



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

COURSE CODE: HDC 2217

COURSE TITLE: COMMUNITY HEALTH AND NUTRITION

EXAM VENUE: STREAM: Dip. Comm Health & Dev

DATE: EXAM SESSION:

TIME: 1.5 HOURS

Instructions:

- 1. Answer all the questions in Section 'A' and ANY other two questions in Section 'B' each contain 15 marks**
- 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: (3 marks)
 - a. Basal metabolic rate
 - b. Heterotrophic nutrition
 - c. Agar
2. How is energy measured? (1 mark)
3. Name **FOUR** examples of lipids (2 marks)
4. Using examples differentiate between micro and macronutrients (2 marks)
5. What are the causes of Vitamin A deficiency? (2 marks)
6. Chronologically explain how nutritional oedema is checked (3 marks)
7. How is dietary review done? (3 marks)
8. Using examples, explain the clinical signs of nutrient deficiencies? (3 marks)
9. Give the importance of eating foods high in dietary fiber (3 marks)
10. Name the recommendations that can help a mother establish and sustain exclusive breastfeeding? (4 marks)
11. Using a structural diagram differentiate between saturated and unsaturated fatty acids (4 marks)

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

1.
 - a) What are the causes of malnutrition? (5 marks)
 - b) Discuss **FIVE** anthropometric measures in assessing nutritional status (10 marks)
2.
 - a) What is the function of the thyroid hormone? (5 marks)
 - b) Discuss ways in which diet can be used in the regulation of glucose or sugar in a diabetic person (10 marks)
3.
 - a) Name the importance of good nutrition to a HIV-positive individual (5 marks)
 - b) Discuss the factors that help in reduction of cardiac diseases? (10 marks)
4.
 - a) What is the importance of food aid in emergency situations (5 marks)
 - b) Discuss the importance of nutrition to a pregnant woman (10 marks)