



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

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**COURSE CODE:** HDC 2217

**COURSE TITLE:** COMMUNITY HEALTH AND NUTRITION

**EXAM VENUE:** **STREAM: (DIP. community Health and nutrition)**

**DATE:** **EXAM SESSION:**

**TIME:** 1.30 HOURS

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**Instructions:**

- 1. Answer all the questions in Section A and ANY other 2 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 questions in this Section, each (3marks)**

1. Explain the following terms as applied in Community Health and Nutrition:
  - a. Health
  - b. Nutrition
  - c. Community
2. Explain the difference between **functional foods** and **essential nutrients**
3. Explain **three** reasons why nutrition is important to Africa
4. Explain any **three** consequences of obesity
5. Briefly explain any **three** importance of good Nutrition
6. Outline **six** groups of nutrients found in foods
7. Giving examples, outline the **three** major categories/ groups of foods
8. Briefly explain **three** reasons why it is important to carry out nutritional assessment
9. Briefly explain the **three** categories of malnutrition
10. Explain any three factors influencing the availability and absorption of nutrients in the body

## **SECTION B: Answer any two Questions in this Section, each (20marks)**

1. You are assigned to work in a community where there are a lot of cases of malnutrition. Using a well labeled diagram of food pyramid, explain healthy eating guidelines you would recommend to support the community.
2. As a nutrition officer, explain
  - a. the food preservation methods you would encourage people in your community to use
  - b. Types of food contaminants
3. Explain the effects of Malnutrition on health and economic status of a community.
4. Nutrition is linked to most if not all of millennium development goals (MDGs), which are themselves closely interlinked and the right to food and good nutrition for all is fundamental to achieving the MDGs. Explain the 8 MDGs .