

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

050

Time: 2:30 Hours

ANSWERS

Year: 2022

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) An adolescent must be clean, smart and in good health in order to maintain acceptable standards of personal hygiene. Which roles should be applied to enhance such condition?

- A. Eating a balanced diet, doing simple exercise and resting
- B. Eating energy giving foods, walking a while and resting
- C. Eating balanced diet, visiting hospitals regularly and resting
- D. Eating food rich in vitamins, doing simple exercise and resting

A balanced diet, simple exercise, and adequate rest promote overall health and hygiene for adolescents.

Answer: A

(ii) Food vendors should be trained on proper disposal of waste and be emphasized to keep all utensils and surfaces clean. What will happen if they will successfully utilize the knowledge obtained in their area?

- A. Pests will breed on those surfaces
- B. Rodents will disturb the consumers
- C. Pests will eat leftovers on dirty utensils
- D. Flies and vermin will be controlled

Proper waste disposal and clean utensils/surfaces prevent pest breeding, controlling flies and vermin.

Answer: D

(iii) Your friend wants to decorate his living room. Which type of soft furnishings would you recommend?

- A. Cushions and sofa
- B. Lines and bean bag
- C. Carpets and curtains
- D. Sofa set and loose covers

Soft furnishings include items like carpets and curtains, which enhance aesthetics and comfort in a living room.

Answer: C

(iv) Why are stainless steel knives mostly recommended to be used in the kitchen?

- A. They do not discolor
- B. They have good cutting edges
- C. They have strong handles
- D. They are easy to clean

Stainless steel knives resist rust and staining, preventing discoloration and maintaining appearance.

Answer: A

(v) Your colleague burnt a new silk garment during ironing due to inadequate knowledge on the symbols indicating ironing instructions. Which ironing symbol represents the correct temperature he would have used?

- A. [High heat symbol]
- B. [Medium heat symbol]
- C. [Low heat symbol]
- D. [No iron symbol]

Silk requires low heat to avoid damage. The low heat symbol (one dot) is appropriate.

Answer: C

(vi) Why is it advised to place a piece of cloth under the presser foot after oiling the sewing machine?

- A. To collect the oil in the shuttle case
- B. To show the amount of oil used
- C. To absorb excess oil from the machine
- D. To lubricate the parts of machine

A cloth under the presser foot absorbs excess oil, preventing it from staining fabric during sewing.

Answer: C

(vii) Pregnancy is a stage accompanied by several signs which may develop throughout the period. Which is the early sign to occur?

- A. Difficult to sleep comfortably

- B. Cessation of the menstrual period
- C. Enlargement of the abdomen
- D. Frequent passing of urine

Cessation of the menstrual period is typically the earliest sign of pregnancy.

Answer: B

(viii) Vegetables contain water-soluble vitamins that are easily destroyed during food preparation and cooking. You are asked to chat with expectant mothers at RCH centre on how to conserve such nutrients during cooking. Which one are the best practices?

- a) Cover the pan with a lid during cooking
- b) Excess cooking liquid should be served as sauces and gravies
- c) Extra cooking liquids should be discarded
- d) Soak before washing and use plenty of water to wash
- e) Use a minimum quantity of water

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

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

C. (c), (d) and (e)

D. (a), (b) and (e)

To conserve water-soluble vitamins, cover the pan (a), use minimal water (e), and serve excess liquid (b). Discarding liquid (c) or soaking (d) causes nutrient loss.

Answer: D

(ix) Your home economics teacher advised you to use a heavy-based pan during frying. Why is it advised to use it?

- A. It retains heat and allows slow cooking
- B. It prevents cooking oil from splitting
- C. It allows the food to cook quickly
- D. It allows even distribution of heat

A heavy-based pan distributes heat evenly, preventing hot spots and ensuring uniform cooking.

Answer: D

(x) Your friend is asked to make a bottom hem on a flannel skirt and has requested for assistance from you on the appropriate use for tacking stitch. Which type would you recommend to be used to hold such hem in position?

- A. Long and short tacking
- B. Tailors tacking
- C. Diagonal tacking
- D. Even tacking

Even tacking provides uniform, temporary stitches to hold a hem securely in place.

