

102106T4COH

COMMUNITY HEALTH LEVEL 6

HE/OS/CH/CC/02/6/A

Apply Nutrition in Community Health

Nov/Dec 2024



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

WRITTEN ASSESSMENT

Time: 3 HOURS

INSTRUCTIONS TO CANDIDATE

1. Marks for each question are indicated in the brackets.
2. The paper consists of **TWO** sections: **A** and **B**.
3. Candidates are provided with a separate answer booklet
4. **DO NOT** write on this question paper.

This paper consists of THREE (3) printed pages
Candidates should check the question paper to ascertain that all
pages are printed as indicated and that no questions are missing.

SECTION A (40 MARKS)

Answer ALL the questions in this section.

1. Infants require the milk of the mother for growth and development. Outline FOUR nutrition guidelines for lactating mothers. (4 Marks)
2. Factors that expose one to food insecurity differ depending on the level. Mention FOUR levels of food security. (4 Marks)
3. Nutritional needs of the elderly are determined by multiple factors. Identify THREE common elderly nutrition related problems. (3 Marks)
4. Malnutrition is prevalent in marginalized areas in the country. Highlight FOUR vulnerable groups with regard to nutrition. (4 Marks)
5. Therapeutic diet is designed to support treatment and management of specific medical conditions. State THREE requirements of a therapeutic diet. (3 Marks)
6. The government through the ministry of agriculture involves key stakeholders to help improve agricultural inputs and outputs. Outline FOUR stakeholders in food security. (4 Marks)
7. The burden of obesity in our country is increasing especially in major towns and cities. Identify THREE risk factors for obesity. (3 Marks)
8. Food insecurity is a situation where there is physical, social and economic unavailability of food. Mention THREE categories of food insecurity. (3 Marks)
9. Nutritional needs differ according to stages of human development. Identify FOUR factors affecting human nutritional needs. (4 Marks)
10. Food insecurity is a major problem in third world countries. Outline FOUR strategic interventions to improve food security. (4 Marks)
11. Macronutrients are nutrients required by human body in large quantities. State FOUR examples of macronutrients. (4 Marks)

SECTION B (60 MARKS)

Answer Any THREE Questions in This Section

12. During community nutrition diagnosis, Mid Upper Arm Circumference (MUAC) tape and Body Mass Index (BMI) are used to screen and identify nutritional status among the population.
- a) Discuss THREE colour codes, ranges and interpretations of children under 5 years MUAC tape. (9 Marks)
 - b) Discuss FOUR BMI ranges and their interpretations. (8 Marks)
 - c) Mr. Nyongesa has a height of 172cm and a weight of 80 kilograms. Calculate the BMI of Mr. Nyongesa. (3 Marks)
13. Secure access to quality nutrition food is fundamental to human existence.
- a) Explain FOUR positive effects of food security. (8 Marks)
 - b) Discuss SIX determinants of food security in Kenya. (12 Marks)
14. Population increase is an emerging global issue and trend influencing food security.
- a) Discuss SIX effects of population growth on world food supply. (12 Marks)
 - b) Explain the FOUR steps in nutrition care process. (8 Marks)
15. Nutrition plays a crucial role in the management of chronic diseases.
- a) Explain TWO causes of diabetes. (4 Marks)
 - b) Discuss FOUR risk factors for type 2 diabetes. (8 Marks)
 - c) Explain FOUR nutritional interventions in the management of type 2 diabetes. (8 Marks)