

Candidate's Examination Number.....

**SMZ**

**ZANZIBAR EXAMINATIONS COUNCIL  
FORM THREE ENTRANCE EXAMINATION**

**064**

**FOOD AND NUTRITION**

**TIME: 2:30 HOURS**

**THURSDAY 31<sup>ST</sup> DECEMBER 2020 A.M**

**INSTRUCTIONS TO CANDIDATES**

1. This paper consists of THREE (3) sections A, B and C.
2. Answer ALL questions in the section A and B and any One (1) question from section C.
3. Write your examination number on every page of this booklet.
4. Write all answers in the space provided.
5. Use a blue or black pen in writing. Diagrams must be in pencil.
6. Calculators, cellular phones and unauthorized materials are not allowed in the examination room.

<b>FOR EXAMINATION'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 provided below.
  - i) The physical change for both boys and girls are
    - A. Deeping of the voice
    - B. Muscles become strong
    - C. Menstruation occurs
    - D. growth of pubic and armpit hair
  - ii) Food goes bad because of
    - A. Gradual loss of nutrient
    - B. The loss of moisture
    - C. stale air around
    - D. the presence of microbes, mold and yeast
  - iii) The types of Dry cleaning are
    - A. Home dry cleaning and Professional dry cleaning
    - B. Group dry cleaning and Self service cleaning
    - C. Professional dry cleaning and Wet dry cleaning
    - D. Self service cleaning and Municipal leaning
  - iv) Pregnant women are advised not to take alcoholic drinks as they can
    - A. Bear too fatty babied
    - B. Run mental
    - C. bleed too much during labour
    - D. Having risk, miscarriage and low birth weight baby
  - v) Stain means
    - A. A dirty mark on garment
    - B. A discoloration
    - C. a soap mark
    - D. any fungus marks
  - vi) Character qualification for choosing a partner
    - A. Beware of friend who helps in studying
    - B. Don't choose a friend who talks about sex and permits evil practices
    - C. Beware of friend who is the same colour
    - D. Beware of friend who is the same sex
  - vii) Marasmus comes from the Greek word which means to
    - A. Cause diseases
    - B. Waste
    - C. West
    - D. Loss appetite

- viii) Blue is used in laundry work in order to
- A. Give white clothes bluish tint      C. Stiffen the clothes slightly
- B. Disinfect clothes      D. Whiten clothes
- ix) The two (2) types of floor are
- A. House floor and Earth floor      C. wooden floor and Rough floor
- B. Rough floor and smooth floor      D. Cement floor and Tiled floor
- x) The general properties of wood is
- A. It is tall and fruity      C. Bad insulator of heat
- B. Resists most chemicals      D. May not stain

**Answers**

i	ii	iii	iv	v	vi	vii	viii	ix	x

2. Match the following First Aid treatment of home accidents from LIST A with correct name of injuries in the List B by writing the letter of correct response in the table provided below.

S/N	LIST A	LIST B
i	Immediate care to a sick or injured person	A. Shock
ii	Sit him down on chair and put his head between his knees	B. Extensive burn
iii	Keep him calm	C. First Aid Kit
iv	Hold the face forward avoiding blood swallowing	D. Flame
v	Give person a soft food to help pushing object down the throat	E. Chocking
		F. First Aid
		G. Teeth bleeding
		H. Fainting
		I. Extended burn
		J. Nose bleeding

**Answers**

i	ii	iii	iv	v

**SECTION B: (70 Marks)**

**Attempt ALL questions from this section.**

3. a) Define the following terms.

i. Kwashiorkor

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ii. Marasmus

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b) Mention four (4) causes of kwashiorkor.

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

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

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

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

c) What are two (2) preventive measures of kwashiorkor?

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

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

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4. a) Differentiate between Good manner and personal hygiene.

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b) Write down three (3) importance of Good Manners.

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c) State two (2) requirements of personal hygiene and Good Manners.

- i. 

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- ii. 

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5. a) Explain how we can support and care for people living with HIV and AIDs.

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b) Risky practices, situation and behavior that causes HIV/AIDs can be avoided through the following

- i. 

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- ii. 

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- iii. 

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c) Mention four (4) symptoms of HIV and AIDs

- i. 

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- ii. 

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- iii. 

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- iv. 

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6. a) Define the term Balanced diet.

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- b) Write down three (3) things that should be done in order to maintain healthy body.

i. 

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ii. 

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iii. 

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- c) Give three (3) cares for expectant mother and lactating mother.

i. 

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ii. 

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iii. 

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7. a) What do you understand by the term Vitamin?

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- b) Write the roles and Deficiency of the following Vitamins.

- i. Vitamin A Role

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Deficiency

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- ii. Vitamin C Role

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Deficiency

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iii. Vitamin K Role

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Deficiency

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c) State three (3) common macro minerals which are used in human body.

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

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

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

8. a) Disinfectants means

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b) With one example in each case, name three (3) types of disinfectants.

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

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

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

c) Apply four (4) methods of disinfectants.

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

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

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

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

9. a) Most of the pupils fail in the school and life promotion due to engaged courtship and early marriage. What is the meaning of the following terms?
- i. Early marriage
- \_\_\_\_\_
- \_\_\_\_\_
- ii. Courtship
- \_\_\_\_\_
- \_\_\_\_\_
- b) What are three (3) significances of marriage on specific age?
- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- c) Write down four (4) problems of early marriage.
- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_

**SECTION C (15 Marks)**

**Attempt only ONE (1) question from this section.**

10. In order to maintain a good health, we must clean out environments especially our house compound.
- a) With specific examples, state the reasons for keeping our compound clean.

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\_\_\_\_\_

\_\_\_\_\_



[illegible]

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

11. Briefly explain what you will do when you wake up early in the morning.

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