

102105T4COH

COMMUNITY HEALTH LEVEL 5

HE/OS/CH/CC/01/5/A

APPLY NUTRITION IN COMMUNITY HEALTH

NOV/DEC 2023



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

WRITTEN ASSESSMENT

Time: 3 Hours

INSTRUCTIONS TO CANDIDATE

1. The paper consists of three sections: **A, B** and **C**.
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 six (6) printed pages.

**Candidate should check the question paper to ascertain that all pages
are printed as indicated.**

SECTION A: (20 MARKS)

Answer ALL the questions in this section.

1. Which of the following disease is caused by deficiency of thiamine?
 - A. Rickets
 - B. Jaundice
 - C. Beriberi
 - D. Scurvy
2. The acronym PUFA stands for _____
 - A. Poly unsaturated fatty acids
 - B. Poly unhealthy fatty acids
 - C. Poly unused fats and acids
 - D. Poly unsolved fats and acids
3. Choose from the following, the leading cause of type II diabetes in the community.
 - A. Iron deficiency
 - B. Vitamin A deficiency
 - C. Over nutrition
 - D. Mineral deficiency
4. _____ is the chemical name of vitamin B3?
 - A. Carotene
 - B. Scurvy
 - C. Methionine
 - D. Niacin
5. Identify from the following, an activity of food distribution.
 - A. Cooking
 - B. Harvesting
 - C. Packaging
 - D. Utilization
6. Choose from the following, a fat-soluble vitamin.
 - A. Vitamin B12
 - B. Vitamin K
 - C. Vitamin C
 - D. Vitamin B9

7. Identify from the following, an adequate substitute for breast milk during the first year.
- A. Low fat cow's milk
 - B. Apple juice
 - C. A packet of milk from the shop
 - D. Fortified infant formula
8. Foods to which extra nutrients have been added are known as _____
- A. Supplemented foods
 - B. Fortified foods
 - C. Value added foods
 - D. Nutrients added food
9. Identify from the following, a condition associated with hypoglycaemia.
- A. Obesity.
 - B. Food Allergies.
 - C. Cardiovascular Disease.
 - D. Diabetes.
10. Which of the following is a functional food?
- A. Biscuits.
 - B. Seedless watermelon.
 - C. Air popped popcorn.
 - D. Low fat milk.
11. Choose from the following, a group that is vulnerable to anaemia in the community.
- A. Preschool children.
 - B. Married men and women
 - C. HIV patients with low viral load
 - D. People mild malaria.
12. Identify from the following, a condition that refers to high blood glucose levels during pregnancy.
- A. Hyperemesis gravidarum
 - B. Placenta Previa
 - C. Gestational hyperglycaemia
 - D. Gestational Hypoglycaemia

13. Which one of the following is the correct sequence for the three distinctive stages of foetal development?
- A. Implantation, differentiation, growth
 - B. Differentiation, translocation, deposition
 - C. Differentiation, implantation, growth
 - D. Implantation, mitosis, growth
14. Which of the following indices is used to assess the weight for children in nutrition?
- A. Age for age
 - B. Age for weight
 - C. Weight for age
 - D. Age for height
15. Which of the following, is essential to the growth and repair of muscles and other body tissues?
- A. Fats
 - B. Carbohydrates.
 - C. Vitamins
 - D. Proteins
16. _____ is a pillar of food security.
- A. Food utilization
 - B. Food metabolism
 - C. Food supply
 - D. Food packaging
17. _____ is a tertiary level of disease prevention?
- A. Cleaning environment and providing proper waste disposal sites
 - B. Treating and boiling water for domestic use
 - C. Early diagnosis and treatment of diseases.
 - D. Taking drugs addicts
18. Identify from the following, a component of nutrition diagnosis.
- A. Nutritional problem
 - B. Nutrition evaluation
 - C. Nutrition pathogenology
 - D. Nutrition conditioning

19. _____ is a factor that can contribute to food insecurity in a community.
- A. Employment
 - B. Availability of water
 - C. Political stability
 - D. Droughts
20. Which of the following anthropometric indicators can a nutritionist use for assessing wasting?
- A. Weight for height
 - B. BMI
 - C. Height for Age
 - D. MUAC

SECTION B: (40 MARKS)

Answer ALL the questions in this section

21. Differentiate between micronutrients and macronutrients giving example in each case. **(4 Marks)**
22. Outline FOUR steps a community health assistant can use to deliver nutritional services in the community. **(4 Marks)**
23. State THREE factors that determine individual nutritional needs. **(3 Marks)**
24. Highlight THREE types of food insecurity that can be experienced in the country. **(3 Marks)**
25. Outline FOUR measures that a community health assistant can apply to prevent malnutrition. **(4 Marks)**
26. Highlight THREE outcomes of community food assessment. **(3 Marks)**
27. State THREE factors a community nutritionist should consider when advising a client on weight management. **(3 Marks)**
28. Outline THREE interventions that a household in a community can practice to address food insecurity. **(3 Marks)**
29. Calculate Norin's weight in grams if her BMI is 27.755kgs/m^2 and height is 175cm. **(4 Marks)**
30. State THREE reasons why a community nutritionist would recommend for a therapeutic diet. **(3 Marks)**
31. Highlight THREE conditions that a community member suffering from obesity is likely to develop with. **(3 Marks)**
32. Outline THREE benefits of nutrition care process approach. **(3 Marks)**

SECTION C: (40 MARKS)

Answer any TWO questions in this section

33. Kenya has been facing food insecurity over time where many people have been affected leading to high prevalence of malnutrition cases.
- a) Illustrate the conceptual framework of maternal and child malnutrition. **(10 Marks)**
 - b) Discuss FIVE causes of malnutrition. **(10 Marks)**
34. Cardiovascular diseases (CVD) are a collection of diseases of the heart and blood vessels.
- a) Discuss FIVE risk factors of cardio-vascular diseases. **(10 Marks)**
 - b) Explain FIVE strategies for managing hypertension. **(10Marks)**
35. A vulnerable population is the one susceptible to a particular disease or health related event.
- a) Explain the AFASS criteria used when counseling an HIV positive mother after delivery when choosing feeding options. **(10 Marks)**
 - b) Describe FIVE physiological changes that occur among adolescents which may affect their nutritional status. **(10 Marks)**

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