

**102105T4COH**

**COMMUNITY HEALTH LEVEL 5**

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

**Apply nutrition in community health**

**July/august 2023**



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

**WRITTEN ASSESSEMENT**

**3 HOURS**

**INSTRUCTIONS TO CANDIDATE**

1. This paper consists of **three** sections: **A**, **B** and **C**.
2. Answer **ALL** questions in sections A, B and C in the answer booklet provided.
3. Marks for each question are indicated in brackets.
4. Do not write on this question paper.

**This paper consists of 8 printed pages**  
**Candidates should check the question paper to ascertain that all pages**  
**are printed as indicated and that no questions are missing**

**SECTION A: (20 MARKS)**

**Answer all questions in this section. Each question carries one mark.**

1. The Kenyan government promotes nutrition through various interventions to ensure that deficiency diseases are eradicated or minimized in populations. Which of the following is such an intervention?
  - A. Fortification of salt with iodine
  - B. Fortification of wheat flour with omega-3
  - C. Subsidizing food products
  - D. Provision of Pregna-care supplements to breastfeeding mothers
2. Body Mass Index is a measure of body fat based on height and weight that applies to adult men and women. Identify among the following, a BMI for healthy weight?
  - A.  $BMI \geq 17.5 \text{ kg/m}^2$
  - B.  $BMI = 23.5 \text{ kg/m}^2$
  - C.  $BMI = 27.0 \text{ kg/m}^2$
  - D.  $BMI \geq 30.0 \text{ kg/m}^2$
3. Mid Upper Arm Circumference (MUAC) tape is numbered and coded to help assess the nutritional status of children, pregnant and lactating mothers. Which of the following is a correct interpretation of MUAC indicator in children under 5-years-old?
  - A. MUAC less than 11.0cm (RED COLOUR), indicates Severe Acute Malnutrition
  - B. MUAC less than 10.0cm (RED COLOUR), indicates Severe Acute Malnutrition
  - C. MUAC of between 10.0cm and 14.5cm (ORANGE COLOUR), indicates Moderate Acute Malnutrition.
  - D. MUAC over 15.5cm (GREEN COLOUR), indicates that the child is well nourished.
4. Technology has contributed to global food security. Which of the following emerging trends is an effect of technology?
  - A. Increased obesity rates due to fast foods and soft drinks.
  - B. Reduced income to buy food because more money is being spent of media and video games.
  - C. Increased drought due to more water being used on irrigation schemes.
  - D. Increased food prices due to mushrooming of supermarkets and malls that sell foods.

5. As a community health worker, you have been tasked to determine the level of food security in your village. Select from the following an indicator to consider.
  - A. Effectivity
  - B. Stability
  - C. Validity
  - D. Reliability
6. Julia, a student in your class suspects that she is suffering from diabetes, after telling you of her symptoms, you also suspected that she might be right and advised her to visit a doctor urgently. Which of the following symptoms she has manifested.
  - A. Sudden increase in weight
  - B. Jaundice and nausea.
  - C. Wounds that do not heal
  - D. Anxiety
7. Sustainable Development Goal 2 targets eradication of malnutrition among the vulnerable groups, internationally. Select from the following, a group that is NOT nutritionally vulnerable.
  - A. Women in reproductive age
  - B. Cancer patients
  - C. Adolescents
  - D. Men above 60 years
8. Breast milk is a source of vitamin A for infants. Which one of the following practices is a breastfeeding mother encouraged to do.
  - A. Breastfeed exclusively for one and half years
  - B. Breastfeed exclusively for six months
  - C. Use Vitamin A supplements alongside breastmilk to boost the immunity of an infant
  - D. Consider boiling milk from cows before feeding the baby
9. Physical exercise is encouraged at least 4 times a week for about 40 minutes to reduce the prevalence of chronic diseases. Select from the following a chronic disease that can be prevented through this practice.
  - A. Asthma
  - B. Type 2 diabetes

- C. Type 1 diabetes
  - D. HIV/AIDS
10. Naliaka visited a Doctor and found that she had severe deficiency of Vitamin B1. Identify from the following a disease Naliaka is suffering from?
- A. Scurvy
  - B. Kwashiorkor
  - C. Jaundice
  - D. Beriberi
11. You have been tasked to conduct an outreach to address nutritional issues in your community. As a community health volunteer, select from the following a task you can undertake during this outreach?
- A. Chemotherapy
  - B. Blood pressure screening
  - C. Diagnosis of cancers causes by nutritional issues
  - D. Vaccinating children
12. Muthoni has been diagnosed with hypertension. Which of the following measures would you advise her to take in manage of this disease.
- A. Eat a lot of legumes
  - B. Avoid walking long distances
  - C. Reduce intake of alcohol
  - D. Boil or treat water before drinking
13. Indirect and direct nutrition sensitive interventions improve food security in a country. Which of the following is an indirect nutritional intervention in Kenya?
- A. Supplying Vitamin D supplements to children
  - B. Decreasing fertilizer prices to increase crop yields
  - C. Giving malnourished children plummy nuts and fortified flour
  - D. Increasing school feeding programmes
14. Whole grains, fruits and vegetables should be highly taken to increase source of roughage in diet. Identify from the following a benefit of roughage in the human body.
- A. Source of vitamin A

