

**SMZ****ZANZIBAR EXAMINATIONS COUNCIL  
FORM THREE ENTRANCE EXAMINATION****064****FOOD AND NUTRITION****TIME: 2.30 HOURS****TUESDAY 05<sup>th</sup> DECEMBER, 2017 p.m**

---

**INSTRUCTIONS TO CANDIDATES**

1. This paper consists of **THREE (3)** sections **A, B** and **C**.
2. Answer **ALL** questions in section **A** and **B**; and any **ONE (1)** question from section **C**.
3. Write your examination number on each page of this booklet.
4. Write your answers in the space provided.
5. Cellular phones are not allowed in the examination room.
6. Use a black or blue pen in writing. Diagrams must be drawn in a pencil.

<b>FOR EXAMINER'S USE ONLY</b>		
<b>QUESTION NUMBER</b>	<b>MARKS</b>	<b>SIGNATURE</b>
<b>1.</b>		
<b>2.</b>		
<b>3.</b>		
<b>4.</b>		
<b>5.</b>		
<b>6.</b>		
<b>7.</b>		
<b>8.</b>		
<b>9.</b>		
<b>TOTAL</b>		

**This paper consists of 11 printed pages**

**SECTION A: (20 Marks)**

**Answer ALL questions in this section**

1. Choose the most correct answer and write its letter in the table provided.

i) Puberty is caused by

- A: Hormonal changes that take place in the body
- B: Changes in nutritional status of an individual
- C: Changes in secondary sexual characteristics
- D: The body physical and emotional changes

ii) The types of soap which are commonly used in our society are

- A: Hard, scored and perfumed soap
- B: Washing, solvent and acid soap
- C: Laundry, foam and soft soap
- D: Liquid, bar and antiseptic soap

iii ) Stains can be classified according to their origin as

- A: Biological, coffee, chemical and wax stains
- B: Paint, general, chemical, blood and tea stains
- C: Blood, Grass, grease, cocoa and insoluble stains
- D: Animal, vegetable, mineral and miscellaneous stain

iv) Child spacing helps parents to have

- A: Few children of different sex
- B: Healthy children and good care
- C: Good meals for the family
- D: Good relationship between mother and father

v) Budgeting means

- A: Having a lot of money in the bank
- B: Amount of money you get and its uses

C: An estimated plan and how to use an income

D: Keeping your salary

vi) Refuse is usually grouped as follow

A: Food and paper refuse

B: Dust and liquid refuse

C: Dirt and clean refuse

D: Organic and inorganic refuse

vii) A tub is used for

A: Keeping soiled clothes

B: Starching clothes

C: Drying

D: Soaking and rinsing

viii) The best agent for removing stains is

A: Blue

B: Soap

C: Bleach

D: Kerosene

ix) A person is likely to develop obesity if

A: The energy received by the body is equal to the energy used in the body

B: The energy received by the body is more than the energy used in the body

C: Too much food is taken in one meal

D: The body utilizes very little energy compared to the energy received

x) One of the following is the common set of floor covering

A: Cement, grass and water

B: Iron ore, mud and water

C: Iron ore, water and wood

D: Mud, terrazzo and wood

### ANSWERS

i	ii	iii	iv	v	vi	vii	viii	ix	x

2. Write **T** for a true statement and **F** for a false statement in the table below.

- i) Windows in the kitchen are special for ventilation.
- ii) Scurvy is a deficiency disease caused by lack of iodine in the diet.
- iii) A disease caused by lack of protein is called kwashiorkor.
- iv) Breast feeding is a fatigue to some mothers.
- v) At the anti-natal clinic the mother is advised on the good type of dresses to put on.
- vi) Use of perforated soap dish prevents soap damage.
- vii) Fatty and oily food is good for health as it increases body weight.
- viii) Water is essential in performing commercial activities.
- ix) An expectant mother is a nursing mother.
- x) A face towel should be rinsed well and dried in the shade.

**ANSWERS**

i	ii	iii	iv	v	vi	vii	viii	ix	x

**SECTION B: (60 Marks)**

**Answer ALL questions in this section.**

3. a) Give three (3) differences between soft and hard water.

---



---



---



---



---



---



---

b) Write down two (2) types of hardness of water.

---

---

---

c) Name three (3) methods of removing hardness of water.

---

---

---

---

---

---

---

---

---

---

d) With three (3) reasons, briefly explain why hard water is considered as inconvenient for household activities.

---

---

---

---

---

---

e) Explain the advantages of hard water in a human body.

---

---

---

---

4. a) Identify four (4) daily activities that should be done in a house.

---

---

---

---

---

---

b) Name five (5) common insects that are found in a house.

---

---

---

---

---

---

c) List down four (4) types of cloth stains that are found in your area.

---

---

---

---

5. a) Outline the procedures to be followed in carrying out the family laundry.

---

---

---

---

---

---

---

---

---

---

---

b) With the help of a diagram, explain the applications of the following laundry equipment.

i) A basin

---

---

---

ii) A washing stick

---

---

iii) A soap dish

---

---

iv) A scrubbing brush

---

---

---

v) A Laundry basket

---

---

---

c) Mention five (5) household cleaning agents that are found in your home.

---

---

---

---

---

6. a) Write down two (2) types of household refuse.

---

---

b) List down four (4) methods of disposing household refuse.

---

---

---



\_\_\_\_\_

\_\_\_\_\_

c) Describe three (3) effects of improper household refuse disposal.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**SECTION C: (20 Marks)**

**Answer only ONE (1) question in this section**

- 7 . A family is the basic social institution in a society. Write short explanation on the following:
- a) Five (5) types of families.
  - b) The main decision maker in most families in your community.
  - c) The importance of having a family in your society.
8. a) Analyze six (6) causes of accidents which are common at home.
- b) Explain four (4) ways that can be used to prevent the causes of accidents in (a) above.
9. a) Define the term "breast feeding".
- b) List down six (6) advantages of breast feeding.
- c) Enumerate the three (3) problems of breast feeding which can be faced by a mother or a child.
- d) Write down any four (4) reasons for artificial feeding.
- e) Give four (4) disadvantages of artificial feeding.

\_\_\_\_\_

\_\_\_\_\_

Candidate's Examination Number \_\_\_\_\_

[illegible]

Candidate's Examination Number \_\_\_\_\_

[illegible]