



(University of Choice)

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

**UNIVERSITY SPECIAL/SUPPLEMENTARY EXAMINATIONS
2021/2022 ACADEMIC YEAR**

**FIRST YEAR SECOND SEMESTER EXAMINATIONS
SPECIAL/SUPPLEMENTARY EXAM**

**FOR
THE BACHELOR OF EDUCATION DEGREE
(EARLY CHILDHOOD EDUCATION)**

COURSE CODE: ECD 104

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

DATE: 4TH AUG. 2022

TIME: 2:00 - 4:00 PM

INSTRUCTIONS TO CANDIDATES

This paper contains **FIVE** Questions

Answer Question **ONE** and any other **TWO** Questions

TIME: 2 Hours

MMUST observes **ZERO** tolerance to examination cheating

This Paper Consists of 2 Printed Pages. Please Turn Over. ▶

Question ONE

- a) Define the following terms (1 Marks)
- i) Nutrition (1 Marks)
 - ii) Deficiency (1 Marks)
 - iii) Taboo (1 Marks)
 - iv) Food (1 Marks)
 - v) Diet (1 Marks)
- b) i) Describes five food groups by mentioning their importance to Pre – schoolers. (5 Marks)
- ii) Name materials to be worn when preparing food. (4 Marks)
- c) i) With illustrations, discuss methods of cooking food for an expectant mother. (5 Marks)
- ii) The first day John comes to school, he refuses to take porridge. How would the teacher or the care giver ensure that John takes the snack? (5 Marks)
- d) State the reasons why select a method of cooking food. (6 Marks)

Question TWO

Explain the effects of nutrient content of food during moist method of cooking (20 Marks)

Question THREE

- a) State and explain five deficiency diseases children are likely to suffer from. (10 Marks)
- b) Food presentation should be appetizing. Discuss. (10 Marks)

Question FOUR

- a) Using examples, state the characteristics of packed lunch for an ECD learner. (10 Marks)
- b) Give reasons why breast-feeding babies is vital to their lives. (10 Marks)

Question FIVE

- a) As a teacher, outline five food taboos known to your community that are relevant to early childhood. (10 Marks)
- b) Food poisoning is dangerous to our body. Explain how it happens. (10 Marks)