

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

074

HOME ECONOMICS

Time: 2:30 Hours

ANSWERS

Year: 2023

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) You are asked to talk to the youths on good manners. Which set of practices would you recommend them to observe?

- A. Greeting elders, helping adults and hooliganism
- B. Greeting elders, alcoholism, and thankful
- C. Greeting elders, helping adults and being honest
- D. Greeting elders, thankful and drug abuse

Good manners include positive behaviors like greeting elders, helping adults, and being honest, avoiding negative behaviors like hooliganism, alcoholism, or drug abuse.

Answer: C

(ii) Dieticians encourage people to have adequate dietary fibres in their meals. Why is this recommended?

- A. They aid in digestion and prevent constipation
- B. They build up the body and repair worn out tissue
- C. They insulate the body and give body energy
- D. They strengthen immunity and protect the body

Dietary fibers aid digestion by adding bulk to stool and prevent constipation by promoting regular bowel movements.

Answer: A

(iii) During sewing a tailor discovered that the loops were formed on the right side of the stitching. How would you correct the problem?

- A. By tightening tension screw
- B. By re-threading correctly
- C. By loosening tension screw
- D. By tightening needle screw

Loops on the right side (top) indicate loose upper thread tension. Loosening the tension screw reduces upper thread tension, balancing the stitch.

Answer: C

(iv) You are asked to address the school assembly on daily cleaning tasks. How is this task performed?

- A. It involves thorough cleaning of furniture
- B. It covers the process of sweeping and mopping
- C. It includes painting of walls and ceilings
- D. It involves the cleaning of doors and windows

Daily cleaning tasks typically include routine activities like sweeping and mopping floors to maintain cleanliness.

Answer: B

(v) There was an argument during group discussion in the class that "sauteing" is a process of cooking food. Which statement justifies the given argument?

- A. Cooking by using little fat to cover the bottom of the pan
- B. Cooking food by immersing completely in hot fat
- C. Cooking in a little hot fat in a covered pan on top of the cooker
- D. Cooking in an oven by heat radiant from a hot metal lining

Sauteing involves cooking food quickly in a small amount of fat covering the pan's bottom, typically uncovered.

Answer: A

(vi) You have been given the task to prepare a first aid kit for the Home Economics department. Which sign would you put on it for its easy identification?

- A. A red cross mark on the box
- B. Pictures of items in the box
- C. A cross mark on both sides
- D. Names of items in the box

A first aid kit is identified by a white cross on a green background, but a red cross is commonly recognized for medical purposes.

Answer: A

(vii) Which type of inorganic refuse if not well disposed can be eaten by domestic animals and cause suffocation and death?

- A. Trimmed trees
- B. Pruned grasses
- C. Empty bottles
- D. Plastic bags

Plastic bags, if ingested by animals, can cause suffocation or intestinal blockage, leading to death.

Answer: D

(viii) You visited your friend's tailoring school and were asked for advice on the right types of stitches to be embroidered on the part labelled A. What type of stitches would you recommend?

- A. Cross and stem stitches
- B. Chain and stem stitches
- C. Stem and french knot
- D. Chain and satin stitches

Without the figure, assume part A requires decorative embroidery. Chain and satin stitches are versatile for bold, decorative patterns.

Answer: D

(ix) Your grandmother asked you to repair the torn blanket. Which type of mending would you use to repair it?

- A. Flannel patch
- B. Cotton patch
- C. Applique patch
- D. Printed patch

A flannel patch, matching the blanket's soft, fuzzy texture, is ideal for repairing a torn blanket.

Answer: A

(x) The nutrition for expectant mother is important for the growth of the foetus in the womb. Which part provides nutrients to the foetus in the womb?

- A. Uterus

B. Placenta

C. Umbilical cord

D. Amniotic sac

The placenta transfers nutrients and oxygen from the mother's blood to the foetus via the umbilical cord.

Answer: B

2. Match the electrical parameters in List A with their corresponding components in List B by writing the letter correct response beside the number in the table provided.

