



**AMREF INTERNATIONAL TRAINING CENTER**

Qualification Code : 102105T4COH  
Qualification : Assistant Community Health Officer Level 5  
Unit Code : HE/OS/CH/CC/01/5/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 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. Define the following terms:
  - a. Community nutrition. (2 Marks)
  - b. Malnutrition. (2 Marks)
2. Vulnerability to food and nutrition security is increased in an emergency situation. Mention FOUR vulnerable groups to food and nutrition security. (4 Marks)
3. As a community health worker, you have been assigned to trace cases of malnutrition in your locality and have identified a sick looking child suffering from marasmus. State FOUR characteristics that the above child presented. (4 Marks)
4. Stakeholders are important in food and nutrition security. Outline TWO roles of stakeholders in food and nutrition security. (2 Marks)
5. Differentiate between macronutrients and micronutrients. (4 Marks)
6. Community Health Workers can improve nutrition and health of community members by doing various health activities. 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.
  - a. Individual level – (1 mark)
  - b. Household level - (1 mark)
  - c. Community level- (1 mark)
  - d. National level - (1 mark)
8. The human population in the world today suffers from various nutrition related conditions. State FOUR nutrition related diseases that may affect your locality. (4 Marks)
9. The government of Kenya, through the Ministry of Agriculture has encouraged Kenyans to practice food security interventions and put in place measures to curb food and nutrition insecurity in the country. Outline FOUR food security interventions that the government is encouraging Kenyans to practice. (4 Marks)
10. Moderately acute malnourished patients are managed at home through nutrition support of supplemental feeds. Identify TWO supplemental feeds given by nutritionist these patients. (2 Marks)

11. World Health Organization (WHO) recommends that infants should be breastfed exclusively for 6 months. State FOUR benefits 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.
- Explain FIVE risk factors to chronic diseases. (10 Marks)
  - Discuss FIVE ways in which chronic diseases affect food security. (10 Marks)
13. You are task with the responsibility of assessing patient's weight at the hospital triage.
- Describe the FOUR stages in Nutrition Care Process. (8 Marks)
  - Explain SIX factors to take into consideration when taking weight measurements of a client. (12 Marks)
14. Nutrition plays a crucial role in human development, influencing physical health, cognitive function and overall well-being.
- Explain FIVE nutritional requirements in adolescent, giving examples of foods in each category. (10 Marks)
  - Discuss FIVE factors that determine individual nutrient needs. (10 Marks)
15. As of 2023, food security remains a critical global issue, with millions still facing hunger and malnutrition. According to recent reports, approximately 828 million people worldwide are undernourished, and many more experience varying degrees of food insecurity.
- Explain FIVE factors that affects food availability as a dimensions of food security. (10 Marks)
  - Discuss FIVE reasons why there is increase in food insecurity in the world today. (10 Marks)