

**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: 2021

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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Answer all questions in this section.

1. (a) Briefly explain the stages which bacteria undergo when introduced into a fresh food
(b) Briefly explain what would happen when a culture of lactic acid bacteria is introduced to a glass containing fresh cow's milk.
2. (a) Differentiate outdoor catering from leisure-linked catering establishments. (b) Briefly describe the common types of transport catering establishments.
3. (a) Give the importance of nutrition education
(b) Outline the points to be included in the nutrition education presentation on the prevention of protein-energy malnutrition among pre-school children.
4. (a) State the ways through which food becomes contaminated by the salmonellae found in faeces. (b) Give the control measures of salmonella food poisoning.
5. (a) Explain the causes of nutritional anaemia
(b) Explain the ways of preventing nutritional anaemia to vulnerable age groups.
6. Explain the natural methods of birth control.

SECTION B (40 Marks)

Answer two questions from this section

7. Describe the anthropometric methods of assessing the nutritional status of an individual and to give the advantages and limitations of using anthropometry.
8. (a) Describe the importance of food menu (b) Describe the types of menus.
9. Describe the common nutrition interventions used to prevent malnutrition in children in developing countries.

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