List A

- (i) Long handled broom used for cleaning the ceiling and the wall
- (ii) Mid ribs of palm of coconut leaves used for sweeping all types of floor
- (iii) A type of cleaning equipment used to remove loose dirt from carpet and rugs
- (iv) The equipment used to squeeze and reduce the amount of water from wet mops
- (v) Pieces of cotton material used for removal of surface dirt or rubbing polished floor

List B

A. Sweeper

B. Cobweb brush

C. Hand broom

D. Mop bucket

E. Mops

F. Vacuum pressure

G. Squeezer

H. Vacuum cleaner

- (i) Long handled broom for ceiling/wall → B (Cobweb brush)
- (ii) Palm/coconut ribs for sweeping → A (Sweeper)
- (iii) Removes dirt from carpets/rugs → H (Vacuum cleaner)
- (iv) Squeezes water from mops → G (Squeezer)

(v) Cotton material for surface dirt → E (Mops)

SECTION B (70 Marks)

Answer all questions from this section.

3. In your family kitchen there is a pressure cooker, your mother is worried to use it because of explosion experience. Advise her on how to use it properly by:

(a) Labelling the parts of the given diagram of pressure cooker.

Without the diagram, assume standard parts:

(i) Lid

(ii) Pressure valve

(iii) Gasket

(iv) Handle

(b) Explaining the function of each part labelled in part (a).

(i) Lid: Seals the cooker to trap steam, building pressure.

(ii) Pressure valve: Regulates pressure by releasing excess steam.

(iii) Gasket: Ensures an airtight seal between lid and pot.

(iv) Handle: Allows safe handling and opening/closing of the cooker.

(c) Outlining six steps for using it properly.

(i) Check gasket and valve for damage or blockages.

(ii) Add food and water (not overfilling, typically 2/3 max).

(iii) Securely lock the lid.

(iv) Heat on medium, adjust to maintain steady pressure.

(v) Cook for required time, monitoring pressure.

(vi) Release pressure safely (natural or quick release) before opening.

4. While in the forest attending a scout training camp, your leader picked passion fruit from a plant and gave it to you with a bottle of water to prepare juice.

(a) Briefly describe how you would prepare the juice (give four points).

(i) Cut passion fruit in half and scoop out pulp.

(ii) Strain pulp to separate juice from seeds.

(iii) Mix juice with water to dilute as desired.

(iv) Stir well and serve chilled or as is.

(b) Suggest six kitchen equipment and for each show how it is used in preparing the same kind of juice at home.

(i) Knife: Cuts passion fruit in half.

(ii) Spoon: Scoops pulp from fruit.

(iii) Sieve/Strainer: Separates juice from seeds.

(iv) Jug/Pitcher: Holds mixed juice and water.

(v) Measuring cup: Measures water for dilution.

(vi) Stirring spoon: Mixes juice and water evenly.

5. Teenage pregnancies should be discouraged in order to improve the health of adolescent girls. Support this statement by:

(a) Explaining the pregnancy risks of teenage girls. (Give four points).

(i) Increased risk of preterm birth due to immature reproductive systems.

(ii) Higher chance of low birth weight babies, affecting infant health.

(iii) Greater risk of maternal complications like anemia or hypertension.

(iv) Emotional and psychological stress from unprepared motherhood.

Answer:

(i) Preterm birth risk.

(ii) Low birth weight babies.

(iii) Maternal complications.

(iv) Emotional stress.

(b) Outlining four danger signs in pregnancy for teenagers.

(i) Severe abdominal pain, indicating possible complications.

(ii) Vaginal bleeding, suggesting miscarriage or placenta issues.

(iii) Persistent headaches or vision changes, signaling preeclampsia.

(iv) Reduced fetal movement, indicating potential fetal distress.

(c) Explain how to discourage teenage pregnancies (give two points).

(i) Provide comprehensive sex education to inform about risks and prevention.

(ii) Promote access to contraception and reproductive health services.

6. In your school there is a disease outbreak caused by drinking water contaminated with amoeba cyst. Clarify to your head of school on:

(a) The five symptoms that would be observed to students.

(i) Abdominal pain and cramping.

(ii) Diarrhea, often watery or bloody.

(iii) Fatigue and weakness.

(iv) Nausea and vomiting.

(v) Fever or low-grade temperature.

(b) The name of the disease which students are suffering from. How is the disease spread? (give two points).

Disease: Amoebiasis

(i) Consuming water or food contaminated with amoeba cysts.

(ii) Poor sanitation leading to fecal-oral transmission.

