



# TECHNICAL UNIVERSITY OF MOMBASA

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FACULTY OF HUMANITY AND SOCIAL SCIENCES

DEPARTMENT OF SOCIAL SCIENCES

## UNIVERSITY EXAMINATION FOR:

DIPLOMA IN COMMUNITY DEVELOPMENT AND

COUNCELING Y2S2

ANH 2330: APPLIED COMMUNITY NUTRITION

END OF SEMESTER EXAMINATION

**SERIES:** APRIL 2016

**TIME:** 2 HOURS

**DATE:**

### Instructions to Candidates

You should have the following for this examination

-Answer Booklet, examination pass and student ID

This paper consists of five questions.

Attempt question ONE and any other TWO questions.

**Do not write on the question paper.**

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### Question ONE

1. a) Explain what is meant by deficiency diseases **(5mks)**
- b) State the requirements of a sustainable nutrition programme of a community. **(5mks)**
- c) Outline the assistance you would give to people with diabetes as a nutrition health worker. **(5mks)**
- d) Explain how mid upper arm circumference measurement detects growth failure. **(6mks)**
- e) Explain how healthy social and family life is a contributing factor to good nutrition. **(5mks)**

f) Explain why traditional food habits should be encouraged in our community. **(4mks)**

**Question TWO**

Discuss iodine deficiency disorders (IDDs) **(20mks)**

**Question THREE**

Discuss practical solutions to nutritional problems in our society **(20mks)**

**Question FOUR**

Write short notes on protein as a major macronutrient **(20mks)**

**Question FIVE**

Outline the major underlying causes malnutrition in our society **(20mks)**