



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
BSc IN COMMUNITY HEALTH PRACTICE
END OF JANUARY-APRIL SEMESTER 2023 EXAMINATIONS

UNIT CODE: CHP 131

UNIT NAME: PRINCIPLES OF COMMUNITY NUTRITION

Date: 4th April 2023

Time: 4 PM- 6 PM

Instructions:

1. This exam is marked out of 70 marks
2. This Examination comprises TWO Sections
Section A: Compulsory Question (30 Marks)
Section B: Long Answer Questions (40 Marks)
3. All questions in Section A are compulsory and Answer any TWO questions in Section B

SECTION A: ANSWER ALL QUESTIONS (30 MARKS)

- a) Define the following terms
- i. Under nutrition (1 mark)
 - ii. Required daily allowance (RDA) (1 mark)
 - iii. Food security (1 mark)
- b) Peter is 30 years old, weighs 60 kilograms and is 1.5 meters tall. Calculate his RDA for proteins . . . (2 marks)
- c) Giving examples of good food sources, state one major functions of the following nutrients (4 marks)
- i. Selenium
 - ii. Vitamin K
 - iii. Calcium
 - iv. Iron
- d) Highlight the health benefits of fibers in the diet (3 marks)
- e) State four (4) disorders and health risks associated with carbohydrate metabolism (2 marks)
- f) State four (4) roles of fat in human nutrition (2 marks)
- g) Explain two types of nutrition anemia caused by a primary or secondary deficiency of nutrients (4 marks)
- h) List three (3) characteristics of foods suited for mandatory mass fortification (3 marks)
- i) State four (4) 'coping' strategies of food insecurity in your community (2 marks)
- j) Highlight three advantages of exclusive breastfeeding (3 marks)
- k) Achieving a healthy diet is a matter of balancing the quality and quantity of food that is eaten. Identify 4 four key factors that make up a healthful diet (2 marks)

SECTION B: ANSWER ANY TWO QUESTIONS. 40 MARKS

QUESTION TWO (20 MARKS)

- a) Using the UNICEFs conceptual framework of malnutrition as a reference, discuss the three (3) underlying causes of malnutrition in any community (10 marks)
- b) Describe:
- i. The link between immunization and Nutrition (5 marks)
 - ii. Five (5) strategies to improve Maternal, Infant and Young Child feeding Nutrition (MIYCN) in Kenya (5 marks)

QUESTION THREE (20 MARKS)

- a) Definition of food security entails three key dimensions that must be achieved for attainment of food sufficiency. Discuss the variables (10 marks)
- b) Describe five (5) functions of each of the following macronutrients
- i. Protein (5 marks)
 - ii. Water (5 marks)

QUESTION FOUR (20 MARKS)

- a) Nutrition together with HIV infection creates a vicious cycle that may weaken or strengthen the immune system. Discuss this fact by using an appropriate illustration (10 marks)
- b) Define food fortification and discuss the different types of food fortification (10 marks)