



(University of Choice)

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

**UNIVERSITY EXAMINATIONS**

**2022/2023 ACADEMIC YEAR**

**FIRST YEAR SECOND SEMESTER EXAMINATIONS**

**MAIN EXAM**

**FOR**

**THE BACHELOR OF EDUCATION DEGREE**

**(EARLY YEARS EDUCATION)**

**COURSE CODE: ECD 104**

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

**DATE: 18<sup>TH</sup> APRIL, 2023**

**TIME: 3.00-5.00PM**

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**INSTRUCTIONS TO CANDIDATES**

**Answer Question One and any other Two**

MMUST observes ZERO tolerance to examination cheating

1 (a) Briefly define the following terms

- i. Weaning (2mks)
- ii. Vegetarian (2mks)
- iii. Diet (2mks)
- iv. Disease (2mks)
- v. Nutrition (2mks)

(b) Outline 4 symptoms of protein energy malnutrition (PEM) (4mks)

(c) Outline 4 principles of first aid (2Mks)

(d) Highlight four merits of breastfeeding an infant (4mks)

(e) Explain the relevance of the following in nutritional management

- i. Minerals
- ii. Meal planning
- iii. Vitamins (6mks)

(f) Relevantly explain “gradual weaning” (4mks)

2 (a) Identify any 5 types of food that can be used to wean a child (5mks)

(b) Illustrate two nutritional deficiencies and their effects on child growth and development (8mks)

(c) (i) What is food insecurity (2mks)

(ii) State 5 factors that cause food insecurity (5mks)

3 (a) Explain 4 methods of cooking food (8mks)

(b) Discuss with relevant examples, the difference between kwashiorkor and marasmus (6mks)

(c) Identify and explain 6 precautions to take while preserving food (6mks)

4 (a) Highlight the impact of ill health on children’s educational practices

(b) Identify functions of the following in child nutrition

- i. Carotene
- ii. Roughage (5mks)

(c) Describe food taboos that negatively influence child development (10mks)

5 (a) Children's foods should be rich in body building and protective foods. Use examples to justify the relevance of the statement. (10mks)

(b) Define and explain food poisoning (5mks)

(c) Outline 5 cause of food contamination (5mks)