

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

**050**

**HOME ECONOMICS**

**Time: 2:30 Hours.**

**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).

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) 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

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

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

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

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

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

- A. Measuring tape
- B. Tracing wheel

C. Thimble

D. Iron

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

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

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

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

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

A. Boiling

B. Steaming

C. Baking

D. Stewing

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.

<b>List A</b>	<b>List B</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

**ANSWERS:**

<b>LIST A</b>	(i)	(ii)	(iii)	(iv)	(v)
<b>List B</b>					

## 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.
  - b) Draw a U-shaped kitchen plan and indicate three working centres.
  - c) Briefly explain the importance of good ventilation in the kitchen.
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.
  - b) State five effects of poor personal hygiene.
5. Your neighbour is experiencing challenges in caring for her clothes.
  - a) Explain five advantages of following care labels when laundering clothes.
  - b) State three reasons for sorting clothes before washing.
  - c) Give three reasons for airing clothes after ironing.
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.
  - b) Briefly explain the functions of:
    - (i) Buttonhole foot
    - (ii) Overlock foot
    - (iii) Gathering foot
    - (iv) Presser foot lever.
  - c) Explain the functions of
    - (v) Bobbin case
    - (vi) Stitch selector
    - (vii) Handwheel.

7. A new member of your family is learning how to deep fry food.
  - a) Mention five safety precautions to observe when deep frying.
  - b) State three actions to avoid when fat catches fire.
  - c) Explain the steps for extinguishing a fire caused by cooking oil.
8. A young mother is preparing to wean her child.
  - a) Mention four common problems encountered during weaning and their causes.
  - b) Suggest four ways to prevent or solve these problems.
9. Food rich in protein is essential for the body.
  - a) State four functions of protein in the human body.
  - b) Differentiate between complete and incomplete proteins.
  - c) Give four food sources of complete proteins and four sources of incomplete proteins.

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