



**AMREF INTERNATIONAL UNIVERSITY**  
**SCHOOL OF PUBLIC HEALTH**  
**DEPARTMENT OF COMMUNITY HEALTH**  
**BACHELOR OF SCIENCE IN COMMUNITY HEALTH PRACTICE**  
**END OF SEMESTER EXAMINATION APRIL 2024**

**UNIT CODE:** CHP 131  
**UNIT NAME:** PRINCIPLES OF COMMUNITY NUTRITION  
**Date:** 9<sup>th</sup> APRIL 2024  
**Time:** 2 Hours      **Start:** 4.30 PM      **Stop:** 6.30 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

1. Define the following terms
  - a) Nutrition (1 mark)
  - b) Food security (1 mark)
  - c) Emulsification (1 mark)
2. Identify TWO factors that affect Iron bio-availability in the body (2 marks)
3. Mary's baby presents with bilateral edema, a swollen abdomen and moon face. Identify the deficiency disorder in the baby (1 mark)
4. Using relevant examples distinguish the following
  - a) Chronic and Transitory food insecurity (2 marks)
  - b) Mass and targeted fortification (2 marks)
5. Highlight four (4) functions of water in the body (4 marks)
6. Outline two (2) roles of lipids in body (2 marks)
7. Identify the two (2) immediate causes of malnutrition as per the UNICEFs conceptual framework (2 marks)
8. Outline three (3) impacts of malnutrition (3 marks)
9. State two (2) advantages of fiber in the diet (2 marks)
10. List Four (4) coping mechanisms used in your community during periods of food insecurity (4 marks)
11. Identify one major role of the following micro-nutrients
  - i. Sodium (1 mark)
  - ii. Thiamine (1 mark)
  - iii. Folate (1 mark)

**SECTION B: ANSWER ANY TWO QUESTIONS. EACH QUESTION IS 20 MARKS**

12. The Baby-friendly Hospital Initiative (BFHI) is a global effort launched by WHO and UNICEF to implement practices that protect, promote and support breastfeeding. Describe the ten (10) steps to successful breastfeeding. (20 marks)
  
13. Kenya has grappled with the aspect of food insecurity for decades. Discuss the components food security and highlight some of the causes of food insecurity in Kenya (20 marks)
  
14. The purpose of Nutrition Intervention is to plan and implement purposeful actions intended to positively change or improve a nutrition related problem. Discuss any four-nutrition intervention programmes that have been put in place by the Government of Kenya to address malnutrition (20 marks)

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