

Candidate's Examination Number.....

THE UNITED REPUBLIC OF TANZANIA
NATIONAL EXAMINATIONS COUNCIL
FORM TWO SECONDARY EDUCATION EXAMINATION

051

FOOD AND NUTRITION

Time: 2:30 Hours

Tuesday, 24 November 2015 a.m

Instructions

1. This paper consists of Section **A**, **B** and **C**.
2. Answer **all** questions in section **A** and **B**, and choose only **ONE** question from section **C**.
3. **All** answers should be written in spaces provided.
4. Cellular phones and unauthorized materials are not allowed in the assessment room
5. Write your **Examination 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		
TOTAL		
CHECKER'S INITIALS		



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 diseases that can be prevented through immunization are
 - A Malaria, measles and asthma
 - B Measles, poliomyelitis and diphtheria
 - C Kwashiorkor, measles and poliomyelitis
 - D Anaemia, malaria and measles
- (ii) The developmental stage range which adolescence fits is
 - A Childhood and adulthood
 - B infantile and childhood
 - C Toddler and adulthood
 - D Foetal and childhood
- (iii) The part of meat suitable for grilling is
 - A Boneless cuts
 - B Fatty cuts
 - C Tender cuts
 - D Tough cuts
- (iv) The name given to refuse from water closets, laundry and baths is
 - A Mixed refuse
 - B liquid refuse
 - C House liquid
 - D Unused liquid
- (v) The following are the nutrition mainly found in fruits and vegetables
 - A Water and protein
 - B Roughage and minerals
 - C Minerals and vitamins
 - D Vitamins and proteins
- (vi) The proper way of taking care of the teeth is
 - A Brush by using modern tooth paste
 - B Encourage chewing solid foods
 - C Have regular dental check-up
 - D Avoiding drinking mineral water
- (vii) Identify a laundry stage which aims to improve colour on white articles
 - A Blueing

- B Bleaching
 - C Stiffening
 - D Re-colouring
- (viii) The following are the statements aiming on First Aid, except
- A Finding the course of accident
 - B Prevent further damage
 - C Save life of the victim
 - D Relief pains
- (ix) The effect using soda in Aluminium is
- A It scratch and chip the metal
 - B It soften the metal and make it light
 - C It discolour the metal and make it rusty
 - D It dissolves the metal and turns it black
- (x) The following is the disease caused by lack of thiamine
- A Rickets
 - B Pellagra
 - C Beriberi
 - D Scurvy

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

- (i) Breast-feeding should be stopped during weaning period.
- (ii) Breathing in poisonous gas may cause suffocation.
- (iii) Immunization is one of the basic requirements for child health.
- (iv) Pressure cooker is suitable for dry cooking method.
- (v) Sexual abuse, hooliganism and alcoholism are examples of bad manner.
- (vi) Low intake of dietary fibre may cause obesity.
- (vii) Soft water leaves white marks on the ski after bathing.
- (viii) Wet mops are used for wiping after scrubbing.
- (ix) A tenant is a person who pays rent to a land lord.
- (x) Fever is one of the symptoms of pregnancy.

SECTION B (60 Marks)

3. (a) Give the meaning of:

(i) Preventive Health Services

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(ii) Curative Health Service

.....
.....

(b) Identify four Preventive Health Services necessary in the community.

(i)

(ii)

(iii)

(iii)

(c) State three ways in which a family can prevent diseases

(i)

(ii)

(iii)

4. (a) Give three causes of nutritional anaemia.

(i)

(ii)

(iii)

(b) Give three symptoms of anaemia.

(i)

(ii)

(iii)

(c) (i) Mention three ways of preventing nutritional anaemia

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(ii) Write three ways of treating nutritional anaemia.

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5. (a) Describe six steps of laundry work.

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

(b) Write the importance of the following treatments in laundry work for white cottons.

(Give two points in each treatment).

(i) Boiling:

-
-

(ii) Starching:

-
-

(c) State two factors to consider in the treatment of stains

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

6. (a) Give four reasons for cooking food

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

(b) Outline five points to consider when choosing a method of cooking food.

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

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(c) State four suitable methods for cooking fish.

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

SECTION C (20 Marks)

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

- 7. Describe socio-cultural factors that encourage early marriage and aspects of early marriage for girls that hinder their empowerment.
- 8. Explain seven causes of accidents in home.
- 9. Explain six advantages of breast milk and four reasons for giving young babies other types of milk rather than breast milk.

