

**SMZ**

**ZANZIBAR EXAMINATION COUNCIL**  
**FORM THREE ENTRANCE EXAMINATION**  
**FOOD AND NUTRITION**

**TIME : 2:30 HOURS****THURSDAY 12<sup>TH</sup> DECEMBER, 2019 P.M****INSTRUCTIONS TO CANDIDATES**

- 1. This paper consists of three (3) sections A, B and C.**
- 2. Answer ALL questions in section A and B and any One (1) question from section C.**
- 3. All answers must be written in the spaces provided.**
- 4. Write your examination number on every page.**
- 5. Use a blue or black pen in writing and diagrams must be in pencil.**
- 6. Cellular phones are not allowed in the examination room.**

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

**This paper consists of 12 printed pages**

## SECTION A (15 Marks)

**Answer ALL questions from this section.**

1. Choose the correct answer and write its letter in the table below.
  - i) Weaning is a stage of baby line on milk who must learn how to
 

A. Cook food	C. Drink from a cup
B. Play with others	D. Drink cold water
  - ii) Any good floor should be
 

A. Durable to finish	C. Slippery and cause accident
B. Cold and Look beautiful	D. Affected by water spill at toilet
  - iii) The following are importance of having house compound except
 

A. House Extension	C. Production of the Pests
B. Fruits and Vegetable garden	D. Car parking
  - iv) It reliefs pains to a sick person
 

A. Pain Killer	B. Sterile gauze	C. Vivian	D. Petroleum jelly
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  - v) The following are the kitchen equipments except
 

A. Basins	B. Safety pin	C. Mops	D. Rags
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  - vi) Is a process of removing the Temporary hardness of water
 

A. Distilling	C. Adding chlorine
B. Addition of Washing soda	D. Boiling
  - vii) Soap is the oldest detergent made up of
 

A. Sodium salt and water	C. Potassium salt and fatty acid
B. Sodium salt and protein	D. Potassium salt and protein
  - viii) For any Laundry to work effectively in the home it must has
 

A. Washing equipment and drying equipment	C. Ironing equipment and boiling equipment
B. Storage equipment and sterilizing equipment	D. Drying equipment and heating equipment

ix) Is a quality of good clothes line

- A. It should not be easy to keep clean to avoid staining clothes
- B. It should not rust as this can stain clothes
- C. It should not be smooth and strong to avoid tearing clothes
- D. It should not resist all weather condition

x) Which of the following words does not match

- A. Milk- nourishing drink
- B. Tea – Nutrition drink
- C. Coffee – Stimulating drink
- D. Cocoa – Nourishing drink

### ANSWERS

i	ii	iii	iv	v	vi	vii	viii	ix	x

2. Match the uses of Utensils from the **LIST A** with correct utensil from the **LIST B** by writing the letter in the table provided below.

LIST A	LIST B
i. It is used for water collection	A. Dish
ii. It is used for sweeping of dusts and waste at home	B. Measuring jug
iii. It is used for cutting fishes and vegetables	C. Fork
iv. It is used for preparation of food ready for eating	D. Spoon
v. It is used for stirring and taking of sugar into the cup of tea	E. Brusher
	F. Basin
	G. Broom
	H. Cup
	I. Plate
	J. Knife

### ANSWERS

Item number	i	ii	iii	iv	v
Answer					

**SECTION B (70 Marks)**

**Answer ALL questions from this section**

3. a) What do you understand by the term Accident?

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- b) Outline three (3) sources of accidents at home.

i. 

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ii. 

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iii. 

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- c) How can you help the victim who got electric shock at the kitchen?

i. 

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ii. 

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iii. 

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4. a) Give the meaning of Adolescent.

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- b) Mention four (4) changes that take place in girl during adolescent.

i. 

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ii. 

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iii. 

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iv. 

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c) Write four (4) character qualifications on choosing good partner.