Answer: D

2. Match the symptoms of children ailments in List A with the name of disease in List B by writing the letter of the correct answer below the item number in the table provided.

List A

- (i) The disease characterized by coughing, weight loss, fever, night sweat and weakness
- (ii) An infection that starts off with severe cold accompanied by coughing, sneezing and later rashes appear
- (iii) A disease that starts with a cold and feverish feeling and later in paralysis
- (iv) An infection of the respiratory tract that starts off with feverish cold and hoarse cough
- (v) An infection characterized by rapid cough, vomiting during or after coughing and exhaustion

List B

- A. Diphtheria
- B. Measles
- C. Pertussis
- D. Pneumonia
- E. Poliomyelitis
- F. Scabies

G. Tetanus

H. Tuberculosis

Answers:

- (i) Coughing, weight loss, fever, night sweat → H (Tuberculosis)
- (ii) Cold, coughing, sneezing, rashes → B (Measles)
- (iii) Cold, fever, paralysis → E (Poliomyelitis)
- (iv) Feverish cold, hoarse cough → A (Diphtheria)
- (v) Rapid cough, vomiting, exhaustion → C (Pertussis)

SECTION B (70 Marks)

Answer all questions from this section.

3. Your friend wants to buy a carpet for his living room and he has asked for assistance from you as he is not conversant with it. Advise him by:

(a) Briefly explaining the importance of using a carpet in room. (Give four points).

- (i) Enhances room aesthetics with color and texture.
- (ii) Provides comfort and warmth underfoot.
- (iii) Reduces noise by absorbing sound.
- (iv) Protects flooring from wear and damage.

(b) Explaining four factors to be considered when choosing carpets.

- (i) Material: Choose durable fibers (e.g., wool) for longevity.
- (ii) Size: Ensure it fits the room's dimensions.
- (iii) Color/Pattern: Match room decor for visual harmony.
- (iv) Maintenance: Opt for easy-to-clean carpets for practicality.

(c) Outlining the care of carpets (Provide four points).

(i) Vacuum regularly to remove dust and dirt.

(ii) Clean spills immediately to prevent stains.

(iii) Rotate periodically for even wear.

(iv) Professional cleaning annually for deep maintenance.

4. After submitting the samples of stitches prepared in the class, the teacher observed that you are the only one who did the work correctly. Advise your fellow students on:

(a) The rules to be observed in order to obtain good stitches. (Provide five rules).

(i) Maintain correct thread tension for balanced stitches.

(ii) Use the appropriate needle size for the fabric.

(iii) Ensure proper threading of the machine.

(iv) Sew at a consistent speed for uniform stitches.

(v) Select the correct stitch length for the task.

(b) The use of the following stitches during garment making.

(i) Diagonal tacking: Holds layers at an angle, used for slippery fabrics or linings.

(ii) Slip basting: Temporarily joins folded edges, ideal for precise seam matching.

(iii) Tailor's tacking: Transfers pattern markings to fabric layers, used for accuracy.

(c) The differences between temporary stitches and permanent stitches.

Temporary stitches are easily removable, used for holding fabric temporarily (e.g., basting). Permanent stitches are durable, designed to remain in the finished garment (e.g., running stitch).

Answer: Temporary: Removable, for holding; Permanent: Durable, for final garment.

5. You have a new housemaid who feels lazy to cook and is not even aware of various cooking methods. She prefers to prepare raw food like salads and eating cold foods. Advise her on:

(a) The importance of cooking food (Give five points).

- (i) Enhances flavor and palatability of food.
- (ii) Improves digestibility by breaking down fibers.
- (iii) Kills harmful bacteria, ensuring safety.
- (iv) Increases nutrient availability (e.g., cooked tomatoes).
- (v) Allows variety in meal preparation.

(b) Five factors to be considered when choosing the cooking method for preparing various foods.

- (i) Food type: Tough meats need slow cooking; delicate vegetables need quick methods.
- (ii) Nutrient retention: Use steaming to preserve vitamins.
- (iii) Time available: Quick methods like frying for short timeframes.
- (iv) Equipment: Choose methods based on available tools (e.g., oven for baking).
- (v) Desired texture/flavor: Grilling for smoky flavor, boiling for soft texture.

