



**AMREF INTERNATIONAL UNIVERSITY**  
**SCHOOL OF PUBLIC HEALTH**  
**DEPARTMENT OF COMMUNITY HEALTH**  
**BACHELOR OF SCIENCE IN COMMUNITY HEALTH**  
**END OF SEMESTER EXAMINATION DECEMBER 2024**

**UNIT CODE:** CHP 131

**UNIT NAME:** PRINCIPLES OF COMMUNITY NUTRITION

**DATE:** TUESDAY 3<sup>RD</sup> DECEMBER, 2024

**TIME:** TWO HOURS      **START:** 4.30PM      **FINISH** 6.30PM

**INSTRUCTIONS**

1. This exam is marked out of 70 marks
2. This Examination comprises TWO Sections  
**Section A:** Compulsory Question (30 Marks)  
**Section B:** Long Answer Questions (40 Marks)
3. All questions in Section A are compulsory
4. Answer any TWO questions in Section B
5. DO NOT WRITE ON THE QUESTION PAPER

**SECTION A: COMPULSORY (30 MARKS). SHORT ANSWER QUESTIONS**

1. State five functions of lipids in the body (5marks)
2. Outline five healthy benefits of fiber (5marks)
3. Explain five factors that inhibit calcium absorption (5marks)
4. Describe the clinical manifestation of VIT A deficiency (5marks)
5. Outline five signs and symptoms of VIT B1 deficiency (5 marks)
6. State five factors that determine nutrient requirement (5 marks)

**SECTION B: ANSWER ANY TWO (2) QUESTIONS (40 MARKS). LONG ANSWER QUESTIONS**

7. a) Describe six principles of healthy diets (6 marks)  
b) Explain seven food groups giving examples of foods in each food group (14 marks)
8. Using an illustration,
  - a. Describe the relationship between HIV and good nutrition (10 marks)
  - b. Describe five nutrition-sensitive interventions (10 marks)
9. Using UNICEF'S conceptual framework,
  - a. Illustrate the causes of malnutrition (15 marks)
  - b. Describe five signs of food insecurity (5 marks)
10. a) State the consequences of chronic malnutrition (5 marks)  
b) Describe any five complementary feeding practices (5 marks)  
c) Explain the management of acute malnutrition (10 marks)