

102106T4COH

COMMUNITY HEALTH LEVEL 6

HE/OS/CH/CC/02/6/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 FOUR (4) 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. Good nutrition is important for growth and development of an individual. Outline FOUR factors that promote good nutrition. [4 Marks]
2. Malnutrition is the state of the body not having enough nutrients or having excess or imbalance of the required nutrients. Differentiate between acute and chronic malnutrition. [4 Marks]
3. Proteins play a vital role in the human body. State THREE functions of proteins in the body. [3 Marks]
4. Pregnancy is a critical period in the life cycle because of many body changes that occur in the mother and the fetus. Outline FOUR pregnancy related complications. [4 Marks]
5. Food and Agriculture Organization (FAO) 2023 report shows a likely unprecedented deterioration in Kenya's food security situation with over 5.4 million people experiencing acute food insecurity between March and June 2023. Highlight FOUR importance of food security. [4 Marks]
6. Nutrition related conditions are increasingly becoming a concern in various communities. As an Assistant Community Health worker, identify THREE nutrition related conditions that you will educate your Community Health Unit on. [3 Marks]
7. Community health promoters and all other health care providers should promote exclusive breastfeeding for infants up to 6 months as recommended by the Ministry of Health. Outline FOUR ways in which you will support and promote exclusive breastfeeding in your community. [4 Marks]
8. The national food policy in Kenya aims at reducing morbidity and mortality rates arising from food borne illnesses. Identify FOUR signs and symptoms of food poisoning. [4 Marks]
9. Lento a 33-year-old man in your community weighs 84kgs and has a height is 173cm. Calculate his BMI and indicate his nutritional status. [4 Marks]
10. Nutritionally vulnerable groups in emergencies can be categorized according to their vulnerability. Mention FOUR reasons why the population can be vulnerable. [4 Marks]

11. Moderately acute malnourished patients are managed at home through use of nutrition support supplemental feeds. Indicate TWO supplemental feeds given by nutritionists to these patients. [2 Marks]

SECTION B: [60 MARKS]

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

12. Cancer is the second most-common cause of Non-Communicable Disease deaths globally. World Health Organization estimates that some of cancers are preventable with adoption of healthy lifestyle choices.
- a) Explain FIVE factors that predispose an individual to cancer. [10 Marks]
 - b) Discuss FIVE ways of preventing and controlling cancer in the population. [10 Marks]
13. According to Food and Agriculture Organization (FAO) nearly 282 million people in Africa are undernourished, an increase of 57 million people since the COVID-19 pandemic began. More than a billion people are unable to afford a healthy diet.
- a) Describe FOUR levels of food security and their indicators. [8 Marks]
 - b) Differentiate between transitory food security and seasonal food insecurity. [4 Marks]
 - c) Discuss FIVE dimensions of food security. [8 Marks]
14. It is important to enjoy a variety of foods from each food group because different foods vary in the amount of the key nutrients that they provide.
- a) Discuss FIVE basic food groups in nutrition. [10 Marks]
 - b) Nutrition recommendations must be personalized for optimal health outcomes. Explain FIVE factors that determine individual nutrient needs. [10 Marks]
15. Nutrition knowledge is essential for Community Health Workers (CHWs) to enable them perform their roles effectively within the community.
- a) Explain FIVE reasons why it is important for a community health worker to have nutrition knowledge. [10 marks]
 - b) Explain FIVE skills that a competent community health worker needs to demonstrate. [10 Marks]

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