

**THE UNITED REPUBLIC OF TANZANIA
NATIONAL EXAMINATIONS COUNCIL OF TANZANIA
ADVANCED CERTIFICATE OF SECONDARY EDUCATION
EXAMINATION**

155/1

FOOD AND HUMAN NUTRITION 1

(For Both School and Private Candidates)

Time: 3 Hours

Year: 2024

Instructions

1. This paper consists of sections **A** and **B**.
2. Answer **all** questions in section **A** and only **Two (2)** questions from section **B**.
3. Cellular phones and any unauthorised materials are **not** allowed in the examination room.
4. Write your **examination Number** on every page of your answer booklet(s).

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SECTION A (60 Marks)

1. Some types of food contain toxic substances which can cause health hazards to people when consumed in large quantities. Identify five examples of such types of food. In each type, give the toxin it contains and state the health hazard it may cause.
2. The denaturation of proteins depends on the effects of different conditions which give rise to definite changes in their properties”. Justify this statement in five points.
3. You are invited as an expert in bread making to advise a Mama Lishe group on how to improve their bread production to satisfy their consumers’ needs. Briefly describe to them:
(a) three factors which affect the baking quality of wheat flour.
(b) the guidelines they would follow in using the yeast as rising agent for the production of quality bread. Give seven points.
4. Differentiate perishable and non-perishable types of food by using five points.
5. Your neighbour is seriously sick and you were consulted to plan meals for him/her. What things would you consider in planning for his/her meals? Give ten points.
6. A reasonably stable food supply throughout the year is a necessary condition for food and nutrition security in the household. Suggest five ways of ensuring food stability at this level.

SECTION B (40 Marks)

Answer only two questions from this section.

7. You have been invited to a seminar to address on “balanced meals and meal planning.” The specific agenda in the second day of the seminar was “why should people become strict vegetarians?” Suggest six key points that you will address for the second agenda.
8. The Amana village farmers who opted to store their food grains by using chemicals realised that, they lacked knowledge on the types and actions of pesticides. Assist them by analysing four organic pesticides and five inorganic pesticides they could use. Give the mode of action of each type.
9. Along with advances in the field of food processing, the convenient measures of packaging should be applied to meet the criteria of a package and enhance consumers’ acceptability. In view of this statement, describe:
(a) three necessities for food packaging.
(b) six characteristic features of good food packaging materials.