JD

(*UNIVERSITY OF CHOICE*)

# MASINDE MULIRO UNIVERSITY OF SCIENCE AND TECHNOLOGY

## (MMUST)

## TOWN CAMPUS

## UNIVERSITY EXAMINATIONS

## 2023/2024 ACADEMIC YEAR

## FIRST YEAR SECOND SEMESTER EXAMINATIONS

## MAIN EXAMINATION

## FOR

## THE BACHELORS OF EDUCATION DEGREE

## (EARLY CHILDHOOD EDUCATION)

**COURSE CODE: ECD 104**

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

**DATE : 08/08/2024** **TIME: 3:00 – 5:00 PM**

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INSTRUCTIONS TO CANDIDATES

Answer question one and any other two

MMUST observes ZERO tolerance to examination cheating

1) **a**. Differentiate between nutrition and diet ( 2 marks)
   **b.** Identify three signs of food poisoning (3 marks)
   **c**. Determine four reasons of cooking food ( 4 marks)
   **d**. Denote four tips for successful breast feeding (4 marks)
   **e.** Determine importance of school feeding programme (5 marks)
   **f.** Give two functions of body building food in our body (2 marks)
   **g.** Identify five reasons of preserving food ( 5 marks)
   **h.** Design a Meal for a two year old child ( 3 marks)
2) **a.** Our country is undergoing state of food insecurity justify reasons causing that (10 marks)
   b. Describe importance of breast feeding to the mother (5 marks)
3) a. Illustrate five components of nutrition food and give two of their functions (10 marks)
   b. Asses factors that lead to malnutrition in our country today ( 5 marks)
4) a.Describe five types of cooking method and give their demerits accordingly. ( 10 marks)
   b.Determine five types of accidents found in our homes and illustrate how we can manage each of them (5 marks).
5) a. Justify challenges facing breast feeding mother and how it can be curbed ( 10 marks)
   b.Explain how we can avoid food poisoning (5 marks)