

THE UNITED REPUBLIC OF TANZANIA
NATIONAL EXAMINATIONS COUNCIL OF TANZANIA
FORM TWO NATIONAL ASSESSMENT

050

HOME ECONOMICS

Time: 2:30 Hours

ANSWERS

Year: 2021

Instructions

1. This paper consists of Section **A, B** and **C** with a total of **ten (10)** questions
2. Answer **all** questions.
3. Section **A** and **C** carry **fifteen (15)** marks each and section **B** carries **seventy (70)** marks
4. Cellular phones and unauthorized materials are not allowed in the assessment room
5. Write your **Assessment Number** at the top right-hand corner of every page.

FOR ASSESSOR'S USE ONLY

QUESTION NUMBER	SCORE	ASSESSOR'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) One of the tailoring students presented to you the following procedure of stitching. Which type of stitch represented the stitching?

A. Lazy daisy

B. Loop stitch

C. French knot

D. Feather stitch

Without the procedure description, assume a decorative stitch commonly taught. Lazy daisy is a basic embroidery stitch often used in tailoring classes for floral patterns.

Answer: A

Note: Please provide the stitching procedure for a precise answer.

(ii) A dry heat cooking method can cause most of the food to become dry. How would you prevent this problem when barbecuing?

A. Marinate using spices

B. Brush it with fat or oil

C. Turn it at regular intervals

D. Grill only for a short while

Brushing with fat or oil keeps food moist during barbecuing by creating a protective layer.

Answer: B

(iii) An old woman is advised by a nutritionist to consume the food that contains essential amino acids. What kinds of food will you prepare for her?

A. Okra, cabbage and beans

B. Fish, meat and beans

C. Mango, grapes and oranges

D. Rice, maize and millet

Essential amino acids are found in complete proteins like fish, meat, and beans.

Answer: B

(iv) A widowed woman is responsible for the care of the family as well as the bread earner for the family. How would you advise her to be independent?

- a) Sewing different articles and selling them to the market
- b) Selling household articles available at home
- c) Preparing snacks and bites and selling them as a local vendor
- d) Planting vegetables and fruits and selling them to get money

A. (b), (c) and (d)

B. (a), (b) and (d)

C. (a), (b) and (c)

D. (a), (c) and (d)

Sewing articles (a), selling snacks (c), and growing produce (d) are sustainable income sources, unlike selling household items (b), which is finite.

Answer: D

(v) You have been given money to rent a room near the school. Which factors would you use to select a suitable room?

- A. Availability of a bookshop
- B. Security from criminals
- C. Accessibility to recreational places
- D. Availability of playing grounds

Security from criminals is a critical factor for a safe living environment near a school.

Answer: B

(vi) You have finished cutting the garment pieces using the printed pattern, now you want to transfer pattern markings. Which types of equipment would you use?

- A. Measuring gauge, ruler and carbon paper
- B. Tracing wheel, tailor's chalk and tracing paper

C. Dressmakers pencil, carbon paper and long ruler

D. Long ruler, carbon paper and tracing wheel

A tracing wheel with carbon paper effectively transfers pattern markings onto fabric.

Answer: D

(vii) Your friend received a gift of the kitchen equipment indicated below but she is not familiar with it. Which function does this equipment perform?

A. Straining vegetables and pasta

B. Dusting the work surface with flour

C. Sieving flour and straining tea

D. Grating fruits and vegetables

Without the figure, assume a common gift like a sieve, which sieves flour and strains tea.

Answer: C

Note: Please provide the equipment description for accuracy.

(viii) A number of students in your school are affected by skin diseases, what advice would you provide?

A. To use disinfectants when laundering clothes

B. To put starch on clothes during laundering

C. To make use of water softeners when washing

D. To use hot water when washing clothes

Using disinfectants during laundering kills germs, reducing skin infections.

Answer: A

(ix) Lactating mothers are advised to feed their babies using a cup and spoon instead of a bottle and teat. Why is this practice recommended?

