



(University of Choice)

**MASINDE MULIRO UNIVERSITY OF  
SCIENCE AND TECHNOLOGY  
SPECIAL/SUPPLEMENTARY EXAM  
UNIVERSITY EXAMINATIONS  
2021/2022 ACADEMIC YEAR  
FIRST YEAR FIRST SEMESTER EXAMINATIONS  
FOR  
THE DIPLOMA IN EDUCATION  
(EARLY CHILDHOOD EDUCATION)**

**COURSE CODE: ECD 012**

**COURSE TITLE: HEALTH PRACTICES AND HEALTH  
EDUCATION**

**DATE: 27<sup>TH</sup> JULY 2022**

**TIME: 8:00 – 10:00 AM**

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**INSTRUCTIONS TO CANDIDATES**

**ANSWER QUESTION ONE (1) AND ANY OTHER TWO (2)  
QUESTIONS**

**TIME: 2 HOURS**

MMUST observes ZERO tolerance to examination cheating

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### QUESTION ONE

- i) Explain the following terms as used in health practices and health education (5 marks)
- a) Child mobility
  - b) Child morality
  - c) Immunization
  - d) Health education
  - e) Nutrition
- ii) Describe 5 ways of maintain the sanitation of an ECD center (5 marks)
- iii) State 5 ways of improving food security (5 marks)
- iv) State 5 methods of food preservation (5 marks)
- v) Mention 5 methods of reducing infant deaths and mobility (5 marks)
- vi) Describe 5 activities administered in an antenatal clinic (5 marks)

### QUESTION TWO

- 2a) Explain factors to be considered when preparing meals for a family (10 marks)
- b) Briefly explain consequences of lack of balanced diet during pregnancy to mothers (10 marks)

### QUESTION THREE

- a) Briefly describe the prevention and management of kwashiorkor (10 marks)
- b) Explain strategies of improving health and nutrition (10 marks)

### QUESTION FOUR

- a) State and explain traditional methods of preserving food (10 marks)
- b) Explain the danger signs of pregnancy (10 marks)

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