- B. Boosts immunity
  - C. Helps to smoothen the skin
  - D. Help in bowel movements
15. \_\_\_\_\_ is an indicator of stunting?
- A. Height for weight
  - B. Height for age
  - C. Weight for age
  - D. Weight for length
16. Nutritional needs vary from individual to individual. Identify from the following a factor that does NOT affect human nutritional needs.
- A. Gender
  - B. Age
  - C. Genetics
  - D. Education
17. The following are causes of food insecurity in Kenya, EXCEPT?
- A. Ignorance
  - B. Limited land in rural areas for farming
  - C. Unreliable rainfall that makes farming difficult
  - D. Employment in government offices, which makes people not farm
18. As a community health assistant, you have been invited to a Baraza to discuss solutions for increasing hunger affecting your community. Identify from the following a solution that you can recommend.
- A. Dig up boreholes to increase farming water supply in the community
  - B. Migrate to urban centers in search of greener pastures
  - C. Embrace family planning to avoid giving birth
  - D. Go to the streets and riot against increased cost of living
19. Identify from the following a role of women in promoting food security in Kenya.
- A. Their main role is preparing meals for the family.
  - B. They weed the fields, but never plough them or plant them, as only men are strong for those activities.

- C. Their efforts focus mainly on vegetables gardens and chickens; men are involved with cereal crops and larger livestock.
  - D. They play a role as producers of food, managers of natural resources, income earners and caretakers of household nutrition.
20. \_\_\_\_\_ is responsible for providing the body with backup energy.
- A. Fats
  - B. Proteins
  - C. Carbohydrates
  - D. Water

**SECTION B: (40 MARKS)**

**Answer all questions in this section**

21. As a community health assistant, state FOUR reasons for encouraging community to adopt a kitchen garden. (4 Marks)
22. You are visiting community J to assess nutritional status of the children under the age of 5 years. Apart from Mid-Upper Arm Circumference (MUAC) tape, identify other FOUR tools you can use to collect their anthropometric data. (4 Marks)
23. Malnutrition can cause mental and physical retardation in children, leading to poor health which persists in adulthood. Enumerate THREE determinants of nutrition in human development. (3 Marks)
24. Scurvy is a disease caused by lack of Vitamin C in the diet. Identify FOUR symptoms of scurvy? (4 Marks)
25. You have been tasked to provide a therapeutic diet to Mr. Otieno who is suffering from coeliac disease. Mention THREE requirements you can consider in recommending this diet. (3 Marks)
26. “You are what you eat.” Identify FOUR conditions that you can develop from too much salt intake. (4 Marks)
27. Mention FIVE methods a health care worker can use to conduct nutritional assessments. (5 Marks)
28. Pregnant women and lactating mothers are classified under vulnerable groups. State FIVE reasons for classifying them as nutritionally vulnerable. (5 Marks)
29. Food security interventions by stakeholders aim to improve aspects of food supply to support food security. Name THREE stakeholders in Kenya that actively engage in such interventions. (3 Marks)
30. Chronic malnutrition is a serious problem in Kenya. Outline FIVE causes of malnutrition. (5 Marks)

**SECTION C: (40 MARKS)**

**Answer any two questions in this section**

31. Food insecurity is a global concern especially in the developing countries. Moreover, strategies to alleviate food insecurity issues at various levels, have failed to achieve the desired results. This is a challenge towards attaining the sustainable development goal 2 of zero hunger. In regard to this;

- a) Differentiate between food insecurity and nutrition insecurity. (4 Marks)
- b) Describe THREE types of food insecurity. (6 Marks)
- c) Discuss FIVE factors the government of Kenya through the Ministry of Agriculture and Ministry of trade and Industry is putting in place to improve food security situation in the country. (10 Marks)

32. The reports by World Health Organization reveals that communities in Kenya have high cases of malnutrition. A response programme on nutrition care process was initiated to contain the situation.

- a) Define nutrition care process. (2 Marks)
- b) Discuss the FOUR stages of nutritional care process. (8 Marks)
- c) Explain FIVE nutrients essential for a pregnant woman. (10 Marks)

33. Kenya is facing emerging issues that affects food and nutrition. This has greatly affected the availability and accessibility of food in households both positively and negatively.

- a) Discuss FIVE emerging issues currently affecting food security in Kenya. (10 Marks)
- b) Explain FIVE challenges the county governments are facing in eradicating food insecurity. (10 Marks)

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