



**JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY
SCHOOL OF HEALTH SCIENCES**

**UNIVERSITY EXAMINATION FOR TVET DIPLOMA IN COMMUNITY HEALTH
AND DEVELOPMENT**

1ST YEAR 2ND SEMESTER 2023/2024 ACADEMIC YEAR

MAIN CAMPUS

COURSE CODE: HDC 2122

COURSE TITLE: NUTRITION IN COMMUNITY HEALTH

EXAM VENUE: STREAM: (TVET Dip Comm Health & Dev)

DATE: EXAM SESSION:

TIME: 2.00 HOURS

Instructions:

- 1. Answer all the questions in Section A and ANY other 2 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: Answer ALL Questions (30 marks)

1. Highlight THREE consequences and causes of obesity. (3 marks)
2. Highlights THREE ways of treating and preventing obesity both at home and at school.
(3 marks)
3. Highlight THREE symptoms of kwashiorkor (3 marks)
4. Who are the vulnerable people in under nutrition? List at least THREE (3 marks)
5. Give THREE reasons why nutrition disorder can be very serious among the children. (3 marks)
6. In order to avoid undernutrition, state how sanitation and hygiene can be maintained when...
 - a. Buying food (1 marks)
 - b. When cooking or processing food (1 marks)
 - c. When handling food (1 marks).
7. State THREE factors causing malnutrition (3 marks).
8. Explain the importance of nutritional assessment. (3 marks)
9. Describe the dietary assessment methods and tools. (3 marks)
10. Explain the link between nutrition and development. (3 marks)

SECTION B: Answer any 2 questions. Each question contains 20 marks.

1. Discuss reasons why nutritional status of Kenya is still below the average standard of WHO. (20 marks)

2. Without improving food security status, its hard to improve the nutritional status of a community. Discuss. (20 marks)
3. Discus the effects of malnutrition on health and economic status. (20 marks)
4. Describe comprehensively the health eating guidelines. (20 marks)