

**THE UNITED REPUBLIC OF TANZANIA  
MINISTRY OF EDUCATION AND VOCATIONAL TRAINING  
FORM TWO SECONDARY EDUCATION EXAMINATION, 2006**

051

**FOOD AND NUTRITION****Time: 2:30 Hours****INSTRUCTIONS**

1. This paper consists of sections **A, B** and **C**.
2. Answer **ALL** questions from sections A and B,  
and only **ONE** from section C.
3. **ALL** answers must be written in the spaces provided.
4. Write your examination number at the top right corner of every page.
5. **ALL** writing must be in blue or black ink **EXCEPT**  
diagrams which must be in pencil.
6. Cell-phones are not allowed in the examination room.

<b>FOR EXAMINER'S USE ONLY</b>		
<b>QUESTION NUMBER</b>	<b>SCORE</b>	<b>INITIALS OF EXAMINER</b>
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
<b>TOTAL</b>		

**SECTION A (20 Marks)**

1. For each of the following items (i) - (x), choose the correct answer and write its letter in the box provided.

(i) The nutrient that supports immune function and is found in citrus fruits is

- A. Vitamin A
- B. Vitamin B<sub>1</sub>
- C. Vitamin C
- D. Vitamin D

(ii) The developmental stage characterized by rapid growth is

- A. Infancy
- B. Childhood
- C. Adolescence
- D. Adulthood

(iii) The best part of poultry for frying is

- A. Tough cuts
- B. Tender cuts
- C. Fatty cuts
- D. Bones

(iv) Waste from food scraps and vegetable peels is classified as

- A. Liquid refuse
- B. Dry refuse
- C. Organic refuse
- D. Chemical waste

(v) The primary source of proteins in the diet is

- A. Fruits and vegetables
- B. Grains and cereals
- C. Meat and legumes
- D. Oils and fats

(vi) Proper dental care involves

- A. Using sugary toothpaste
- B. Brushing once daily
- C. Flossing regularly
- D. Avoiding fluoride

(vii) The laundry process that removes grease stains is

- A. Blueing
- B. Starching
- C. Pre-soaking

D. Ironing

(viii) First Aid does NOT include

- A. Stabilizing fractures
- B. Performing surgery
- C. Relieving pain
- D. Checking for breathing

(ix) Using acidic cleaners on copper utensils can

- A. Polish them
- B. Discolour them
- C. Strengthen them
- D. Soften them

(x) The disease caused by a deficiency of Vitamin B<sub>3</sub> (niacin) is

- A. Scurvy
- B. Pellagra
- C. Rickets
- D. Beriberi

2. Write TRUE if the statement is correct and FALSE if the statement is not correct in the space provided.

- (i) Exclusive breastfeeding is recommended for six months. ....
- (ii) Inhaling toxic fumes can cause poisoning. ....
- (iii) Immunization protects against diseases like measles. ....
- (iv) A pressure cooker is used for roasting. ....
- (v) Respect and honesty are examples of bad behaviour. ....
- (vi) Dietary fibre promotes regular bowel movements. ....
- (vii) Soft water causes soap scum on clothes. ....
- (viii) Sweeping should precede mopping in cleaning. ....
- (ix) A tenant pays rent to a landlord. ....
- (x) Swollen feet are a symptom of pregnancy. ....

### SECTION B (60 Marks)

3. (a) Give the meaning of:

(i) Environmental Health

.....  
.....

(ii) Maternal Health Care

.....  
.....

(b) List four environmental health services in communities.

- (i) .....
- (ii) .....
- (iii) .....
- (iv) .....

(c) State three ways families can maintain a clean home environment.

- (i) .....
- (ii) .....
- (iii) .....

4. (a) Give three causes of obesity.

- (i) .....
- (ii) .....
- (iii) .....

(b) List three symptoms of obesity.

- (i) .....
- (ii) .....
- (iii) .....

(c) (i) State three prevention strategies.

.....  
.....

(ii) Give three treatment methods.

- .....
- .....
- .....

5. (a) Outline six steps in laundering woolen garments.

- (i) .....
- (ii) .....
- (iii) .....
- (iv) .....
- (v) .....
- (vi) .....

(b) For white cotton laundry:

(i) Soaking:

- .....
- .....

(ii) Rinsing:

- .....
- .....

(c) List two factors in treating stains on delicate fabrics.

- (i) .....
- (ii) .....

6. (a) Give four reasons for food preservation.

- (i) .....
- (ii) .....
- (iii) .....
- (iv) .....

(b) Outline five considerations when choosing food preservation methods.

- (i) .....
- (ii) .....
- (iii) .....
- (iv) .....
- (v) .....

(c) State four suitable methods for cooking legumes.

- (i) .....
- (ii) .....
- (iii) .....
- (iv) .....

7. (a) List three nutrients essential for children's growth.

- (i) .....
- (ii) .....
- (iii) .....

(b) Explain four ways to ensure food safety during preparation.

- .....
- .....
- .....
- .....

8. (a) Identify four methods of waste disposal in the kitchen.
- (i) .....
- (ii) .....
- (iii) .....
- (iv) .....
- (b) Explain four effects of poor kitchen hygiene.
- .....
  - .....
  - .....
  - .....

### SECTION C (20 Marks)

Answer only **one** question from this section.

9. Discuss six socio-cultural factors influencing dietary habits in Tanzania.
10. Explain seven causes of food contamination and suggest prevention measures.
11. Describe six advantages of proper meal planning and four challenges in achieving a balanced diet.

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.