

JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY

KISII CAMPUS

DIPLOMA IN COMMUNITY HEALTH DEVELOPMENT

HDC 2217 – COMMUNITY HEALTH AND NUTRITION

END OF SEMESTER EXAM

Section A

Answer ALL questions

1. Define the following terms (3mks)
 - a) Diet
 - b) Nutrition
 - c) Health
2. List 3 fat soluble vitamins (3mks)
3. What are the functions of fats in the human body? (3mks)
4. Give 3 examples of functional proteins. (3mks)
5. List 3 cell organelles and give their functions. (3mks)
6. Give 3 elements that form the chemical composition of proteins. (3mks)
7. List 3 nutritional diseases. (3mks)
8. What are the components of good nutrition? (3mks)
9. Give 3 examples of anthropometric measurements. (3mks)
10. Give 3 components of community health. (3mks)

Section B

Answer any 2 questions.

11. Discuss the origin of unhealthy eating in the society. (15 mks)
12. Discuss the importance of breast feeding (15mks)
13. Discuss the digestion of carbohydrates (15mks)
14. Discuss the general management of a child with protein energy malnutrition.(15mks)

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COURSE OUTLINE

Course description:

The course aims at helping learners understand the body, concept of nutrition, the various food classes; their sources, importance, digestion and assimilation, understand malnutrition; causes, diagnosis, treatment, understand nutrition in the context of the community; origin of malnutrition; community interventions to improve nutrition, population nutrition assessment and community food hygiene.

Objectives:

At the end of this course the learners should be able to:

- i. Understand the different food classes and their digestion
- ii. Understand malnutrition, nutritional diseases and their treatment
- iii. Relate nutrition to the community in terms population nutrition assessment and interventions

Teaching Methods:

- Lectures
- Tutorials
- Group discussions

Course Assessment:

- CAT 40%
- End of SEM exam 60%
- Total 100%

Course outline:

1. Introduction

- Nutrition
- Diet – CHOs, Proteins, Vits, Minerals

- Basic chemistry of food
- Community health

2. The cell and body composition

- Human cell and organelles
- Body composition

3. Digestion

- The digestive system
- Digestion of proteins, carbohydrates, fats, vitamins
- Maternal and child nutrition

4. Malnutrition

- Nutrition requirements/recommendations
- Nutritional diseases and their management
- Anthropometric measurements
- Dietary factors relating to nutritional diseases and their management

5. Community and nutrition

- Changes in human dietary patterns
- Origin of unhealthy eating in society
- Strategies to avert poor diet
- Population nutrition assessment

6. Food contamination

- Food hygiene
- Food poisoning
- Interventions in emergency situations

Recommended text Books:

