



# **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) Explain the importance of good nutrition in relation to the following:
- (i) Life
  - (ii) Health
  - (iii) Growth and development. (6 marks)
- (b) You have been hired and assigned to come up with strategies on how to improve the health and nutrition of a rural community. Describe the strategies that you would use to achieve this goal. (10 marks)
- (c) Attaining national food security is still a major challenge to our country. Why is it so? (14 marks)

## SECTION B

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

- Q.2 (a) Differentiate between diseases and nutritional disorders. (2 marks)
- (b) List down any **FIVE** trace elements. State the major function of each of the listed trace elements. (5 marks)
- (c) (i) What is digestion? (2 marks)
- (ii) Describe the digestive processes that take place in the following parts of the digestive system.
- (I) Mouth (3 marks)
  - (II) Stomach (4 marks)
  - (III) Small intestines (4 marks)
- Q.3 (a) Discuss the various factors that may influence the nutritional status of an individual. (15 marks)

- (b) “Water is a necessity for life”. Discuss. (5 marks)
- Q.4 (a) Give any **FOUR** community groups most vulnerable to food and nutrition problems. Give a reasons for each. (4 marks)
- (b) Describe the phases of community nutritional care process. (8 marks)
- (c) Describe the social, physical, physiological and economic changes that influence nutrition in old age. (8 marks)
- Q.5 (a) What is a dietary survey? (2 marks)
- (b) List down any **SIX** signs of poor nutrition. (6 marks)
- (c) Outline any **SIX** characteristics of children who are most vulnerable to malnutrition. (6 marks)
- (d) What kind of special help can a community worker provide to families of malnourished/vulnerable children. (6 marks)