



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 102105T4COH
Qualification : Community Health 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 has 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. Identify FOUR competent skills a community health worker needs to demonstrate while performing her duties. (4 Marks)
2. “You are what you eat” is a nutritional saying that sends a message that you can either feed a disease or kill a disease. State FOUR nutrition related diseases. (4 Marks)
3. Food and nutrition security in a community is important in ensuring productivity and healthy community members. Mention FOUR stakeholders who are involved in food and nutrition security. (4 Marks)
4. Nutrition plays an important role in human development. Name FOUR factors that influence an individual nutrient need. (4 Marks)
5. Food security can be measured at various level in a country. Mention FOUR levels of food security. (4 Marks)
6. Mothers are encouraged to breastfeed their infants exclusively. Outline FOUR importance of breastmilk to the mother. (4 Marks)
7. Highlight FOUR dietary recommendations that you will educate your community members to reduce the risk of non-communicable diseases. (4 Marks)
8. You are tasked to monitor growth of under 5-year-old children in your community. State FOUR requirements you will need when conducting anthropometric assessment. (4 Marks)
9. Identify FOUR dimensions of food security. (4 Marks)
10. The ease of getting food can be affected by various factors. Highlight FOUR factors that affects food accessibility. (4 Marks)

SECTION B: (60 MARKS)

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

11. There is a rising burden of chronic diseases in the world today that is straining health care systems. This has led to Kenyan governments to focus on preventive aspects of disease management.
- Define the term chronic disease. (2 Marks)
 - Explain FOUR risk factors to chronic disease in the society. (8 Marks)
 - Describe FIVE chronic diseases that affect the community today. (10 Marks)
12. Due to the current state of Israel and Iran war, there is a massive migration of refugees into refugee camps. This has led to the humanitarian organisations reporting increase cases of malnutrition and cholera outbreaks due to the huge population that is overwhelming them.
- Discuss FIVE population groups of people who are nutritionally vulnerable in emergencies. (10 Marks)
 - Nutrition care process is very important in determining and solving nutrition problems of a patient. Define Nutrition care process. (2 Marks)
 - Describe FOUR interrelated steps in Nutrition care process. (8 Marks)
13. The Ministry of Agriculture has encouraged Kenyans to practice agricultural interventions to help reduce the effect of food insecurity in the communities today.
- Define the term food security. (2 Marks)
 - Describe THREE forms of food insecurity. (6 Marks)
 - Explain SIX agricultural interventions that community members should practice. (12 Marks)
14. a. You are assigned to give a health talk in your community on nutritional requirements during childhood.
- Describe FIVE nutrients needed to help a child achieve his or her optimal growth and development. (10 Marks)
 - The world is in a different place to where it was six years ago when it was committed to the goal of ending hunger, food insecurity and all its forms of malnutrition by 2030.

Explain FIVE reasons why there is increase in food insecurity in the world.

(10 Marks)

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