



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 CANDIDATE:

- i. *This paper consists of **TWO** sections: A and B.*
- ii. *Answer **ALL** questions in sections A and B in the answer booklet provided.*
- iii. *Marks for each question are indicated in the brackets.*
- iv. *Do not write on the question paper*

This paper consists of THREE (3) printed pages.

Candidate 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. You are facilitating a nutrition education session for a youth group in your community. To introduce the topic, you are asked to explain basic concepts related to food and health. Define the following terms;
 - a. Community nutrition (2 Marks)
 - b. Balanced diet (2 Marks)
2. During a community nutrition talk, you are educating mothers on the importance of feeding their children balanced meals. State FOUR benefits of consuming a variety of foods from different food groups. (4 Marks)
3. As a student of Community Health, you are discussing global health governance and its impact on national health programs during a classroom debate. Mention FOUR effects of US withdrawal from World Health Organisation. (4 Marks)
4. As part of your routine duties, you are involved in educating clients with chronic conditions such as diabetes on appropriate dietary practices to support their health. Outline FOUR nutritional management of Diabetes. (4 Marks)
5. Traditional food preservation methods variety ensured adequacy even in periods of scarcity. Record FOUR traditional methods of preservation that you can still advocate for in your community. (4 Marks)
6. Nutrition assessment is the first step in nutrition care process. Identify FOUR nutrition assessment methods. (4 Marks)
7. You are supporting a baseline survey for a nutrition project and have been asked to measure the food security status of households. Outline FOUR food security indicators used to measure levels of food security. (4 Marks)
8. Outline FOUR roles of stakeholders involved in food security and nutrition security. (4 Marks)
9. World population is rapidly increasing and this is making global agriculture to face numerous challenges. Outline FOUR effects of population growth on world food supply. (4 Marks)
10. While preparing a report for your supervisor at a health facility, you are asked to differentiate between chronic and seasonal food insecurity commonly found in vulnerable communities. (4 Marks)

SECTION B: (60 Marks)

Answer any THREE questions in this section.

11. The cases of maternal undernutrition in County Z is on the rise. As a Community Health worker, you are tasked to sensitize pregnant women in your community on importance of nutrition in maternal health.
- a. Explain FOUR nutritional requirements during lactation. (8 Marks)
 - b. Describe SIX benefits of breastfeeding to the mother. (12 Marks)
12. One of the most devastating effects of COVID -19 pandemic in Kenya has been the significant increase in food insecurity.
- a. Explain FIVE dimensions of food security. (10 Marks)
 - b. Describe FIVE agricultural practices that Ministry of Agriculture has put in place and is emphasizing on to help mitigate food insecurity in the country. (10 Marks)
13. Kenya is experiencing a growing burden of chronic diseases. This proportion is projected to rise by over 50% in the next decade.
- a. Explain FIVE reasons why the chronically ill are vulnerable to food and nutrition security. (10 Marks)
 - b. Describe FIVE risk factors to chronic diseases that affect the community today. (10 Marks)
14. Mr. T a 53-year-old shopkeeper at Community D centre weighs 84 kg and a has a height of 164cm.
- a. Calculate his BMI. (4 Marks)
 - b. Interpret the BMI. (2 Marks)
 - c. Indicate the nutrition implication for the following cut off points in a MUAC tape
 - i. > 13.5cm. (2 Marks)
 - ii. < 11.0 cm. (2 Marks)
 - iii. 11.0 cm to 12.5 cm. (2 Marks)
 - d. Describe the FOUR steps of nutrition care process. (8 Marks)