

SECTION A: ANSWER ALL QUESTIONS IN THIS SECTION (30 MARKS)

1. Define the following terms: (3 Marks)

- a) Nutrition
- b) Balanced diet
- c) Developmental milestone

2. State any three (3) dangers of mixed feeding during the first 6 months of life (3 Marks)

3. State any three (3) food sources of monosaturated fatty acids (3Marks)

4. Giving examples, differentiate the two categories of vitamins (3 Marks)

5. Describe any three (3) nutrition interventions during drought (3 Marks)

6. State any three (3) signs and symptoms of marasmus (3 marks)

7. Highlight any three (3) importance of food security in the management of HIV/AIDS (3 marks)

8. Explain any three (3) ways of treating Vitamin A deficiency (3 Marks)

9. Describe retinopathy, neuropathy and gout as complications of Diabetes Mellitus (3 Marks)

10. Write short notes on reducing vulnerability among the elderly (3 Marks)

SECTION B: ANSWER TWO QUESTIONS IN THIS SECTION (30 MARKS)

11. a) Discuss any five (5) clinical indicators used during nutrition assessment (10 Marks)

b) State any five (5) importance of adequate nutrition to preschoolers (5 Marks)

12. a) Discuss in the details the causes of malnutrition (10 Marks)

b) Highlight any five ways of managing anemia during pregnancy (5 Marks)

13. a) Occurrence of cardiovascular diseases is because of poor dietary habits. Describe some

healthy eating habits that can help to delay the occurrence of these diseases (10 Marks)

b) Highlight any five (5) functions of fiber in the diet (5 Marks)

14. a) Describe the process of digestion of food in the human body (10 Marks)

b) State any five (5) factors to consider in food choice (5 Marks)