



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 102106T4COH
Qualification : Assistant Community Health Officer Level 6
Unit Code : HE/OS/CH/CC/02/6/A
Unit of Competency : Apply Nutrition in Community Health

WRITTEN ASSESSMENT

Time: 3 hours

INSTRUCTIONS TO CANDIDATES

1. This paper consists of 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 3 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: (40 MARKS)

Answer all questions in this section.

1. Vulnerability to food and nutrition security is aggravated in an emergency situation where there is disruption of normal life. Outline FOUR factors that predisposes people to vulnerability. (4 marks)
2. As a community health worker, you have been assigned to trace cases of malnutrition in your locality and refer them to the nearest health facility. You have identified a sick looking child and through your assessment the child is suffering from marasmus. Describe FOUR characteristics that the child presented with. (4 marks)
3. Stakeholders are important in strategic implementation of food and nutrition security. Identify FOUR roles of stakeholders in food and nutrition security. (4 marks)
4. Differentiate between macronutrients and micronutrients. (2 marks)
5. Define the following terms:
 - i. Community nutrition (2 marks)
 - ii. Food security (2 marks)
6. Outline FOUR nutrition related activities that takes place in the community. (4 marks)
7. Identify the indicators used to measure the following levels of food security. (4 marks)
 - i. Individual level –
 - ii. Household level -
 - iii. Community level-
 - iv. National level -
8. Record FOUR nutrition related diseases that affects the human population today. (4 marks)
9. The government of Kenya, through the Ministry of Agriculture has encouraged Kenyans to practice food security interventions put in place to help curb food and nutrition insecurity in the country. Determine FOUR food security interventions that the government is putting emphasizing on. (4 marks)
10. Moderately acute malnourished patients are managed at home through nutrition support of supplemental feeds. Indicate TWO supplemental feeds given by nutritionist these patients. (2 marks)

11. World Health Organization recommends that Children should be breastfed exclusively for six months. Explain FOUR importance of breastmilk to the infant. (4 marks)

SECTION B:(60 MARKS)

Answer any **THREE** questions in this section.

12. The rising cases of chronic diseases, particularly in young people is estimated to decrease household income by 28.9 per cent in Kenya.
- Define Chronic diseases. (2 marks)
 - Explain FOUR ways in which chronic diseases affects food security. (8 marks)
 - Explain FIVE factors that predisposes one to chronic diseases. (5 marks)
 - Outline FIVE dietary recommendation that helps to reduce the risk of chronic diseases. (5 marks)
13. Nutrition care process is very important in determining and solving nutrition problems of a patient.
- Illustrate the FOUR stages in Nutrition care process. (10 marks)
 - There is a medical outreach at Kwela center, you are task with the responsibility of assessing patient's weight at the triage. Outline FIVE factors to take into consideration when taking weight measurements of a client (5 marks)
 - Explain FIVE skills that a competent community health worker needs to demonstrate. (5 marks)
14. Nutrition plays a major role in human health, growth and development.
- Describe FIVE nutritional requirements in adolescent, giving examples of foods in each category. (15 marks)
 - Identify five factors that determine individual nutrient needs. (5 marks)
15. a. Explain TWO factors that affects each of the following dimensions of food security. (10 marks)
- b. Explore FIVE reasons why there is increase in food insecurity in the world, support your reasons. (10 marks)

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