

THE UNITED REPUBLIC OF TANZANIA
NATIONAL EXAMINATION COUNCIL OF TANZANIA
FORM TWO SECONDARY EDUCATION EXAMINATION, 2011

050

HOME ECONOMICS

Time: 2:30 Hours.

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).

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 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

ii) Which fabric is produced from synthetic fibres?

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

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

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

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

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

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

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

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

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

A. Deep frying

B. Shallow frying

C. Stewing

D. Baking

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					

SECTION B (70 MARKS)

Answer **all** questions in this section

3. You have been assigned to design a kitchen for a boarding school.
- State five requirements of a good institutional kitchen.
 - Draw an L-shaped kitchen plan showing the three main work centres.
 - Explain the term “work triangle” and its importance.

4. You are to prepare a talk for the school assembly on “Causes and Prevention of Food Poisoning.”
 - a) Give five causes of food poisoning.
 - b) State five preventive measures against food poisoning.
5. Your cousin’s clothes have faded and lost shape after several washes.
 - a) Give five washing practices to maintain colour and shape.
 - b) State three advantages of reading and following care labels.
 - c) Mention three methods of drying clothes to preserve quality.
6. A tailoring apprentice needs guidance on sewing machine parts and usage.
 - a) Differentiate between functional parts and attachments.
 - b) Explain the functions of: (i) Zipper foot (ii) Walking foot (iii) Quilting foot (iv) Stitch length regulator.
 - c) Describe the functions of: (i) Feed dog (ii) Tension discs (iii) Reverse lever.
7. A beginner is learning to grill food.
 - a) State five safety rules to follow when grilling.
 - b) Mention three hazards of poor grilling practices.
 - c) Explain three advantages of marinating before grilling.
8. A child is being introduced to semi-solid foods.
 - a) Give four guidelines for safe and nutritious weaning.
 - b) State four benefits of breastfeeding alongside weaning.
9. Fats are an important nutrient in the diet.
 - a) Mention four functions of fats in the body.
 - b) State two differences between saturated and unsaturated fats.
 - c) Give two animal and two plant sources of fats.

SECTION C (15 MARKS)

Answer **all** questions in this section

10. A newly hired cleaner needs instructions for thorough household cleaning.
- a) Describe three categories of household cleaning schedules.
 - b) Explain four principles to follow when removing stubborn stains from fabric.