- i. \_\_\_\_\_  
\_\_\_\_\_
- ii. \_\_\_\_\_  
\_\_\_\_\_
- iii. \_\_\_\_\_  
\_\_\_\_\_
- iv. \_\_\_\_\_  
\_\_\_\_\_

5. a) Define soap

\_\_\_\_\_  
\_\_\_\_\_

b) What are the three (3) components of soap detergent?

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_

c) Outline three (3) importance of hot water in the kitchen.

- i. \_\_\_\_\_  
\_\_\_\_\_
- ii. \_\_\_\_\_  
\_\_\_\_\_
- iii. \_\_\_\_\_  
\_\_\_\_\_

6. a) Who to marry? (Give four (4) common features).

- i. \_\_\_\_\_  
\_\_\_\_\_
- ii. \_\_\_\_\_  
\_\_\_\_\_

iii. \_\_\_\_\_  
\_\_\_\_\_

b) List three (3) social and Psychological problems that face adolescent.

i. \_\_\_\_\_  
\_\_\_\_\_

ii. \_\_\_\_\_  
\_\_\_\_\_

iii. \_\_\_\_\_  
\_\_\_\_\_

c) Outline three (3) preventive measures of AIDS.

i. \_\_\_\_\_  
\_\_\_\_\_

ii. \_\_\_\_\_  
\_\_\_\_\_

iii. \_\_\_\_\_  
\_\_\_\_\_

7. a) Write down four (4) rules of hygiene to be observed when handling food.

i. \_\_\_\_\_  
\_\_\_\_\_

ii. \_\_\_\_\_  
\_\_\_\_\_

iii. \_\_\_\_\_  
\_\_\_\_\_

iv. \_\_\_\_\_  
\_\_\_\_\_

b) State five (5) symptoms of food poisoning.

- i. \_\_\_\_\_  
\_\_\_\_\_
- ii. \_\_\_\_\_  
\_\_\_\_\_
- iii. \_\_\_\_\_  
\_\_\_\_\_
- iv. \_\_\_\_\_  
\_\_\_\_\_
- v. \_\_\_\_\_  
\_\_\_\_\_

c) Mention three (3) Microorganisms that cause food spoilage.

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_

8. a) What is the meaning of Floor?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

b) List down four (4) types of Floor.

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_

c) The house hold floor must be in good quality in order to avoid injuries at home.  
Write down four (4) qualities of good floor.

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_

9. a) With help of examples write down four (4) causes of dirty in the house.

i. \_\_\_\_\_

\_\_\_\_\_

ii. \_\_\_\_\_

\_\_\_\_\_

iii. \_\_\_\_\_

\_\_\_\_\_

iv. \_\_\_\_\_

\_\_\_\_\_

b) Enumerate the responsibilities of the family members in keeping the house clean whenever it is dirty.

i. \_\_\_\_\_

\_\_\_\_\_

ii. \_\_\_\_\_

\_\_\_\_\_

iii. \_\_\_\_\_

\_\_\_\_\_

c) Write three (3) required situations for the family.

i. \_\_\_\_\_

\_\_\_\_\_

ii. \_\_\_\_\_

\_\_\_\_\_

iii. \_\_\_\_\_

\_\_\_\_\_



### SECTION C (15 Marks)

**Answer only One (1) question from this section**

10. To handle food hygienically during its preparation, cooking and serving is an essential food hygiene practices and make the food safe for eating. With vivid examples, elaborate the methods of preventing vectors and rodents from spreading diseases through food.

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, text, or other markings on the page.

11. Weaning refers to the start of the feeding the baby with other food besides mother's milk. Write an essay on weaning using the following heading.
- i) The right weaning age
  - ii) Roles for weaning
  - iii) Suitable meals for a baby at weaning age
  - iv) Different types of weaning food
  - v) Five consequences of wrong methods of weaning a baby.

i) The right weaning age

## ii) Roles for weaning

iii) Suitable meals for a baby at weaning age

iv) Different types of weaning food

v) Five consequences of wrong methods of weaning a baby.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Candidate's Examination Number \_\_\_\_\_

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Candidate's Examination Number \_\_\_\_\_

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general note-taking. There are no margins, text, or other markings on the page.

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