



**JARAMOGI OGINGA ODINGA UNIVERSITY
OF SCIENCE & TECHNOLOGY
UNIVERSITY EXAMINATIONS 2012/2013
2ND YEAR 1ST SEMESTER EXAMINATION FOR THE
DIPLOMA IN COMMUNITY HEALTH AND DEVELOPMENT
(KISUMU LEARNING CENTRE)**

COURSE CODE: HDC 2217

COURSE TITLE: COMMUNITY HEALTH AND NUTRITION

DATE: 24/8/2013

TIME: 9.00-10.30 AM

DURATION: 1.30 HOURS

INSTRUCTIONS

- 1. This paper consists of two sections A and B.**
- 2. Answer Question 1 (Compulsory) and any other 2 questions.**
- 3. Write your answers on the answer booklet provided.**

SECTION A ANSWER ALL QUESTIONS (30 MARKS)

1. Define the following terms:
 - a) Nutrition. (1 mark)
 - b) Nutritional value. (1 mark)
 - c) Dietary guidelines. (1 mark)
 - d) Food pyramid. (1 mark)
2. Name three disaccharides giving **two** sugar forming them. (3 marks)
3. State **three** benefits of fiber in diet. (3 marks)
4. State the difference between fat soluble and water soluble vitamins. (6 marks)
5. List functions of triglycerides. (5 marks)
6. Name lipid related risk factors for Cardio-vascular disease. (5 marks)
7. Name main nutritional assessment methods. (4 marks)

SECTION B ANSWER TWO QUESTIONS (30 MARKS)

1. Describe chronic diseases associated with high lipid intake in diet. (15 marks)
2. Double burden of disease (DBD) is an emerging global health challenge that exists predominately in low-to-middle income countries, explain. (15 marks)
3. Describe steps used in nutritional assessment. (15 marks)
4. With examples, explain how under-nutrition impact on community health. (15 marks)