



(UNIVERSITY OF CHOICE)

**MASINDE MULIRO UNIVERSITY OF SCIENCE AND  
TECHNOLOGY (MMUST)**

**UNIVERSITY EXAMINATIONS**

**2021/2022 ACADEMIC YEAR**

**FIRST YEAR FIRST SEMESTER EXAMINATIONS**

**MAIN EXAM**

**FOR**

**THE BACHELOR OF EDUCATION DEGREE**

**(EARLY CHILDHOOD EDUCATION)**

**COURSE CODE: ECD 104**

**COURSE TITLE: FOOD AND NUTRITION FOR CHILD  
DEVELOPMENT**

**DATE: 27/04/2022**

**TIME: 8:00 – 10:00 AM**

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INSTRUCTIONS TO CANDIDATES

Answer ANY FOUR questions only

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

### **SECTION A**

1(a) Define the following terms (8 Marks)

- i. Food
- ii. diet
- iii. Disease
- iv. Nutrition

- (b) Outline two principles of first aid (2 marks)
- (c) Identify types of food that can be used to wean a child (4 Marks)
- (d) Highlight four merits of breast feeding the child (4 marks)
- (e) Illustrate two nutritional deficiencies and their cause in child growth and development (4 marks)
- (f) Assess four functions of proteins in the body (4marks)
- (g) Describe four methods of cooking food (4 marks)

### **SECTION B**

2. (a) Identify and explain five precautions to take while preserving food (10 marks).
- (b) Explain five causes of nutritional deficiencies in sub-Saharan Africa (10 marks).
3. (a) Highlight the impact of ill health and nutrition on children's educational practices (10 marks)
- (b) Explain four measures of food preservation for young children (10 marks)
4. (a) Identify functions of the following in child nutrition carotene, roughage. (4 marks)
- (b) Describe four food taboos that negatively influence child development (8 marks)
- (c) Analyze four measures a caregiver should take to help a child with diarrhoea (4 marks)
- (d) Explain four hygienic measures to observe when preparing food for infants and toddlers (4 marks)
5. (a) Analyze 5 factors that cause food insecurity (10marks)
- (b) Outline five methods of cooking food (10 marks)