



**JARAMOGI OGINGA ODINGA UNIVERSITY OF SCIENCE AND TECHNOLOGY**  
**SCHOOL OF HEALTH SCIENCES**  
**UNIVERSITY EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN**  
**PUBLIC HEALTH/ COMMUNITY HEALTH**  
**3<sup>RD</sup> YEAR 2<sup>ND</sup> SEMESTER 2018/2019 ACADEMIC YEAR**  
**KISUMU CAMPUS**

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**COURSE CODE: HCD 3313**

**COURSE TITLE: COMMUNITY HEALTH AND NUTRITION**

**EXAM VENUE:                   STREAM: BSc Public Health/ Community Health**

**DATE: 23/4/19**

**EXAM SESSION: 9.00 – 11.00AM**

**TIME: 2 HOURS**

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**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. Complementary feeding
  - b. Energy balance
2. Nutrients are classified into **TWO** broad categories giving examples differentiate the two (2 marks)
3. Differentiate between the two subdivision of sugars in carbohydrates (2 marks)
4. Using examples mention the two broad categories of vitamins (2 marks)
5. Note down **FOUR** importance of good nutrition to people living with HIV/AIDS (2 marks)
6. What are some of the benefits of healthy eating to adults over 50 years? (3 marks)
7. Explain briefly the process of dietary review (3 marks)
8. What are the stages of Iron Deficiency Anaemia? (3 marks)
9. Justify the importance of water to a pregnant woman (3 marks)
10. Using a well labelled diagram differentiate between an amino acid and a lipid (4 marks)
11. In establishing and sustaining exclusive breastfeeding for first six months what are some of the national recommendations? (4 marks)

**SECTION B: ANSWER ONLY TWO QUESTIONS IN THIS SESSION (40 MARKS)**

1. a) Nutrition interventions in emergency situations is quite important, discuss (10 marks)  
b) Discuss the indicators involved in anthropometric measurements? (10 marks)
2. a) Giving examples define the terms essential and non-essential amino acids? (5 marks)  
b) What are some of the symptoms of vitamin A deficiency? (5 marks)  
c) An individual comes to you that he has been diagnosed with a cardiac disease. How can you advise him on appropriate nutrition? (10 marks)
3. a) Discuss briefly the different forms of infant feeding (10 marks)  
b) Discuss some of the pregnancy related problems of iodine deficiency (10 marks)
4. a) What are the major causes of malnutrition? (10 marks)  
b) Outline ways in which diet can be used in the regulation of glucose or sugar in a diabetic person (10 marks)