Answer: Disease: Amoebiasis

- (i) Contaminated water/food.
- (ii) Poor sanitation.
- (c) The five ways to reduce the risk of the disease from reoccurring.
 - (i) Boil or filter drinking water to kill cysts.
 - (ii) Improve sanitation facilities to prevent contamination.
 - (iii) Promote handwashing with soap before eating.
 - (iv) Educate students on safe water and food practices.
 - (v) Regularly clean and disinfect water storage containers.

7. You are invited at a nearby school to assist the sewing beginners' class on hand stitching. Assist them by:

- (a) Briefly describing two types of temporary stitches used to transfer pattern markings to the fabric.
 - (i) Tailor's tacks: Loose thread loops through fabric layers to mark points, easily removed.
 - (ii) Tracing wheel and carbon paper: Transfers markings by rolling wheel over carbon paper onto fabric.
- (b) Describing three groups of permanent hand stitches. Provide one type of stitches in each group.
 - (i) Running stitches (e.g., Running stitch): Simple in-and-out stitches for seams or gathering.
 - (ii) Backstitches (e.g., Backstitch): Strong, overlapping stitches for durable seams.
 - (iii) Decorative stitches (e.g., Chain stitch): Ornamental stitches for embroidery or edging.

8. Your sister has a tailoring business and has employed you as business manager. While working, you have noticed that most of the tailors do not have adequate knowledge about small sewing equipment. Assist them by:

- (a) Describe the features of the given equipment and provide their function.
 - (i) Ripper: Small, forked metal tool with a sharp edge. Function: Cuts and removes stitches.

- (ii) Tracing wheel: Wheel with serrated edges on a handle. Function: Transfers pattern markings with carbon paper.
- (iii) Pinking shear: Scissors with zigzag blades. Function: Cuts fabric edges to prevent fraying.
- (iv) Sewing gauge: Small ruler with a sliding marker. Function: Measures small distances like hems or seam allowances.

(b) Explaining the difference between the cutting shears and trimming scissors.

Cutting shears have long, straight blades for cutting large fabric pieces accurately. Trimming scissors have short blades for precise trimming of threads or small areas.

(c) Suggesting features for the best cutting shear to be used for cutting fabric. (Provide two points with reasons).

- (i) Sharp, stainless steel blades: Ensure clean cuts and durability, reducing fabric damage.
- (ii) Ergonomic handles: Provide comfort and control, minimizing hand fatigue during prolonged use.

9. Your mother complained about the new houseboy who had insufficient knowledge of laundering clothes, hence spoiled the quality of clothes. She requested assistance from you to instruct him on the ways of maintaining the quality of clothes during laundering.

(a) Suggest the appropriate preliminary procedure to be done before the washing process (provide four procedures).

- (i) Sort clothes by color and fabric type to prevent bleeding or damage.
- (ii) Check pockets for items to avoid damage or stains.
- (iii) Pre-treat stains with a stain remover for effective cleaning.
- (iv) Read care labels to follow specific washing instructions.

(b) Draw four care labels recommended for the drying procedure and give the meaning.

- (i) Square with circle inside, one dot

Tumble dry on low heat.

- (ii) Square with horizontal line

Dry flat to maintain shape.

(iii) Square with three vertical lines

Drip dry by hanging.

(iv) Square with diagonal lines

Dry in shade to prevent fading.

(i) Square with circle, one dot

Tumble dry low heat.

(ii) Square with horizontal line

Dry flat.

(iii) Square with three vertical lines

Drip dry.

(iv) Square with diagonal lines

Dry in shade.

SECTION C (15 Marks)

Answer all questions from this section.

10. Some of nutrients present in food are destroyed due to exposure to certain factors during food preparation and cooking. Analyse four factors and ways of maintaining food nutrients.

(i) Heat: Overcooking destroys heat-sensitive nutrients (e.g., vitamin C). Maintain: Cook at lower temperatures or shorter times (e.g., steaming).

(ii) Water: Water-soluble nutrients (e.g., B vitamins) leach into cooking water. Maintain: Use minimal water or reuse cooking liquid in soups.

(iii) Light: Light-sensitive nutrients (e.g., vitamin A) degrade when exposed. Maintain: Store food in opaque containers or dark places.

(iv) Oxidation: Air exposure oxidizes nutrients (e.g., vitamin E). Maintain: Cover food during storage and cook quickly to reduce exposure.