

**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: 2012**

**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		
3		
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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) Which of the following is a method of conserving nutrients when cooking vegetables?

- A. Boiling for a long time
- B. Frying at high heat
- C. Steaming for a short time
- D. Baking at low temperature

Answer: C. Steaming for a short time. This uses minimal water and time, reducing loss of water-soluble vitamins.

ii) Which fibre is obtained from the stem of a plant?

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

Answer: B. Linen. Linen is made from the flax plant's stem (bast fibre).

iii) A well-balanced diet should contain:

- A. Only carbohydrates and proteins
- B. Proteins, vitamins, minerals, carbohydrates and fats
- C. Only proteins and vitamins
- D. Only minerals and carbohydrates

Answer: B. A balanced diet includes all five major nutrients plus water and fibre.

iv) Which is the correct order for cleaning a kitchen after use?

- A. Wash utensils, clean the floor, wipe working surfaces
- B. Wipe working surfaces, wash utensils, clean the floor
- C. Sweep the floor, wash utensils, wipe working surfaces
- D. Wash utensils, sweep the floor, wipe working surfaces

Answer: B. Clean from the top surfaces first, then wash utensils, and finish with the floor.

v) Which piece of equipment is used for transferring pattern markings to fabric?

- A. Measuring tape
- B. Tracing wheel
- C. Thimble
- D. Iron

Answer: B. A tracing wheel (often with carbon paper) transfers pattern markings accurately.

vi) Which is the most appropriate container for storing cooked food to prevent contamination?

- A. Open bowl on the table
- B. Airtight container
- C. Paper bag
- D. Basket covered with cloth

Answer: B. Airtight containers limit contamination and moisture loss.

vii) Which statement describes the term “consumer rights”?

- A. The ability to produce goods for sale
- B. The legal entitlements of buyers when purchasing goods or services
- C. The process of budgeting before shopping
- D. The ability to negotiate prices in the market

Answer: B. Consumer rights are the legally protected claims of buyers.

viii) The main function of the feed dog in a sewing machine is:

- A. Tightening the stitches
- B. Moving the fabric during stitching
- C. Adjusting stitch length
- D. Holding the fabric in place before sewing

Answer: B. The feed dog advances fabric between stitches.

ix) Which one is the safest method for thawing frozen meat?

- A. Placing it in hot water
- B. Leaving it on the kitchen counter
- C. Thawing in the refrigerator
- D. Using a hair dryer

Answer: C. Refrigeration keeps meat below the danger zone while thawing.

x) Which cooking method involves cooking food in an oven using dry heat?

- A. Boiling
- B. Steaming
- C. Baking
- D. Stewing

Answer: C. Baking uses dry oven heat.

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) Temporary stitching used to hold fabric pieces together before permanent stitching	A. Overcasting
ii) Decorative stitch used on the edge of fabric to prevent fraying	B. Steaming
iii) A method of cooking where food is placed above boiling water in a covered pan	C. Tacking
iv) A type of budget that lists income and expenses for a specific period	D. Weaving
v) A fabric made by interlacing two sets of yarns at right angles	E. Knotting
	F. Weekly budget
	G. Cross-stitch

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

## SECTION B (70 MARKS)

Answer **all** questions in this section

3. Your friend wants to design a kitchen for her new house.

a) Outline five factors to consider when selecting a kitchen location in a house.

The kitchen should be near the dining area to reduce carrying distances and improve serving efficiency.

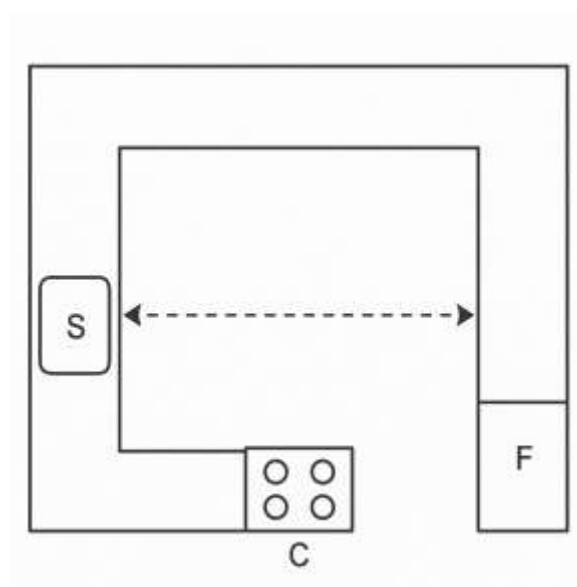
It should have access to natural ventilation and lighting through windows to remove heat, steam and odours and to save energy.

