

**JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE
AND TECHNOLOGY**

UNIVERSITY EXAMINATION 2012/2013

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

(KISUMU LEARNING CENTRE)

COURSE CODE: HDC 2217

COURSE TITLE: COMMUNITY HEALTH AND NUTRITION

DATE:

TIME:

DURATION:

INSTRUCTION

- 1) This paper contains TWO sections.
- 2) Answer ALL question in section A (Compulsory) and ANY other Two questions in section B.
- 3) Write all answers in the 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)