



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 2016 ACADEMIC YEAR
KISUMU LEARNING CENTRE

COURSE CODE: HCD 2217

COURSE TITLE: COMMUNITY HEALTH NUTRITION

EXAM VENUE: KISUMU LEARNING CENTRE

STREAM:

DATE:

EXAM SESSION:

TIME:

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 (30 marks)

1. When are the body needs for nutrients greatest? (3 marks).
2. The reasons behind a person's food choices vary across the life span. Give four reasons and examples? (3 marks)
3. If a child has trouble digesting milk, what are some alternatives to include in their diet? (3 marks)
4. The following is a sample list of units of weight in kilograms and height in meters of individuals 15kg/2m, 67kg/4m, 55kg/5m, Calculate the BMI of each individual (3marks)
5. What are the micronutrients needs for toddlers (3marks)
6. Among women in the third trimester of pregnancy, highlight some four nutritional concerns of women of this stage of pregnancy?(3marks)
7. Highlight the two hormones involved in breastfeeding and how they work (3marks)
8. Differentiate between nutrition and nutrients (3marks)
9. Why does a pregnant woman need omega 3 (3marks)
10. Describe three (3) some nutrition related concerns among adolescents (3marks)

SECTION B Answer any two Questions (40 MARKS)

1. Low birth weight babies are more likely to have medical complications , describe these complications (20 marks)
2. Discuss the effects of Alcohol abuse to the unborn child and infant or child (20 marks)
3. Discuss the factors that affect the nutritional requirements of an individual (20 marks)
4. Answer the following questions
 - a. Discuss the functions of proteins in the body (10 marks)
 - b. Mention at least five roles and the different types of monosaccharides, disaccharides and polysaccharides. (10 marks)