It must be close to water and drainage points to allow easy installation of the sink and to prevent long plumbing runs.

It should be positioned for safety away from children's play areas and main entrances to reduce accidents and congestion.

There should be adequate wall space and floor area to allow the work triangle, storage units and safe circulation without crowding.

b) Draw a U-shaped kitchen plan and indicate three working centres.



Key: [S] sink centre, [C] cooking centre, [F] food storage centre, [P] preparation counter. The U-shape forms three connected runs enclosing the work area.

c) Briefly explain the importance of good ventilation in the kitchen.

Good ventilation removes smoke, moisture, and cooking odours, keeping the air healthy and preventing condensation that leads to mould. It also reduces heat build-up from appliances, improving comfort and lowering risks of fainting or fatigue. By removing grease-laden vapours, it reduces dirt deposits on walls and cabinets and improves fire safety.

4. You have been asked to address your class on the topic “Personal Hygiene and Health.”

a) Mention five personal hygiene practices that help prevent diseases.

Regular handwashing with clean water and soap before eating, after toilet use, and after handling dirty items prevents faeco-oral disease transmission.

Daily bathing and changing into clean clothes removes sweat, dirt, and microbes that cause skin infections and bad odour.

Proper oral hygiene by brushing teeth twice daily and cleaning the tongue prevents dental caries, gum disease, and halitosis.

Keeping fingernails short and clean prevents accumulation of dirt and pathogens that contaminate food.

Correct menstrual hygiene management using clean materials, regular changing, and proper disposal prevents infections and maintains dignity.

b) State five effects of poor personal hygiene.

There is increased risk of communicable diseases such as diarrhoea, cholera, and skin infections due to pathogen spread.

Dental problems like tooth decay and periodontal disease develop, leading to pain, bad breath, and missed school days.

Body odour and visible uncleanliness can cause social stigma, bullying, and reduced self-esteem.

Untreated minor skin issues can progress to sores and systemic infections that require medical treatment.

Infestations such as lice and scabies spread rapidly in schools and homes, increasing healthcare costs and absenteeism.

5. Your neighbour is experiencing challenges in caring for her clothes.

a) Explain five advantages of following care labels when laundering clothes.

Care labels guide correct washing temperature and method, preventing shrinkage, colour bleeding, and fibre damage.

They indicate suitable detergents and bleach use, protecting dyes and finishes on the fabric.

They specify drying methods and temperatures, preventing heat damage, stretching, or felting.

They guide ironing temperatures and steam use, avoiding scorch marks and melting of synthetics.

They advise on dry cleaning or special care, extending garment life and preserving fit and appearance.

b) State three reasons for sorting clothes before washing.

Sorting by colour prevents dye transfer from dark or bright garments to light ones.

Sorting by fabric type and weight allows choosing suitable cycles so delicate items are protected from heavy agitation.

Sorting by soil level ensures heavily soiled items receive stronger treatment without redepositing dirt onto lightly soiled clothes.

c) Give three reasons for airing clothes after ironing.

Airing allows residual moisture and steam to escape, preventing mildew and odour in storage.

It lets heat dissipate so garments do not crease or yellow when folded or hung immediately.

It ensures finishes and pleats set properly, preserving a crisp appearance longer.

6. A beginner in sewing has bought a sewing machine but is unfamiliar with its parts and accessories.

a) Differentiate between sewing machine parts and accessories.

Sewing machine parts are the fixed components essential for the machine to operate, such as the needle bar, feed dog, presser foot mechanism, bobbin system, and handwheel.

Accessories are removable or optional attachments used to perform specific tasks or improve convenience, such as special presser feet, seam guides, bobbins, and extension tables.

b) Briefly explain the functions of: (i) Buttonhole foot (ii) Overlock foot (iii) Gathering foot (iv) Presser foot lever.

A buttonhole foot helps form uniform buttonholes by guiding stitch length and width around the marked opening.

An overlock foot guides fabric edges and zigzag/overcast stitches to encase raw edges and reduce fraying.

A gathering foot slightly bunches fabric as it is stitched, creating light gathers without drawing threads manually.

The presser foot lever raises and lowers the presser foot to insert or remove fabric and to engage the feed for stitching.

c) Explain the functions of: (i) Bobbin case (ii) Stitch selector (iii) Handwheel.

