

THE UNITED REPUBLIC OF TANZANIA
PRESIDENT'S OFFICE - REGIONAL ADMINISTRATION AND LOCAL GOVERNMENT
THE CITY COUNCIL OF DODOMA
HOME PACKAGE FORM FOUR EXAMINATION

FOOD AND NUTRITION 1

051/1

TIME: 3 HOURS

INSTRUCTIONS

1. This paper consists of sections A, B and C with total of eleven (11) questions.
2. Answer all questions in section A and B and one (1) question from section C.
3. Calculators, cellular phones and any unauthorized materials are not allowed in the examination room.
4. Write your examination number on every page of your answer booklet(s).

SECTION A: (20 MARKS)

1. Choose correct answer for each of the following items and write the corresponding letter in the box provided.

I. Planning a meal consider the following points

- A. A balanced meal and variety.
- B. Carbohydrate (CHO) meal.
- C. The age and time.
- D. Groups of the family.

II. The food we eat is.....before it gives energy and material for repair.

- A. Dissolved.
- B. Digested.
- C. Absorbed by the blood stream.
- D. Oxidized.

III. Growing children plenty of.....as they very active

- A. Fats and oils.
- B. Vitamins.
- C. Energy giving foods.
- D. Proteins.

IV. You should not stew fresh vegetables because

- A. They turn soft.
- B. They become indigestible.
- C. They lose their green color.
- D. The vitamins are destroyed.

V. What does simmering mean?

- A. Grilling.
- B. Stewing.
- C. Boiling gently.
- D. Braising.

VI. How can be the lack of animal proteins is compensated for lacto-vegetarian diet?

- A. By eating more food containing mineral salt and vitamins.
- B. By eating more food contains carbohydrates.
- C. By eating more vegetable foods.
- D. By eating more food such as yam, potatoes and rice.

VII. What type of diet should the convalescent be given?

- A. A liquid diet.
- B. A soft diet.
- C. A light diet.
- D. A solid diet.

- VIII. What is food?
- A. A solid substance and liquid substance.
 - B. Meal.
 - C. Things we eat to keep alive.
 - D. Something in life.

- IX. Vitamins and mineral salts are:
- A. Body building foods.
 - B. Body building and energy giving foods.
 - C. Protective and energy giving foods.
 - D. Protective foods.

- X. Deficiency of water in the diet the person will suffer from.....
- A. Loss of weight.
 - B. Exhaustion and weakness.
 - C. Dehydration and constipation and dry skin.
 - D. Loss of appetite.

2. Match the item in list A with responses in list B by writing the letter of the correct responses beside the item number.

List A	List B
i. It is important for the normal function of the liver.	A. Vitamin k
ii. Are present in the body in small but important quantities.	B. Vitamin E
iii. Works with phosphorus the development of bones and teeth.	C. Mineral salt.
iv. It is important as part of the oxygen carrying property of the blood.	D. Vitamin A
v. It is also known as sodium chloride.	E. Calcium.
vi. A serious deficiency of iron will cause.....	F. Iron.
vii. One source of iodine.	G. Salt.
viii.is another name of salt.	H. Anemia.
ix.protect the body from disease.	I. Scurvy.
x.is a disease in which the thyroid gland becomes enlarged.	J. Sea food.
	K. Pulses.
	L. Sodium chloride.
	M. Vitamin.
	N. Sulphur
	O. Goiter

3. a) Define postnatal care.....
- b) Explain five purpose of postnatal care
-
-
-
-
-

.....
.....
c) Why breast feeding is important to baby? Write four points.....
.....
.....
.....

4. a) With examples of food, cite five methods of cooking food.

- i.
- ii.
- iii.
- iv.
- v.

b) Give four reasons of cooking food.

- i.
- ii.
- iii.
- iv.

c) Mention four (4) food nutrients.

- i.
- ii.
- iii.
- iv.

5. a) State cereals

b) List different cereals used in cookery (write more than five)

c) List seven wheat/ Pasta.

6. a) Differentiate pulses and nuts.

b) Give four uses of nuts.

c) Write four nutritive values of pulses and nuts.

7. a) Explain four effects of the heat on fruits and vegetables.

b) Outline four uses of vegetable salad in a meal.

c) Write three nutritive values of vegetable salads.

8. a) Draw a diagram of wheat grain. (Labeled is one of the important).

b) Explain three types of flour.

c) Outline two sources of flour other than cereals.

SECTION C (20 MARKS)

Answer one (1) question from this section.

9. Discuss fats and oils under the following headings.
- a) Composition.
 - b) Sources in the diet.
 - c) Nutritive value and functions.
 - d) The difference between fats and oils.
10. As the baby grows it requires some additional nutrients especially those that are insufficient in mother's milk. This period is known as transition period in babies. Describe this period under the following points.
- i. The name of the period.
 - ii. The age of the baby when this period occurs.
 - iii. Why are some babies prone to malnutrition during this period?
 - iv. What would you advice lactating mothers to ensure their babies are not malnourished during the transition period.(Give 5 points).
11. Obesity is one of the nutritional disorders that can lead to the occurrence of other diseases. Support this point by explaining :
- a) Three causes of obesity.
 - b) Three diseases associated with obesity.
 - c) Three measures should be taken against obesity.