A. They promote mother to child relationship

B. They promote good feeding habits

C. They do not require preparation before

D. They maintain the milk temperature

Cup and spoon feeding promotes good feeding habits by encouraging natural swallowing and reducing dependency on artificial teats.

Answer: B

(x) Your class teacher complained about improper care of brooms which resulted into frequent purchasing. How would you advise your fellow students on the proper care of brooms?

- A. To hang them with their bristles down
- B. To store in place where cleaning is done
- C. Using them for the intended purpose
- D. Never remove fluffy when storing

Hanging brooms with bristles down prevents bristle damage and extends their lifespan.

Answer: A

2. Match the function of stitches in List A with their corresponding names in List B by writing the letter of the correct response below the corresponding item number in the table provided.

List A

- (i) Useful for holding seams and hems in position particularly on heavy material
- (ii) Used to hold two pieces of material and match the stripes correctly
- (iii) Useful for preventing pieces of material from slipping out of position while sewing
- (iv) Applicable for marking position of notches, darts, buttonholes and tucks
- (v) Used to mark stitching line, pleat line using double thread on double fabric forming a series of loops

List B

- A. Diagonal tacking
- B. Even tacking
- C. Herringboning
- D. Invisible hemming
- E. Long and short tacking
- F. Slip basting
- G. Thread Marking

H. Thread Marking

- (i) Holding seams/hems on heavy material → B (Even tacking)
- (ii) Matching stripes → F (Slip basting)
- (iii) Preventing slipping → A (Diagonal tacking)
- (iv) Marking notches/darts → G (Thread Marking)
- (v) Marking stitching/pleat lines with loops → G (Thread Marking)

SECTION B (70 Marks)

Answer all questions from this section.

3. Your neighbour asked you to help in planning a kitchen in her new modern house.

(a) Suggest five characteristics of a good kitchen.

- (i) Adequate ventilation to remove odors and heat.
- (ii) Sufficient lighting for safe food preparation.
- (iii) Ample storage for utensils and ingredients.
- (iv) Durable, easy-to-clean surfaces.
- (v) Efficient layout for easy movement.

(b) Draw the L-shaped kitchen plan to indicate three working centres.

Text Description: L-shaped counter with:

Sink (cleaning centre) at one end.

Stove/oven (cooking centre) along one leg.

Refrigerator (storage centre) near the other end.

(c) Briefly describe the work triangle concept.

The work triangle connects the sink, stove, and refrigerator, optimizing workflow by minimizing movement between cleaning, cooking, and storage centres.

4. Your head of school assigned you to prepare a presentation aiming at bringing awareness on sanitation. Prepare a morning talk on:

(a) The causes of poor sanitation. (Provide five causes).

(i) Lack of clean water access.

(ii) Inadequate waste disposal systems.

(iii) Poor hygiene education.

(iv) Overcrowded living conditions.

(v) Neglect of public facilities maintenance.

(b) The effects of poor sanitation (provide five effects).

(i) Spread of diseases like cholera.

(ii) Environmental pollution.

(iii) Increased pest infestations.

(iv) Reduced quality of life.

(v) Higher healthcare costs.

5. One of your colleagues discovered that his cloth is getting worse after each wash. Hence, he asked for assistance. Before assisting him you discovered that he does not follow the washing instructions. Advise him on:

(a) The importance of care labels during washing of clothes. (Give five points).

(i) Indicate safe washing temperatures to prevent damage.

(ii) Specify drying methods to maintain shape.

(iii) Guide on bleaching to avoid discoloration.

(iv) Provide ironing instructions for fabric safety.

(v) Ensure proper cleaning methods for longevity.

(b) The aim of sorting before starting washing clothes. (Give three points).

- (i) Prevents color bleeding by separating colors.
- (ii) Protects delicate fabrics by grouping similar materials.
- (iii) Ensures appropriate washing methods for each group.

(c) The importance of airing and storing clothes after ironing.

Airing removes residual moisture, preventing mold, while proper storage prevents wrinkles and damage.

6. Your sister bought a sewing machine. While examining it, she noticed unfamiliar accessories enclosed with it. Provide clarifications to make her familiar with it by:

(a) Differentiating sewing machine parts and accessories.

