



JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY
SCHOOL OF HEALTH SCIENCES
UNIVERSITY EXAMINATION FOR DEGREE OF BACHELOR OF SCIENCE
COMMUNITY HEALTH AND DEVELOPMENT
3RD YEAR 1ST SEMESTER 2021/2022 ACADEMIC YEAR
MAIN

COURSE CODE: HCB 2305

COURSE TITLE: COMMUNITY HEALTH AND NUTRITION

EXAM VENUE: STREAM: BSc. Comm Health & Dev

DATE: EXAM SESSION:

TIME: 2 HOURS

Instructions:

- 1. Answer all the questions in Section 'A' and ANY other two questions in Section 'B' each contain 15 marks**
- 2. Candidates are advised not to write on the question paper.**
- 3. Candidates must hand in their answer booklets to the invigilator while in the examination room.**

SECTION A: ANSWER ALL QUESTIONS (30 MARKS)

1. Define the following terms (3 marks)
 - a. Osteomalacia
 - b. Heterotrophic nutrition
 - c. Protein-calorie malnutrition

2. Highlight **FOUR** functions of lipids (4 marks)
3. Using examples differentiate between micro and macronutrients (4 marks)
4. Outline **THREE** causes of Vitamin A deficiency (3 marks)
5. Briefly explain, giving examples of complementary proteins (3 marks)
6. Mention **THREE** factors to consider when choosing a diet type (3 marks)
7. Using examples, elucidate the 6 clinical signs of nutrient deficiencies (3 marks)
8. Briefly explain the importance of eating foods high in dietary fiber (3 marks)
9. Outline the recommendations that assist a mother establish and sustain exclusive breastfeeding (4 marks)

SECTION B: ANSWER QUESTION ONE (1) AND ANY OTHER QUESTION (40 MARKS)

1. Discuss **FIVE** causes of malnutrition? (20 marks)

2. Discuss **FOUR** feeding options of an infant (20 marks)

3. a) Explain the importance of good nutrition to a HIV-positive individual (10marks)
b) Discuss the **THREE** anthropometric measures in assessing nutritional status (10 marks)

4. a) What is the importance of food aid in emergency situations (10 marks)
b) Discuss the importance of proper nutrition in pregnancy (10 marks).