

**102104T4COH**

**COMMUNITY HEALTH LEVEL 4**

**HE/OS/CH/CC/01/4/A**

**Apply Nutrition in Community Health**

**Nov/Dec 2023**



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION  
COUNCIL (TVET CDACC)**

**WRITTEN ASSESSMENT**

**Time: 2 Hours**

**INSTRUCTION TO CANDIDATE**

1. This paper has two sections **A** and **B**
2. You are provided with a separate answer booklet
3. Marks for each question are as indicated
4. Do not write on the question paper

**This paper consists of 4 printed pages**

**Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing.**

**SECTION A: (10 MARKS)**

***Answer ALL questions in this section.***

***Each question carries one mark.***

1. Which of the following is a macronutrient?
  - A. Antioxidant
  - B. Vitamin A
  - C. Iron
  - D. Protein
2. The recommended normal blood pressure in adults is \_\_\_\_\_
  - A. BP < 130/85 mmHg
  - B. BP < 135/80 mmHg
  - C. BP < 120/80mmHg
  - D. BP < 130/80 mmHg
3. \_\_\_\_\_ is a nutrient deficiency that leads to anaemia.
  - A. Iodine
  - B. Iron
  - C. Zinc
  - D. Vitamin D
4. From the list provided below, choose a food group that acts as a source of energy for the body.
  - A. Bread and cereal
  - B. Milk and cheese
  - C. Fats, oils and sweets
  - D. Meat Group
5. Food security refers to \_\_\_\_\_
  - A. Availability, utilization, stability and access to food.
  - B. Food security focuses primarily on ending micronutrient malnutrition.
  - C. Efforts to prevent terrorists from poisoning food supplies.
  - D. Ensuring everyone's access to food.

6. \_\_\_\_\_ deficiency causes Kwashiorkor.
- A. Vitamin C
  - B. Fats
  - C. Protein
  - D. Calcium
7. Which of the following refers to a condition that is characterized by an extra amount of fluid in feet, ankles and leg tissues?
- A. Plaque
  - B. Inflamed
  - C. Swelling
  - D. Oedema
8. Identify from the following, a disease caused by Vitamin C deficiency.
- A. Mental disorder
  - B. Kwashiorkor
  - C. Scurvy
  - D. Beriberi
9. At what period in life is a person physically capable of reproduction?
- A. Adulthood
  - B. Puberty
  - C. Fertility
  - D. Adolescence
10. Select from the following, a description of an infant.
- A. Between 0-1 years of age
  - B. Between 3-5 years of age
  - C. Between 5-10 years of age
  - D. Between 1-3 years of age

**SECTION B: (40 MARKS)**

***Answer ALL questions in this section***

11. Food is classified into various groups. List FOUR basic food groups. **(4 Marks)**
12. Undernutrition refers to insufficient intake of energy and nutrients to meet an individual's needs to maintain good health. State THREE forms of undernutrition. **(3 Marks)**
13. Food security reduces the risk of nutritional conditions in the community. Highlight THREE pillars of food security. **(3 Marks)**
14. List FOUR vulnerable groups in nutrition. **(4 Marks)**
15. Marasmus is a manifestation of severe dietary malnutrition associated with relatively high mortality. Highlight THREE clinical features of marasmus. **(3 Marks)**
16. Differentiate between macronutrients and micronutrients. **(2 Marks)**
17. The nutrition care process is a standardized model to guide dietitians in providing high-quality nutrition care. State FOUR steps of the nutrition care process. **(4 Marks)**
18. Unwanted weight gain leading to obesity has become a significant driver of the global rise in non-communicable diseases. Mention THREE types of obesity. **(3 Marks)**
19. Nutritional needs in human development are influenced by various factors. Identify THREE factors affecting human nutritional needs. **(3 Marks)**
20. Food insecurity exists at different levels. List THREE levels of food security. **(3 Marks)**
21. Anthropometric data for children reflects their general health and nutritional status. State FOUR examples of anthropometric measurements. **(4 Marks)**
22. Over 4 million people in Kenya are suffering from acute food insecurity List FOUR causes of food insecurity. **(4 Marks)**

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