



(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 DIPLOMA IN EDUCATION

(EARLY YEARS EDUCATION)

COURSE CODE: EYE 013

COURSE TITLE: FOOD AND NUTRITION FOR INFANTS AND CHILDREN

DATE: 21/04/2022

TIME: 3:00 – 5:00 PM

INSTRUCTIONS TO CANDIDATES

Answer Question One and any other Two

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating

QUESTION ONE (Compulsory)

- a) Explain the following terms as used in food and nutrition
- i. Nutrition (2mks)
 - ii. Weaning (2mks)
- b) Distinguish between food fads and food taboos (4mks)
- c) State six reasons for breastfeeding (6mks)
- d) Outline three forms of breastfeeding (3mks)
- e) Differentiate between food hygiene and food storage (4mks)
- f) Outline five importance of a balanced diet (5mks)
- g) State and explain two factors influencing food storage (4mks)

SECTION TWO

QUESTION TWO

- a) Outline Five Factors impacting child nutrition (10mks)
- b) Explain Five Strategies of improving food hygiene and storage (10mks)

QUESTION THREE

- a) As a pre-school teacher, explain the measures of ensuring personal hygiene in a preschool set-up (10mks)
- b) Explain Five reasons for studying Foods and Nutrition (10mks)

QUESTION FOUR

- a) Analyse the challenges facing food production in Kenya (10mks)
- b) Outline the nutritional deficiency diseases, their causes and treatment (10mks)

QUESTION FIVE

- Using relevant examples, explain the various classes of food sources consumed by children and infants (20mks)