

SECTION A [30 MARKS]

Answer ALL questions from this Section.

1. What do you understand by the term “hunger”? (2marks)
2. Outline **two** differences between chronic and transitory food insecurity (4 Marks)
3. Complete the table below with the correct answers. (5 Marks)

Nutrient	Food Source	Effect of deficiency (or lack of it)
Vitamin A		
Vitamin C		
Folic acid		
Calcium		
Iron		

4. List any **three** anthropometric measurements for assessing nutritional status (3Marks)
5. Explain **three** clinical symptoms for each of the following
 - (i) Kwashiorkor (3marks)
 - (ii) Marasmus (3marks)
6. (a) Identify **three** types of households that are more vulnerable to food insecurity (3 Marks)
(b) Suggest **three** interventions that can be applied to improve household food security (3 Marks)
7. Explain two ways how culture influences our food habits. (4 marks)

SECTION B [30 Marks]

Answer ANY TWO questions from this Section.

8. (a) Identify five indicators of food insecurity in a community (10 Marks)
(b) Discuss **five** coping strategies to food insecurity (10 Marks)
9. (a) Identify five major threats to food security in Kenya today (5 Marks)
(b) Discuss **five** possible strategies that you can recommend to the government of

Kenya for implementation towards improving food security in the country **(10 Marks)**

10. a) State the major principles of food handling **(5 marks)**

(b) Food quality can be judged by our own senses to know its attributes and the customers preferences. Discuss **five** attributes that a consumer can sense **(10 marks)**

11. Discuss the importance of food processing and food preservation in ensuring food security **(15 Marks)**