

THE UNITED REPUBLIC OF TANZANIA



**PRESIDENT'S OFFICE
REGIONAL ADMINISTRATION AND LOCAL GOVERNMENT
HOME PACKAGE FORM TWO EXAMINATION, APRIL 2020
CODE NA: 051 FOOD AND NUTRITION**

TIME: 2:30 HOURS

INSTRUCTIONS

1. This paper consists of sections **A**, **B** and **C** with the total number of 11 questions.
2. Answer all questions in section A and B, and one question from section C.
3. All writings must be in **Black or Blue** ink.
4. All answers **must be written** in the space provided.
5. All communication devices are **Not Allowed** in the examination room.
6. Write your **Examination Number** at the top right corner of every page.

FOR EXAMINER'S USE ONLY

Number of question	Score	Examiners initials
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
TOTAL		

SECTION A

Answer all questions in this section

1. For each of the following items (i-x), choose the correct answer and write its letter in the box provided
 - i) The appropriate age at marriage is between 20-25 years, this is because at this age
 - A. There is establishment of life-long relationship
 - B. Adolescents have completed secondary schools
 - C. It is good to have partner.
 - D. Man and woman are quite mature
 - ii) Wood is the material that can be used for.....
 - A. Building scrapers and roofing
 - B. Building boats and its base
 - C. Building home and church
 - D. Making some kitchen equipments
 - iii) Which of the following is necessary for a good health.....?
 - A. Good nutrition and exercises
 - B. Irregular meals and exercises
 - C. Exercises in the afternoon
 - D. Plenty of food and more sleep.
 - iv) One of the characteristics of cement floor is.....
 - A. Do not stain easily
 - B. It is made of wood
 - C. It is durable and good to look
 - D. It is made of different designs

v) The type of cleaning that involves sweeping, mopping and dusting is called.....

- A. Traditional cleaning
- B. Morning cleaning
- C. Weekly cleaning
- D. Daily cleaning

vi) An injure with very hot liquid or steam is known as.....

- A. Burn
- B. Scald
- C. Bites
- D. Shock

vii) Which of the following diseases are transmitted through contaminated water.....

- A. Dysentery and malaria
- B. Malaria and bilharzias
- C. Typhoid and choler
- D. Scabies and diarrhea

viii) Is an introduction of new food to the child.....

- A. Bottle feeding
- B. Breast feeding
- C. Post natal care
- D. Weaning

ix) Ideal laundry soap should.....

- A. Leather easily
- B. Soften hard water
- C. Remove stubborn stains
- D. Form scum in washing basin

x) How often should wastes be disposed from the kitchen.....

- A. After each service
- B. As often as possible
- C. Once in a day
- D. When the dust bin is full.

i	ii	iii	iv	v	vi	vii	viii	ix	x

2. For each of the following statements write **TRUE** if the statement is true, and **FALSE** if the statement is not true in the space provided.

- i) The name given to a baby in the womb is toddler.....
- ii) Gardening and planting of flowers around the house gives pleasant surrounding.....
- iii) Methods of cooking food are divided into moist methods and dry methods.....
- iv) Obedience, punctuality and theft are characteristics of good manners.....
- v) Iron rusts because of weather.....
- vi) It is good behavior to share the same plate when eating because it shows love.....
- vii) Carpets reduce noises when walking on.....

i	ii	iii	iv	v	vi	vii

3. Match the phrases in list A with the correspondences in list B by writing the letter of the correct answer besides the item number

LIST A		LIST B	
i)	One of the signs of pregnancy	A.	Menopause
ii)	Clothes worn for safety during menstruation.....	B.	Plenty of sleep
iii)	It is a period when a woman stops menstruation.....	C.	Excessive bleeding
iv)	It is change that takes place in both girls and boys during adolescents.....	D.	Sanitary towels
v)	It is a sign of danger during pregnancy.....	E.	Androgen
		F.	Estrogen
		G.	Monarch
		H.	Pituitary gland
		I.	Growth of pubic hair
		J.	Enlargement of

vi) It is the first onset of menstruation				breast		
vii) It is a hormone concerned with ripening of egg (ovum) before menstruation.....				K. Stoppage of menstruation.		
i	ii	iii	iv	v	vi	vii

SECTION B

4. (a) What do you understand by the term good grooming?
.....
.....
.....
- (b) In what four ways good health can be achieved? Explain...
i)
ii)
iii)
iv)
- (c) State four (4) consequences of bad manners.
i)
ii)
iii)
iv)
5. (a) Define breast Feeding
.....
.....
.....
- (b) List down four advantages of breast feeding.
i)
ii)
iii)
iv)
- (c) Outline four reasons for giving a baby other type of milk apart from breast milk.
i)
ii)

- iii)
iv)
6. (a) What do you understand by the term refuse?
Explain.....
.....
.....
- (b) Identify four different types of dirty which can be disposed by the following methods of waste disposal.
i) Burning
.....
ii) Giving to animals
.....
iii) Burring
.....
iv) Drainage system
.....
- (c) How will you make your house attractive and pleasant to live in. (Give four points)
i)
ii)
iii)
iv)
7. (a) Differentiate between fats and oils.
.....
.....
.....
- (b) Name four examples of plants that give oil.
i)
ii)
iii)
iv)

