



TECHNICAL UNIVERSITY OF MOMBASA

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

SOCIAL SCIENCES

UNIVERSITY EXAMINATION FOR:

DIPLOMA IN COMMUNITY DEVELOPMENT AND COUNSELING

ANH 2230: APPLIED COMMUNITY NUTRITION AND EDUCATION

SERIES: DECEMBER 2016

TIME: 2 HOURS

DATE: 13 Dec 2016

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 (Compulsory) and any other TWO questions.

Do not write on the question paper.

Question one – COMPULSARY (30 MARKS)

- a) Explain what a health worker in a community can do to bring about change on food habits. (6mks)
- b) Outline the weaning process stages as used in nutrition (6mks)
- c) Explain how mid-upper arm circumference measurement is used to detect growth failure
- d) List the symptoms and signs of the disease scurvy (6mks)
- e) Identify the factors influencing absorption and conversion of vitamin A and carotene. (6mks)

Question Two

Describe the disease osteomalacia and how to prevent it (20mks)

Question three

Discuss child feeding and nutrition under the following

- a) Breast feeding and HIV (8mks)
- b) Expressed breast milk (6mks)
- c) Weaning food (6mks)

Question Four

Discuss the following practical solutions to nutrition problems

- a) Improved nutritional knowledge (12mks)
- b) Improved food processing (8mks)

Question Five

Briefly outline major risk factors to under nutrition in a community
(20mks)