



JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY
SCHOOL OF HEALTH SCIENCES
UNIVERSITY EXAMINATION FOR DIPLOMA IN COMMUNITY HEALTH
2ND YEAR 1ST SEMESTER 2018/2019 ACADEMIC YEAR
KISUMU CAMPUS

COURSE CODE: HDC 2217

COURSE TITLE: COMMUNITY HEALTH AND NUTRITION

DATE: 15/08/2019

EXAM SESSION: 9.00 – 10.30 AM

TIME: 1.5 HOURS

Instructions:

- 1. Answer all the 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: ANSWER ALL THE QUESTIONS IN THIS SESSION (30 MARKS)

1. Define the following terms using examples. (2 marks)
 - a. Heterotrophic nutrition
 - b. Macronutrients
2. Using examples differentiate between essential and non-essential amino acids (2 marks)
3. Name the **FOUR** major functions of Iodine. (2 marks)
4. The actual amount of energy varies from person to person depending on? (2 marks)
5. Give **FOUR** importance of fat to the body. (2 marks)
6. Briefly name and explain two forms of Protein Energy Malnutrition? (2 marks)
7. What are the major contributors of obesity? (3 marks)
8. Note down the general formula of a carbohydrate? (3 marks)
9. Differentiate between the two major forms of lipoproteins (cholesterols) (4 marks)
10. Briefly name some of the overall purposes of food aid in emergency situations (4 marks)
11. Name some of the importance of breastmilk to the infant and the mother. (4 marks)

SECTION B: ANSWER ONLY TWO QUESTIONS IN THIS SESSION (30 MARKS)

1. a) Using a drawing differentiate between the two forms of unsaturated fatty acids. (5 marks)
b) Discuss the different forms of infant feeding? (10 marks)
2. a) How is dietary review as a form of nutritional status assessment done? (5 marks)
b) Discuss the **FIVE** anthropometric indicators in nutritional assessment? (10 marks)
3. a) Name some signs and symptoms of diabetes mellitus? (5 marks)
b) Discuss some of the importance of proper nutrition to a pregnant woman. (10 marks)
4. a) What are some of the ways of treating Iron deficiency anemia? (5 marks)
b) Discuss briefly some of the major causes of malnutrition? (10 marks)