slightly
- B. Improve taste and reduce nutrient loss
- C. Preserve the vegetable permanently
- D. Make the water boil faster

Correct answer: B. Improve taste and reduce nutrient loss.

Reason: Salted water helps vegetables retain their bright colour and some water-soluble nutrients, while also improving flavour.

iv) Which is the correct order for cleaning the living room?

- A. Sweep the floor, dust furniture, arrange cushions
- B. Arrange cushions, dust furniture, sweep floor
- C. Dust furniture, sweep the floor, arrange cushions
- D. Sweep the floor, arrange cushions, dust furniture

Correct answer: C. Dust furniture, sweep the floor, arrange cushions.

Reason: Cleaning should be done from top to bottom, so dusting is done first to prevent re-soiling the floor after sweeping.

v) Which sewing tool is used for measuring small spaces and hems accurately?

- A. Measuring tape
- B. Measuring gauge
- C. Tailor's square
- D. Ruler

Correct answer: B. Measuring gauge.

Reason: The measuring gauge has a sliding marker and is designed for small, precise measurements like hems, pleats, and buttonholes.

vi) Which is the most suitable method of storing perishable vegetables?

- A. In airtight jars at room temperature
- B. In a basket near the stove
- C. In a refrigerator vegetable compartment
- D. In paper bags in a cupboard

Correct answer: C. In a refrigerator vegetable compartment.

Reason: Low temperatures in the vegetable compartment slow down bacterial growth and preserve freshness.

vii) Which of the following describes “wise buying”?

- A. Shopping without a list
- B. Buying the cheapest items always
- C. Planning purchases based on needs, quality and price
- D. Choosing only branded goods

Correct answer: C. Planning purchases based on needs, quality and price.

Reason: Wise buying involves budgeting, comparing quality and prices, and avoiding unnecessary purchases to save money and get value.

viii) The purpose of the stitch length regulator on a sewing machine is to:

- A. Adjust needle position
- B. Change the length of stitches
- C. Wind the bobbin
- D. Tighten the thread tension

Correct answer: B. Change the length of stitches.

Reason: The stitch length regulator determines how much fabric moves under the needle with each stitch, affecting stitch size.

ix) Which is the safest way to store dangerous cleaning chemicals?

- A. On a low open shelf in the kitchen
- B. In original containers with labels, out of children's reach
- C. In recycled drink bottles for easy pouring
- D. Under the sink without lids

Correct answer: B. In original containers with labels, out of children's reach.

Reason: Original containers have safety labels and secure caps, and placing them out of children's reach prevents poisoning accidents.

x) Which method of cooking uses hot fat that partly covers the food?

- A. Deep frying
- B. Shallow frying
- C. Stewing
- D. Baking

Correct answer: B. Shallow frying.

Reason: Shallow frying uses enough oil to cover only part of the food while cooking, allowing both frying and slight steaming inside.

2. Match the functions in **List A** with the correct terms 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) A stitch used for decorative purposes on garments	A. Thread marking
ii) A method of heat transfer when baking	B. Convection
iii) Used to mark position of darts and pleats	C. Cross stitch
iv) Fabric made from animal hair	D. Wool
v) Used to temporarily hold seams before permanent stitching	E. Basting
	F. Overcasting
	G. Radiation

List A:	(i)	(ii)	(iii)	(iv)	(v)
List B	C	B	A	D	E

3. You have been assigned to design a kitchen for a boarding school.

a) A good institutional kitchen should have sufficient working space so that cooks and helpers can move freely without bumping into each other. This reduces the risk of accidents and makes food preparation more efficient.

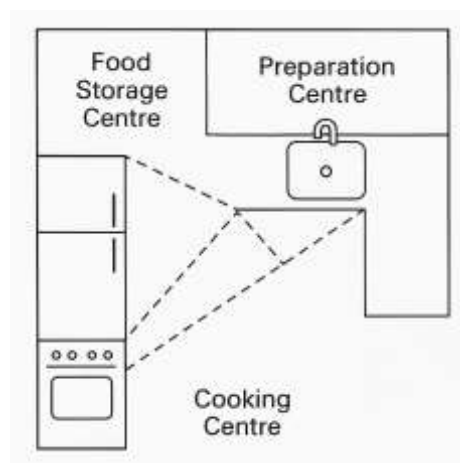
It should be well ventilated to remove heat, steam, and odours. Good ventilation keeps the air fresh and maintains comfortable working conditions.

The kitchen must have a reliable water supply and proper drainage to ensure that cleaning, cooking, and hygiene activities are not interrupted.

All working surfaces and floors should be made from durable, smooth, and easy-to-clean materials like stainless steel or tiles to maintain hygiene standards.

Adequate storage facilities such as cupboards, shelves, and cold storage units should be available to keep ingredients fresh and free from contamination.

b) **Diagram** – A labelled diagram of an L-shaped kitchen should show the refrigerator/pantry in one corner, sink/preparation area in the middle, and the stove/oven at the other end, forming an efficient work triangle.



c) A work triangle connects the sink, stove, and refrigerator. It is important because it shortens the walking distance between these three main work areas, reduces fatigue, and improves cooking efficiency.

