



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
BACHELOR OF SCIENCE IN COMMUNITY HEALTH
SUPPLEMENTARY EXAMINATION

UNIT CODE: CHP 131: PRINCIPLES OF COMMUNITY NUTRITION

DATE: April 2026

TIME: TWO Hours

Start:

Finish

SHORT ANSWER QUESTIONS: ANSWER ALL QUESTIONS (30 marks)

SECTION A (30 MARKS)

SHORT ANSWER QUESTIONS: ANSWER ALL QUESTIONS

- 1)
 - a) State five functions of lipids in the diet and body(5MARKS)
 - b) Explain the importance of fiber in the diet (5MARKS)
 - c) State five factors that inhibit calcium absorption (5MARKS)
 - d) Describe the clinical manifestation of VIT A deficiency (5MARKS)
 - e) Outline five signs and symptoms of protein deficiency (5 marks)
 - f) State five factors that determine nutrient requirement of an individual (5 marks)

SECTION B (CHOOSE ANY TWO QUESTIONS)

2)

- a) Explain any six principles of healthy diets (6 MARKS)
- b) Describe seven food groups giving examples of foods and nutrients in each food group (14 MARKS)

3)

- a) Describe the implications of disease on nutrition (10 MARKS)

b) Describe any five nutrition interventions that prevent malnutrition in the community(10 MARKS)

4)

- a) Describe five consequences of chronic malnutrition (10 marks)
- b) Explain the management of severe acute malnutrition (10 marks)

