



(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

**DEGREE OF BACHELORS IN COMMUNITY HEALTH AND DEVELOPMENT/
DEGREE OF BACHELOR OF SCIENCE IN ENVIRONMENTAL HEALTH**

COURSE CODE: HCD 125/HEH 125

**COURSE TITLE: COMMUNITY NUTRITION/ COMMUNITY NUTRITION AND
DIETETICS**

DATE: 22/4/2022

TIME: 12.00-2.00 PM

INSTRUCTIONS TO CANDIDATES:

The Consist of Two sections A and B: ANSWER ALL QUESTIONS IN SECTION A, and ANY TWO QUESTIONS IN SECTION B,

MMUST observes ZERO tolerance to examination cheating

SECTION A -ANSWER ALL EACH 4 MARKS TOTAL (40MARKS)

1. List **FOUR** factors that affect food choices of an individual (4 marks)
2. Outline the importance of community participation in community nutrition programs (4 marks)
3. List **FOUR** causes of a child suffering from Kwashiorkor (4marks)
4. Explain **TWO** functions of political commitment in any community nutrition program (4 marks)
5. What is the importance of eating a balanced diet? (4 marks)
6. State **FOUR** principles of planning a community nutrition program (4 marks)
7. Differentiate health status from nutritional status (4 marks)
8. List **FOUR** causes of obesity in Kenya (4 marks)
9. Outline the significance of kitchen gardens to community member (4 marks)
10. Explain the role of community needs assessment (4 marks)

SECTION C- ANSWER ANY TWO- EACH 15 MARKS

11. Tom has a weight of 72kilograms and height of 1.52 meters.
 - a. Calculate his body mass index (3marks)
 - b. Categorize his body mass index (2mark)
 - c. Discuss the factors which may have caused the body mass index in (b) above (10 marks)
12. Describe the methods of conducting nutrition assessment in our community (15 marks)
13. Describe the effect of malnutrition on the economic impact of our society (15 marks).