4. You are to prepare a talk for the school assembly on “Causes and Prevention of Food Poisoning.”

a) One cause of food poisoning is consumption of food contaminated with harmful bacteria such as Salmonella, which may come from undercooked meat or unwashed vegetables.

Poor personal hygiene, like handling food with dirty hands, can transfer germs directly into the food.

Improper storage, such as keeping perishable food at room temperature for too long, allows bacteria to multiply quickly.

Cross-contamination happens when raw and cooked foods come into contact without proper cleaning of utensils or surfaces in between.

Using expired or spoiled ingredients can also cause food poisoning, as they may already contain harmful toxins.

b) Washing hands thoroughly before handling food is a key preventive measure.

Cooking food at recommended temperatures ensures harmful bacteria are killed.

Separating raw foods from cooked foods prevents cross-contamination.

Keeping perishable foods refrigerated slows down bacterial growth.

Cleaning and sanitising kitchen surfaces regularly reduces the spread of germs.

5. Your cousin’s clothes have faded and lost shape after several washes.

a) Washing with the correct water temperature preserves fabric colour and prevents damage. Cold water is better for most coloured clothes.

Turning clothes inside out before washing reduces friction, which helps maintain the outer colour and fabric quality.

Drying clothes away from direct sunlight prevents colour fading caused by ultraviolet rays.

Using mild detergents designed for coloured fabrics avoids chemical damage that may cause fading.

Avoiding overloading the washing machine prevents stretching and distortion of clothes.

b) Care labels give specific instructions on washing, drying, and ironing to prevent fabric damage.

They guide the choice of suitable detergents or cleaning methods.

They help maintain garment quality by recommending safe handling procedures for different fabrics.

c) Drying clothes in the shade protects colours while allowing airflow for drying.

Flat drying is suitable for delicate garments to avoid stretching.

Indoor drying racks are useful in rainy seasons to protect clothes from environmental damage.

6. A tailoring apprentice needs guidance on sewing machine parts and usage.

a) Functional parts are essential machine components such as the needle, feed dog, and bobbin case, which make sewing possible. Attachments are optional accessories like zipper feet and quilting guides used for special tasks.

b) The zipper foot allows sewing close to the zipper teeth without obstruction.

The walking foot moves both the top and bottom layers of fabric together, preventing shifting in thick materials.

The quilting foot keeps stitches evenly spaced during quilting and prevents fabric puckering.

The stitch length regulator adjusts the size of stitches for different sewing purposes.

c) The feed dog moves the fabric under the needle to ensure even stitching.

The tension discs control the tightness of the upper thread, giving balanced stitches.

The reverse lever allows sewing in the opposite direction to secure seams.

7. A beginner is learning to grill food.

a) Preheating the grill ensures food starts cooking immediately and evenly.

Cleaning the grill before use prevents flare-ups and gives better flavour.

Using long-handled tools keeps hands safe from heat and flames.

Never leaving the grill unattended prevents fire hazards.

Providing ventilation when grilling indoors reduces smoke and health risks.

b) Undercooked food can cause foodborne illnesses because bacteria may survive.

Burns may occur if hot surfaces, flames, or fat splashes touch the skin.

Accidental fires can start from dripping fat igniting flames.

c) Marinating food before grilling improves flavour by allowing spices to penetrate.

It tenderises the meat, making it easier to chew.

It creates a protective coating that reduces harmful compounds from forming.

8. A child is being introduced to semi-solid foods.

a) Introducing single-ingredient foods helps detect allergies easily.

Pureeing or mashing prevents choking hazards for the child.

Introducing new foods slowly allows time to observe reactions.

Keeping preparation areas clean prevents contamination.

b) Continuing breastfeeding provides immune system benefits to the child.

It strengthens the bond between mother and child.

It supplements nutrition alongside new foods.

It ensures the child remains hydrated.

9. Fats are an important nutrient in the diet.

a) Fats are a concentrated energy source for daily activities.

They help the body absorb vitamins A, D, E, and K.

They protect internal organs and help regulate body temperature.

They contribute to healthy cell membrane formation.

b) Saturated fats are usually solid at room temperature and come from animal products. Unsaturated fats are liquid at room temperature and mainly come from plants or fish.

Saturated fats can raise cholesterol, while unsaturated fats help maintain heart health.

c) Animal sources of fat include butter and fatty meat. Plant sources include sunflower oil and avocados.

10. A newly hired cleaner needs instructions for thorough household cleaning.

a) Daily tasks include washing dishes, wiping surfaces, and sweeping floors to keep the home tidy.

Weekly tasks include dusting furniture, mopping floors, and cleaning bathrooms to maintain cleanliness.

Seasonal tasks include washing curtains, cleaning under heavy furniture, and polishing floors to remove long-term dirt.

b) Identifying the type of stain ensures the right cleaning method is used.

Treating stains immediately prevents them from setting into the fabric.

Using the right cleaning agent for the fabric avoids damage.

Testing cleaning agents on an inconspicuous area ensures colour safety before applying to the whole fabric.