

102105T4COH

COMMUNITY HEALTH LEVEL 5

HE/OS/CH/CC/01/5/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. Define the following terms:
 - a) Nutrition counselling (2 marks)
 - b) Food aid (2 marks)
2. Anemia is listed among the high-risk nutritional diseases. Outline **FOUR** consequences of anemia in pregnancy (4 Marks)
3. Accurate measurements are important in conducting nutritional assessments. Highlight **FOUR** factors that may lead to anthropometric errors (4 Marks)
4. As a community health assistant, you have been assigned to trace cases of malnutrition in your locality and refer the case to the nearest health facility. In your routine duties you come across a sick child with Kwashiorkor symptoms. State **FOUR** symptoms of Kwashiorkor. (4 marks)
5. Stakeholders are important in strategic implementation of food and nutrition programs in county X. Outline **FIVE** stakeholders you may work with in promoting national food security programs targeting vulnerable population (5 marks)
6. Women of reproductive age are vulnerable to nutritional deficiencies. Identify **THREE** common micronutrient deficiencies (3 marks)
7. The purpose of Nutrition Intervention is to plan and implement purposeful actions intended to positively change or improve a nutrition related problem Outline **FOUR** nutritional intervention programs that may be carried out by a community health assistant (4 marks)
8. Foods, diets and nutritional status are important determinants of Non-communicable diseases. Identify **FOUR** nutritional related non-communicable diseases affecting human population. (4 marks)
9. Moderately Acute Malnourished (MAM) patients are managed at home through nutritional support of supplemental feeds. Highlight **FOUR** causes of MAM. (4 marks)
10. World Health Organization recommends that Children should be breastfed exclusively for the first six months. Outline **FOUR** consequences of not breastfeeding the infant. (4 marks)

SECTION B (60 MARKS)

Answer THREE questions in this section.

11. Nutrition care process is very important in determining and solving nutrition problems of a patient.
- a) Explain **FIVE** stages in Nutrition care process. (10 marks)
 - b) Explain **FIVE** factors to take into consideration when taking weight measurements of a client (10 marks)
12. Nutrition plays a major role in human health, growth and development.
- a) Describe **SIX** nutritional requirements in adolescent, giving examples of foods in each category. (12 marks)
 - b) Explain **FOUR** factors that determine individual nutrient needs. (8 marks)
13. The overall goal of food security programs is to improve the livelihoods of the estimated 38.5 million people in the country Z, many of whom suffer from chronic food insecurity and poor nutrition.
- a) Explain **FOUR** components of food security. (8 Marks)
 - b) Discuss **THREE** importance of food security in country Z. (6 Marks)
 - c) Explain **THREE** effects of climate change on specific components of food security (6 Marks)
14. The rising cases of terminal illnesses, particularly in middle aged people is estimated to decrease household income by 28.9 per cent in Kenya.
- a) Explain the term terminal illness. (2 marks)
 - b) Explain **FOUR** ways in which terminal illness affects household food security (8 marks)
 - c) Explain **FIVE** factors that increases the risk of getting a terminal illness (10 marks)