

102105T4COH

COMMUNITY HEALTH LEVEL 5

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

APPLY NUTRITION IN COMMUNITY HEALTH

July/August 2024



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

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATE

1. This paper consists of two sections; **A and B**
2. Answer **ALL** the questions as guided in each section
3. Marks for each question are as indicated in the brackets
4. You are provided with a separate answer booklet to answer the questions
5. Do not write in this question paper

This paper consists of THREE (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. Food security indicators are used to assess the status and dynamics of food security at different levels. Outline FOUR indicators of food security. [4 Marks]
2. The community has different vulnerable groups. Highlight FOUR vulnerable groups to food and nutrition security. [4 Marks]
3. Anthropometric measurements help in nutritional assessment. State FOUR anthropometric measurements used in nutrition assessment. [4 Marks]
4. Nutrition assessment is the interpretation of information obtained from dietary, biochemical, clinical and anthropometric studies. State THREE benefits of nutritional assessment. [3 Marks]
5. Dehydration leads to an imbalance in electrolytes and disruption of normal body functions. Outline THREE signs and symptoms of dehydration. [3 Marks]
6. Nutrition education to lactating mothers helps improve the health of the mother and the baby. Identify FOUR nutritional messages you will educate lactating mothers as a community health assistant. [4 Marks]
7. Human nutritional needs are affected by various factors. Identify FOUR factors affecting human nutritional needs. [4 Marks]
8. The Nutrition Care Process (NCP) is a systematic approach used by nutrition professionals to provide comprehensive and evidence-based nutrition care to individuals and groups. Outline the FOUR stages of nutrition care process. [4 Marks]
9. Hypertension is a silent killer disease. Identify FOUR nutritional management of hypertension. [4 Marks]
10. A therapeutic diet is a specially prescribed eating plan designed to support the treatment and management of a specific medical condition or health issue. State TWO requirements of a therapeutic diet. [2 Marks]
11. Health workers are at the forefront in preventing malnutrition in their region. Mention FOUR ways in which you as a community health assistant can prevent immediate causes of malnutrition in your community health unit. [4 Marks]

SECTION B: [60 MARKS]

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

12. Food security is one of the Sustainable Development Goals that Kenya aims to achieve by 2030.
- a) Identify FOUR benefits of food security to the country. [4 Marks]
 - b) Discuss FOUR determinants of food security in Kenya. [16 Marks]
13. Carbohydrates are among the major nutrients that play an important role in the human body.
- a) Identify FOUR sources of carbohydrates. [4 Marks]
 - b) Describe THREE classifications of carbohydrates giving examples in each. [6 Marks]
 - c) Discuss FIVE functions of carbohydrates in the body. [10 Marks]
14. Nutrition plays a crucial role in the management of diabetes.
- a) Define diabetes. [2 Marks]
 - b) Describe FOUR signs and symptoms of diabetes. [8 Marks]
 - c) Explain FIVE nutritional interventions in diabetes management. [10 Marks]
15. Targeted interventions are needed to improve the lives of the poorest people for active and healthy lives.
- a) Discuss EIGHT types of nutrition intervention programs. [16 Marks]
 - b) Explain the roles of TWO stakeholders in food and nutrition policies. [4 Marks]

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