



## 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 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. Food insecurity (2 marks)
  - b. Nutrients (2 marks)
2. Pregnancy is a period of great physiological stress for woman as she is nurturing a growing fetus in her body. Name FOUR nutrient requirements that are essential during pregnancy (4 marks)
3. Mr. K, a 45-year-old man weighs 94 kg and is 170cm tall. Calculate his BMI. (4 marks)
4. Excess consumption of fat and fat products is known to increase susceptibility to health problems. Mention TWO health problems they cause. (2 marks)
5. Mr. X has consumed a meal of fish and ugali for lunch. He prefers a glass of water for his drink though he takes it much later after the meal. State FOUR functions of water in the body. (4 marks)
6. Vulnerability to food and nutrition security is aggravated in an emergency situation. Mention FOUR groups of people who are vulnerable due to dependency on others to feed. (4 marks)
7. Stakeholders are important in strategic implementation of food and nutrition security. Outline FOUR roles of stakeholders in food and nutrition security. (4 marks)
8. Vitamins play an important role in human growth and development. State FOUR fat soluble vitamins. (4 marks)
9. Breastfeeding mothers are encouraged by the Ministry of Health (MOH) and World Health Organization (WHO) to breastfeed their infants exclusively for 6 months. Highlight FOUR reasons why mixed feeding is discouraged in the first 6 months. (4 marks)
10. Hypertension is a silent killer disease that has costed many lives in the community. Mention FOUR risk factors to hypertension. (4 marks)
11. Outline TWO nutrition related activities that may be undertaken in your community. (2 marks)

**SECTION B:(60 MARKS)**

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

12. During nutrition assessment on Child X, you noticed the following characteristics:
- i. Protruding belly
  - ii. Oedema in the hands and feet
  - iii. Low appetite
  - iv. Moon face shape
  - v. Kinky hair that can easily be pulled out
- a. Identify the above method of nutrition assessment. (2 marks)
  - b. Determine the disease the child was suffering from. (2 marks)
  - c. Explain **THREE** other nutrition assessment methods that can be used to determine the nutrition status of Child X? (6 marks)
  - d. Explain **FIVE** ways of preventing malnutrition in the community. (10 marks)
13. Loni is a 16 years who skips breakfast because she is too tired to get up early enough to eat and get to school on time. At lunch time she would rather socialize with friends than queue at the cafeteria for food. She grabs a soda and a bag of potato crisps from the canteen. In the evening, she joins her friends at a local fast-food restaurant for a quick meal of potato chips and another soda. When she gets home, her family is already settled for the evening meal which she has to eat as it is family tradition. She thereafter settles with a bag of popcorn before going to bed.
- a. Explain **FIVE** nutrition related problems of the adolescent. (10 marks)
  - b. Discuss **FIVE** factors that determine individual nutrient needs. (10 Marks)
14. According to recent reports, approximately 828 million people worldwide are undernourished, and many more experience varying degrees of food insecurity.
- a. Define the term malnutrition. (2 marks)
  - b. Explain **THREE** factors that affects each of the following dimensions of food security.
    - i. Food stability (6 marks)
    - ii. Food accessibility (6 marks)
  - c. Describe **THREE** categories of food insecurity. (6 marks)

15. Nutrition Care Process (NCP) is a systematic approach used by dietitians to provide effective nutritional care.

- a. Describe FOUR stages in Nutrition Care Process. (8 marks)
- b. You are task with the responsibility of assessing patient's weight at the hospital triage. Explain SIX factors to take into consideration when taking weight measurements of a client. (12 marks)



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