6. Your young brother has obesity and the doctor advised him to reduce eating food rich in fats and increase the intake of dietary fibre. Explain to him:

- (a) The importance of dietary fibres.
 - (i) Promotes healthy digestion by adding bulk to stool.
 - (ii) Prevents constipation and regulates bowel movements.
 - (iii) Helps control blood sugar by slowing sugar absorption.
 - (iv) Aids weight management by increasing satiety.

(b) The function of fat in the body.

- (i) Provides energy storage for long-term use.
- (ii) Insulates body to maintain temperature.
- (iii) Protects organs by cushioning them.
- (iv) Aids absorption of fat-soluble vitamins (A, D, E, K).

(c) Food sources for:

(i) Fat (Give two sources)

Butter

Avocado

(ii) Dietary fibres (Give two sources)

Whole grains

Legumes

7. Your aunt attended a short course on tailoring but she failed to perform some procedures for using the sewing machine and asked you for assistance. Explain to her:

(a) Four steps to be followed when threading sewing machine before you start working.

(i) Raise presser foot and needle to highest position.

(ii) Pass thread through thread guide and tension discs.

(iii) Thread through take-up lever and needle bar guide.

(iv) Thread needle from front to back and pull thread through.

(b) How to solve the thread breaking while sewing.

(i) Check for incorrect threading and re-thread properly.

(ii) Use correct needle size for fabric/thread.

(iii) Adjust thread tension to avoid excessive tightness.

(iv) Inspect needle for burrs or damage and replace if needed.

(c) How to turn corner when sewing.

Stop sewing with needle in fabric, lift presser foot, pivot fabric to desired angle, lower foot, and continue sewing.

8. Members in your community are complaining that, “it is wastage of time to involve them in ensuring sanitation.”

(a) Briefly explain the importance of maintaining sanitation. (Use five points).

(i) Prevents disease spread by eliminating pathogens.

(ii) Improves community health and reduces medical costs.

(iii) Enhances environmental cleanliness and aesthetics.

(iv) Reduces pest infestations like flies and rodents.

(v) Promotes safe living conditions for all.

(b) Outline five ideas on how the community will overcome the outbreak of diseases resulting from poor sanitation.

(i) Educate community on hygiene practices.

(ii) Provide access to clean water and sanitation facilities.

(iii) Organize regular community clean-up drives.

(iv) Ensure proper waste disposal systems.

(v) Promote handwashing with soap.

9. Your sister cut her finger and stained her cloth while preparing meals for her family. She requested for assistance on how to wash her cloth as she knows nothing about how to remove stains in clothes.

(a) Briefly explain the procedure for removing blood stains on a cloth.

(i) Rinse immediately with cold water to remove fresh blood.

(ii) Soak in cold water with salt or ammonia for 30 minutes.

(iii) Apply mild detergent and gently rub the stain.

(iv) Wash normally and air dry; check stain before drying.

(b) Briefly explain the effect of using hot water when removing blood stain.

Hot water sets the blood stain by coagulating proteins, making it harder to remove.

- (c) State rules to be observed when removing stains.
- (i) Act quickly to prevent stain setting.
- (ii) Use appropriate solvent for the stain type.
- (iii) Test remover on a hidden area first.
- (iv) Work from outside to center to avoid spreading.

SECTION C (15 Marks)

Answer all questions from this section.

10. Kitchen is a place where if hygiene is not adhered to well cause several accidents. Justify this statement by:

- (a) Explaining four causes of accidents in a kitchen.
 - (i) Slippery floors: Spills cause slips and falls.
 - (ii) Improper knife handling: Leads to cuts or injuries.
 - (iii) Hot surfaces/liquids: Cause burns or scalds.
 - (iv) Cluttered workspace: Increases tripping or knocking hazards.
- (b) Describing four measures to be taken to minimize accidents in the kitchen.
 - (i) Clean spills immediately to prevent slippery floors.
 - (ii) Store knives safely and use cutting boards.
 - (iii) Use oven mitts and handle hot items carefully.
 - (iv) Keep workspace organized and clear of clutter.