

SMZ**ZANZIBAR EXAMINATIONS COUNCIL
FORM THREE ENTRANCE EXAMINATION****064****FOOD AND NUTRITION****TIME: 2.30 HOURS****TUESDAY 05th DECEMBER, 2017 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. Write your examination number on each page of this booklet.
4. Write your answers in the space provided.
5. Cellular phones are not allowed in the examination room.
6. Use a black or blue pen in writing. Diagrams must be drawn in a pencil.

FOR EXAMINER'S USE ONLY		
QUESTION NUMBER	MARKS	SIGNATURE
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
TOTAL		

This paper consists of 11 printed pages

SECTION A: (20 Marks)

Answer ALL questions in this section

1. Choose the most correct answer and write its letter in the table provided.

i) Puberty is caused by

- A: Hormonal changes that take place in the body
- B: Changes in nutritional status of an individual
- C: Changes in secondary sexual characteristics
- D: The body physical and emotional changes

ii) The types of soap which are commonly used in our society are

- A: Hard, scored and perfumed soap
- B: Washing, solvent and acid soap
- C: Laundry, foam and soft soap
- D: Liquid, bar and antiseptic soap

iii) Stains can be classified according to their origin as

- A: Biological, coffee, chemical and wax stains
- B: Paint, general, chemical, blood and tea stains
- C: Blood, Grass, grease, cocoa and insoluble stains
- D: Animal, vegetable, mineral and miscellaneous stain

iv) Child spacing helps parents to have

- A: Few children of different sex
- B: Healthy children and good care
- C: Good meals for the family
- D: Good relationship between mother and father

v) Budgeting means

- A: Having a lot of money in the bank
- B: Amount of money you get and its uses

C: An estimated plan and how to use an income

D: Keeping your salary

vi) Refuse is usually grouped as follow

A: Food and paper refuse

B: Dust and liquid refuse

C: Dirt and clean refuse

D: Organic and inorganic refuse

vii) A tub is used for

A: Keeping soiled clothes

B: Starching clothes

C: Drying

D: Soaking and rinsing

viii) The best agent for removing stains is

A: Blue

B: Soap

C: Bleach

D: Kerosene

ix) A person is likely to develop obesity if

A: The energy received by the body is equal to the energy used in the body

B: The energy received by the body is more than the energy used in the body

C: Too much food is taken in one meal

D: The body utilizes very little energy compared to the energy received

x) One of the following is the common set of floor covering

A: Cement, grass and water

B: Iron ore, mud and water

C: Iron ore, water and wood

D: Mud, terrazzo and wood

ANSWERS

i	ii	iii	iv	v	vi	vii	viii	ix	x

2. Write **T** for a true statement and **F** for a false statement in the table below.

- i) Windows in the kitchen are special for ventilation.
- ii) Scurvy is a deficiency disease caused by lack of iodine in the diet.
- iii) A disease caused by lack of protein is called kwashiorkor.
- iv) Breast feeding is a fatigue to some mothers.
- v) At the anti-natal clinic the mother is advised on the good type of dresses to put on.
- vi) Use of perforated soap dish prevents soap damage.
- vii) Fatty and oily food is good for health as it increases body weight.
- viii) Water is essential in performing commercial activities.
- ix) An expectant mother is a nursing mother.
- x) A face towel should be rinsed well and dried in the shade.

ANSWERS

i	ii	iii	iv	v	vi	vii	viii	ix	x

SECTION B: (60 Marks)

Answer ALL questions in this section.

3. a) Give three (3) differences between soft and hard water.

b) Write down two (2) types of hardness of water.

c) Name three (3) methods of removing hardness of water.

d) With three (3) reasons, briefly explain why hard water is considered as inconvenient for household activities.

e) Explain the advantages of hard water in a human body.

4. a) Identify four (4) daily activities that should be done in a house.

b) Name five (5) common insects that are found in a house.

c) List down four (4) types of cloth stains that are found in your area.

5. a) Outline the procedures to be followed in carrying out the family laundry.

b) With the help of a diagram, explain the applications of the following laundry equipment.

i) A basin

ii) A washing stick

iii) A soap dish

iv) A scrubbing brush

v) A Laundry basket

c) Mention five (5) household cleaning agents that are found in your home.

6. a) Write down two (2) types of household refuse.

b) List down four (4) methods of disposing household refuse.

c) Describe three (3) effects of improper household refuse disposal.

SECTION C: (20 Marks)

Answer only ONE (1) question in this section

- 7 . A family is the basic social institution in a society. Write short explanation on the following:
- a) Five (5) types of families.
 - b) The main decision maker in most families in your community.
 - c) The importance of having a family in your society.
8. a) Analyze six (6) causes of accidents which are common at home.
- b) Explain four (4) ways that can be used to prevent the causes of accidents in (a) above.
9. a) Define the term "breast feeding".
- b) List down six (6) advantages of breast feeding.
- c) Enumerate the three (3) problems of breast feeding which can be faced by a mother or a child.
- d) Write down any four (4) reasons for artificial feeding.
- e) Give four (4) disadvantages of artificial feeding.

Candidate's Examination Number _____

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