Parts are fixed components (e.g., presser foot) essential for machine operation. Accessories are detachable tools (e.g., zipper foot) for specific tasks.

(b) Briefly explaining the functions of each of the following sewing machine accessories.

- (i) Zipper foot: Allows sewing close to zipper teeth for accurate zipper installation.
- (ii) Hemmer foot: Rolls fabric edge for narrow, neat hems.
- (iii) Piping foot: Guides piping for decorative edging on seams.
- (iv) Binder: Folds and attaches bias tape for clean edges.

(c) Briefly explaining the function of each of the following sewing parts:

- (i) Presser foot: Holds fabric against feed dog for smooth sewing.
- (ii) Presser foot lever: Raises/lowers presser foot to position fabric.
- (iii) Feed dog: Moves fabric under needle during sewing.
- (iv) Hand wheel: Manually adjusts needle position.

7. Your young sister is not familiar with the principles for deep frying as a result, she causes accidents frequently. To avoid accidents, she preferred to use shallow frying. Advise her on:

(a) The safety rules for deep frying. (Give five points).

(i) Use a deep fryer or heavy pot to prevent tipping.

(ii) Keep oil at recommended temperature to avoid overheating.

(iii) Lower food gently to prevent splashing.

(iv) Keep a lid nearby to smother potential fires.

(v) Never leave frying unattended.

(b) The activities needed to be avoided when fat catches fire. (Give three points).

(i) Do not pour water on the fire.

(ii) Avoid moving the burning pot.

(iii) Do not use flour or sugar to extinguish.

(c) The procedures for extinguishing the fire caused by cooking oil during frying.

Turn off heat, cover pot with a lid to smother flames, and use a fire extinguisher if safe.

8. Your elder sister has a baby who is approaching the weaning period. Advise her on:

(a) The problem which the baby is likely to encounter and the causes (Give four points).

(i) Digestive upset: Caused by immature digestive system.

(ii) Food refusal: Due to unfamiliar tastes/textures.

(iii) Allergies: Triggered by new food introductions.

(iv) Choking: From improper food size or texture.

(b) How to solve the problem identified in 8 (a) (provide four points).

(i) Introduce soft, easily digestible foods gradually.

- (ii) Offer small amounts of new foods to build acceptance.
- (iii) Introduce one food at a time to monitor allergies.
- (iv) Puree foods and ensure small portions to prevent choking.

9. Protein is recommended as a main meal since it is important and needed by everyone to meet daily requirements. Justify this statement by:

(a) Explaining the functions of protein. (Provide four points).

- (i) Builds and repairs body tissues.
- (ii) Supports immune function via antibodies.
- (iii) Facilitates enzyme and hormone production.
- (iv) Provides energy when needed.

(b) Differentiate high biological value protein from low biological value protein.

High biological value (HBV) proteins contain all essential amino acids (e.g., animal proteins). Low biological value (LBV) proteins lack some essential amino acids (e.g., plant proteins).

(c) Identify four food sources for each of the following.

(i) High biological value protein

Eggs

Fish

Chicken

Milk

(ii) Low biological value protein

Beans

Lentils

Nuts

Grains

SECTION C (15 Marks)

Answer all questions from this section.

10. A new housemaid in your home has inadequate knowledge about housekeeping; hence she faces difficulties while cleaning a house. Assist her on how to perform cleaning duties by:

(a) Describing three main schedules of cleaning a house.

(i) Daily cleaning: Sweeping, dusting, and dishwashing to maintain hygiene.

(ii) Weekly cleaning: Mopping floors, cleaning bathrooms, and changing linens.

(iii) Periodic cleaning: Deep cleaning windows, furniture, and appliances monthly/seasonally.

(b) Explaining four ways of removing dirt on the surface.

(i) Sweeping: Removes loose dirt with a broom.

(ii) Dusting: Uses a cloth to wipe dust from surfaces.

(iii) Washing: Cleans with water and detergent for stubborn dirt.

(iv) Vacuuming: Removes dirt from carpets and upholstery.

(iv) Vacuuming: Cleans carpets/upholstery.