

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

155/2

FOOD AND HUMAN NUTRITION 2

(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. (a) What are the objectives of Food and Nutrition Policy for Tanzania? Give seven points.
(b) The Ministry of Trade and Industry have great roles to play in making the Food and Nutrition Policy for Tanzania a success. Argue for this statement by giving three points.
2. Mr. Robertson who is a food processing manager failed to use temperature to control microbial growth due to lack of knowledge on their growth temperature ranges. Using the knowledge, you have in growth and survival of microorganisms in foods, assist him to effectively produce safe foods by:
(a) classifying microorganisms basing on the temperature ranges at which they can grow.
(b) stating what will happen to the microorganisms if the food product in which they are found is kept:
(i) below their minimum growth temperature.
(ii) above their maximum growth temperature.
3. You have been appointed to assess the nutritional status of people living in your community so as to develop health care programmes. What five dietary assessment methods would you opt to use to determine the nutritional status of the adult population in your community?
4. You have been consulted by a new businessman who is unaware of the departments for a proper management of his tourist hotel. Assist him by categorising five main departments of a tourist hotel.
5. Marasmus is one of the severe forms of Protein – Energy Malnutrition affecting most under-five children in developing countries; yet many people are not able to detect the problem for immediate control. Identify six indicators and four control measures of the condition.
6. Identify two groups of menu and three types of common restaurant menus from which you can select the best menus for your restaurant so as to attract more customers.

SECTION B

Answer two questions from this section

7. “The causes of undernutrition are multisectoral embracing food, health and caring practices.” Support this statement by analyzing the immediate, underlying and basic causes of undernutrition among children under five years. Use the conceptual framework on the causes of undernutrition to show diagrammatically how each level of factors contributes to undernutrition.
8. It has been observed that most community nutrition programmes are not doing well in some of the Tanzanian districts. Elaborate six important factors the District Nutrition Programme Practitioners have to consider for successful community nutrition programmes.

9. Food handlers can be a good source of food contamination and facilitators of cross-contamination in food preparation and processing. Support this statement by describing:
- (a) three ways through which food handlers can contaminate food.
 - (b) six ways of preventing food contamination by food handlers.