



(University of Choice)

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

COURSE CODE: EYE 013

COURSE TITLE: FOOD AND NUTRITION FOR INFANTS AND YOUNG CHILDREN

DATE: 28th July 2022

TIME: 2:00 – 4:00 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. Food (2mks)
 - ii. Nutrition (2mks)
- b) Distinguish between food hygiene and food preservation (4mks)
- c) State six reasons for a balanced diet in children and infants (6mks)
- d) Outline three sources of food (3mks)
- e) Differentiate between food fads and food taboos (4mks)
- f) Give reasons for feeding children on colostrum (5mks)
- g) State and explain two factors influencing food production (4mks)

SECTION TWO

QUESTION TWO

- a) Outline Five strategies of improving child health and nutrition (10mks)
- b) Explain Five impacts of food taboos (10mks)

QUESTION THREE

- a) As a pre-school teacher, discuss measures of ensuring sufficient food production within a community set-up (10mks)
- b) Discuss Five reasons for studying Food and Nutrition unit (10mks)

QUESTION FOUR

- a) Discuss five remedies to food challenges in Kenya today (10mks)
- b) Using relevant examples, explain the various sources of food that are necessary for infants and young children (10mks)

QUESTION FIVE

Discuss the nutritional deficiency diseases, their causes and treatment

(20mks)

COURSE DESCRIPTION

EYE 013: FOOD AND NUTRITION FOR INFANTS AND YOUNG CHILDREN

PREREQUISITE: NONE

CONTACT HOURS: LECTURES 45 HOURS

- **Purpose of the Course:**

The course aims at providing learners with knowledge on nutritional requirements of infants and young children

- **Expected Learning Outcomes:**

At the end of this course, the learner should be able to;

- i). Identify food sources and their nutritional values
- ii). Establish the nutritional deficiencies, causes, prevention and treatment
- iii). Assess the impact of food habits and taboos on children's health

- **Course content**

Terms relevant to food and nutrition, Food sources and their nutritional values/food groups, Nutritional requirements of infants and young children. Introduction to nutritional deficiencies: causes, prevention and treatment. Strategies of improving child's health and nutrition, Methods of cooking and food hygiene. Impact of food habits, taboos and food consumption patterns on nutrition.

Mode of delivery

The course will be taught by using lectures, tutorials and assignments.

Instructional resources

Resource persons, textbooks, handouts, LCD projectors, laptops/computers, discussion aids, chalk/whiteboards, DVDs, e-journals.

Course assessment:

Course Assessment: course work (assessment and tests)	30%
Final Examination	70%
Total:	100%