



**JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY
SCHOOL OF HEALTH SCIENCES
UNIVERSITY EXAMINATION FOR THE DIPLOMA IN
COMMUNITY HEALTH AND DEVELOPMENT**

3RD YEAR 1ST SEMESTER 2023/2024 ACADEMIC YEAR

MAIN

COURSE CODE: HCB 2305

COURSE TITLE: COMMUNITY HEALTH AND NUTRITION

EXAM VENUE: STREAM : (BSc. Comm. Hlth. Dvpt)

DATE:

EXAM SESSION:

TIME:

Instructions:

- 1. Answer all questions in section A and any other TWO questions in Section B.**
- 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 30MARKS

Answer all questions

1. Describe briefly the FIVE healthy Eating Recommendations (5 marks)
2. Name the following: (2 marks each)
 - a) Two water soluble vitamins
 - b) Two sources of roughage.
 - c) Two sources of proteins
3. Differentiate between the following terms (2 marks each)
 - a) micro- and macronutrients;
 - b) catabolism and anabolism
4. List FOUR essential amino acids (2 marks)
5. Describe the parameters used for net protein evaluation (3 marks)
6. Name the function of Serum Albumin Concentration (2 marks)
7. Name the signs of vitamin A deficiency (2 marks)
8. List THREE major chemical components of vitamins (3 marks)
9. Describe briefly the THREE series of chemical reactions in glucose metabolism (3 marks)

SECTION B 30MKS

Answer any TWO questions from this section

1. Discuss the TWO main Protein energy malnutrition diseases (20 marks)
2. Discuss the functions of Vitamin A (20 marks)
3. Discuss the sources and the functions of the macronutrients (20 marks)
4. Identify and discuss nutrition problems facing today's society. (20 marks)