



# THE MOMBASA POLYTECHNIC UNIVERSITY COLLEGE

## *Faculty of Business & Social Studies*

DEPARTMENT OF LIBERAL STUDIES, COMMUNITY DEVELOPMENT &  
COUNSELING

DIPLOMA IN COMMUNITY DEVELOPMENT & COUNSELLING

(DCDC J08)

## **APPLIED COMMUNITY NUTRITION EDUCATION**

END OF SEMESTER EXAMS

**SERIES:** APRIL/MAY 2010.

**TIME:** 2 HOURS

### **INSTRUCTIONS TO CANDIDATES**

1. The paper consists of **TWO** Sections **A** and **B**.
  - Answer **ALL** questions in Section **A**
  - Answer **TWO** questions in Section **B**
2. All your answers must be written on the answer sheets provided.
3. Follow the examination rules.

## SECTION A

Answer **ALL** questions – 30 marks (Compulsory).

- Q.1 (a) What is the role of good nutrition in human growth and development? (5 marks)
- (b) Describe the various factors that influence the nutritional status of individuals. (10 marks)
- (c) Variety, balance and moderation are the three watchwords of diet planning. Explain. (6 marks)
- (d) Outline the various signs of malnutrition. (9 marks)

## SECTION B

Answer any **TWO** questions from this Section.

- Q.2 (a) State any **THREE** functions of each of the following nutrients in the diet.
- (i) Calcium
  - (ii) Proteins
  - (iii) Water. (9 marks)
- (b) What are the digestive processes that take place in the small intestines? (8 marks)
- (c) List any **THREE** vitamins synthesized by bacteria found in the large intestines. (3 marks)
- Q.3 (a) Differentiate between the following:
- (i) Carotene & rational
  - (ii) Enzymes & Coenzymes
  - (iii) Positive & Negative energy balance
  - (iv) Saturated & Unsaturated fatty acids. (8 marks)

- (b) Explain the protein sparing action of carbohydrates. (4 marks)
- (c) Describe the nutrition-related concerns among adolescents. (8 marks)
- Q.4 (a) Describe the various factors that affect our daily food choices. (14 marks)
- (b) Outline the various nutrition-related healthy habits for the promotion of health and prevention of disease. (6 marks)