The bobbin case holds the bobbin and maintains lower thread tension for balanced stitches.

The stitch selector chooses stitch type and often adjusts length and width to suit fabric and purpose.

The handwheel manually raises and lowers the needle to start or finish stitches precisely and to remove or position fabric safely.

7. A new member of your family is learning how to deep fry food.

a) Mention five safety precautions to observe when deep frying.

Use a deep, stable pan and do not fill oil beyond two-thirds to prevent overflow.

Dry food thoroughly and lower it gently to avoid splattering and oil boil-over.

Maintain moderate, steady temperature using a thermometer to prevent smoking and ignition.

Keep handles turned inward and maintain a clear, child-free workspace to prevent knocks.

Keep a metal lid, baking soda, or a fire blanket nearby and never leave hot oil unattended.

b) State three actions to avoid when fat catches fire.

Do not pour water onto burning oil because it explosively spreads the fire.

Do not try to carry the burning pan, as movement fans flames and risks severe burns.

Do not use flour or sugar as extinguishing agents because they can ignite or explode.



c) Explain the steps for extinguishing a fire caused by cooking oil.

Turn off the heat source immediately if it is safe to do so to stop feeding the fire.

Cover the pan with a metal lid or baking tray to smother flames by excluding oxygen.

Use baking soda or a Class B/K fire extinguisher if available, then leave covered until the oil cools completely to prevent re-ignition.

8. A young mother is preparing to wean her child.

a) Mention four common problems encountered during weaning and their causes.

Diarrhoea can occur due to poor food hygiene, contaminated water, or unsafe storage of prepared foods.

Constipation may result from low fibre intake or sudden change from breast milk to starchy solids.

Food refusal happens when textures or flavours are introduced too quickly or feeding is not responsive to the child's cues.

Allergic reactions can occur when potential allergens are introduced without observation or family history is ignored.

b) Suggest four ways to prevent or solve these problems.

Prepare foods hygienically using clean water, utensils, and freshly cooked portions to reduce contamination.

Introduce new foods gradually with appropriate textures, beginning with soft, mashed foods and progressing as chewing develops.

Increase fibre and fluids with fruits, vegetables, and porridge made with whole grains to relieve constipation.

Observe for signs of allergy, introduce one new food at a time, and seek medical advice if reactions occur.

9. Food rich in protein is essential for the body.

a) State four functions of protein in the human body.

Protein builds and repairs body tissues such as muscles, skin, and organs.

It forms enzymes and hormones that regulate body processes and metabolism.

It contributes to immune function by forming antibodies that fight infection.

It can supply energy when carbohydrate and fat intake are inadequate.

b) Differentiate between complete and incomplete proteins.

Complete proteins contain all the essential amino acids in adequate proportions for human needs and are typically from animal sources and some plant combinations.

Incomplete proteins lack one or more essential amino acids in sufficient amounts and are usually from single plant sources unless combined complementarily.

c) Give four food sources of complete proteins and four sources of incomplete proteins.

Complete proteins include eggs, milk and dairy products, fish, and meat such as chicken or beef.

Incomplete proteins include beans, peas and lentils, maize and other cereals, and nuts or seeds such as groundnuts and sesame.

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

Answer **all** questions in this section

10. A newly employed housemaid has little experience in home cleaning.

a) Describe three main cleaning schedules in a home.

Daily cleaning includes tasks like making beds, washing dishes, wiping kitchen and bathroom surfaces, sweeping high-traffic areas, and taking out rubbish to maintain hygiene.

Weekly cleaning includes more thorough work such as mopping floors, dusting furniture and fittings, cleaning toilets and sinks deeply, and laundering household linens.

Periodic or seasonal cleaning includes intensive tasks done monthly or termly like washing curtains, cleaning windows, moving furniture to clean behind and under, and deep cleaning appliances.

b) Explain four methods of removing dirt from household surfaces.

Mechanical methods physically remove dirt using sweeping, dusting, brushing, vacuuming, and wiping to detach soil from surfaces.

Chemical methods use detergents, soaps, disinfectants, acids or alkalis to dissolve, emulsify, or neutralise specific soils like grease, scale, or stains.

Thermal methods apply heat or hot water to loosen grease and improve the action of detergents, as in using hot solutions for oily surfaces.

Solvent methods use appropriate solvents such as water for water-soluble soils or specific stain removers for oily or resinous stains, applied carefully according to material tolerance.