

Candidate's examination number.....

SMZ

ZANZIBAR EXAMINATIONS COUNCIL

FORM THREE ENTRANCE EXAMINATION

064

FOOD AND NUTRITION

TIME 2:30 HOURS

MONDAY, 10TH DECEMBER 2018 pm

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 working must be written in black or blue ink except diagrams which must be in pencil.
4. ALL answers must be written in the space provided.
5. Write your examination number on each page of this booklet
6. Cellular phones are not allowed in the examination room.

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

This paper consist of 8 printed pages

SECTION A: (20 marks)

Answer all questions

1. Choose the letter of the correct answer and write it below the item number in the table below.
- i) Windows in the kitchen are essential for
 - A. Ventilation
 - B. Decoration
 - C. letting ride of smoke
 - D. looking outside
 - ii) Obesity to a person is likely to happen if
 - A. Energy received by the body is equal to energy used by the body
 - B. Energy received by the body is more than the energy used by the body
 - C. Too much food is taken in one meal
 - D. The body utilizes very little energy compared to energy received.
 - iii) Protein digesting enzyme present in gastric juice is known as
 - A. liopase
 - B. pepsin
 - C. Amylose
 - D. Ptyalin
 - iv) The most common method of preserving food in rural areas is
 - A. Canning and bottling
 - B. Salting and freezing
 - C. Sun drying and smoking
 - D. Salting and bottling
 - v) Refuse is a
 - A. kind of rejection
 - B. Collection of broken bottles and pots
 - C. kind of dirty and unwanted material in an area
 - D. kind of dust
 - vi) The main difference between fats and oils is that fats
 - A. Are white, white oils are yellow in colour
 - B. Are heavier than oils
 - C. Are solids while oils are liquid at ordinary temperature
 - D. Contain more fatty acid than oil

- vii) After washing the floor with soap, it must be thoroughly rinsed with water because soap.
- A. Discolors floors B. Make floor slippery
C. Scratches the floor D. Collect dust and dirty easily.
- viii) Stains can be removed easily by using
A. Soap B. Blue C. Kerosene D. Bleach
- ix) Which of the following is the first step in the cleaning process of room
A. Arranging furniture B. Dusting
C. Mopping D. Sweeping
- x) This is the meaning of D=disinfection
A. Killing household pests
B. Poisoning rats in the house
C. Removing dirt in the house
D. Destroying germs and harmful bacteria

ANSWERS

Item number	i	ii	iii	iv	v	vi	vii	viii	ix	x

2. For each of the following statements, write **T** for true statement and **F** for a false statement below the item number in the table below:

- i) Saw, rake and soaps can be used to clean bedroom.
- ii) Sanitation is an activity which is done by city council.
- iii) Dustpan can be made of metal or plastic.
- iv) An expectant mother usually carries her baby for seven months.
- v) Brush is used for cutting and carrying grasses.
- vi) Puberty means the time when the male or female reproductive organ mature.
- vii) Eating balance diet is recommended for a good health.

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- viii) Education is a factor which causes late marriage.
- ix) Dirty hands and nails have no germs.
- x) Use of perforated soap dish prevents soap damage.

SECTION B: (60 marks)

Answer all questions.

3. a) Define the term food.

- b) Write down four(4) importance of cooking food

- c) Give four (4) examples of foods that can be eaten raw

- d) List down any four (4) cooking fuels.

4. a) What is kitchen?

b) Write down five (5) small equipments and their uses

c) Identify any four (4) importance of family in a society.

5. a) What do you understand by the term stain?

b) Give three (3) differences between soap and detergent.

- c) i) Write down four(4) types of food suitable for a pregnant mother.

- ii) Write down three(3) types of foods that should be avoided by a pregnant mother.

6. a) Define the term budgeting.

- b) Mention five (5) major sources of family income.

- c) Give four (4) reasons for budgeting.

SECTION C: (20 marks)

Answer ONLY ONE (1) question.

7. a) Define the term sanitation.

- b) Explain four (4) methods of disposing refuse.

- c) Explain any four (4) causes of dirt in a house.

- d) Give two (2) dangers of household refuse.

8. a) What is family planning?

- b) Describe the importance of family planning.

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- This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

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