



(University of Choice)

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

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

MAIN EXAM

2021/2022 ACADEMIC YEAR

FIRST YEAR SECOND SEMESTER EXAMINATION

FOR THE COMMUNITY HEALTH AND DEVELOPMENT

COURSE CODE: CHD 225

COURSE TITLE: COMMUNITY NUTRITION

DATE: 21/4/2022

TIME: 8.00-10.00AM

INSTRUCTIONS TO CANDIDATES:

Answer all questions in section A and two in Section B

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating

Paper Consists of 2 Printed Pages. Please Turn Over



SECTION A: 40 MARKS

1. Define the following terms giving examples (10mks)
 - a) Home gardening
 - b) Household food security
 - c) Food processing
 - d) Malnutrition
 - e) servings
2. List the importance of meal planning at the family level (5mks)
3. Outline any four Food Production Strategies to Combat Food and Nutrition Insecurity (8mks)
4. Highlight the food production strategies that enhance food and nutrition security in your community(5mks)
5. List and explain the relationships between nutrition, health and performance (8mks)
6. Outline the key importance of food guide pyramid (4mks)

SECTION B: LONG ESSAY QUESTIONS (30MARKS)

Answer question one (1) and any other one (1) question thereafter in this section

1. Alice has a 7 year old son called John. John is always weak and sad. He lacks concentration in class and never likes playing with other children. One day John fell sick and was taken to hospital. On examination he had multiple underlying infections including malaria. Diet history showed that John mostly fed on maize flour porridge for breakfast and would sometimes miss to take breakfast as he hurried to school. John9 hardly ate anything at lunch and was always fed on *ugali* and *sukumawiki*. He was treated and released to go home after a week in the hospital. Young John kept on missing school during the next two years due to falling sick every now and then. Compared to his age mates, he looked much smaller in body size. He often would doze in class.
 - a) Discuss the key issues affecting the proper growth of the child(John), giving examples(10mks)
 - b) List and explain malnutrition cases in your community(5mks)
2. Discuss the different methods of food processing and preparation used in your community(15mks)
3. Elucidate and explain the importance of growth monitoring and promotion and describe how to conduct growth monitoring(15mks)