



AMREF INTERNATIONAL UNIVERSITY
UNIVERSITY EXAMINATIONS
MAY-AUGUST 2026 SEMESTER
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
MASTER OF PUBLIC HEALTH

COURSE CODE: MPN 718 COURSE TITLE: FOOD AND NUTRITION SECURITY

Date : 13th AUGUST 2026

TIME : Three (3) Hours Start-----5:30 PM-----End.....8:30 PM

Instructions

1. This exam is out of 100 marks
2. The **first question** is compulsory
3. Answer an additional **three (3)** questions from the other **five (5)**
4. The exam shall take 3 hours

COMPULSORY QUESTION ONE

Question One

- a. Discuss the **FOUR** components of Food security, clarifying each with relevant examples
(8 marks)
- b. Explain the **THREE** types of Gender Approaches
(6 Marks)
- c. Distinguish the **THREE** types of food insecurity and explain their relevance to your country?
(6 marks)
- d. Explain **FIVE** core Indicators for food security and nutrition at individual level?
(5 Marks)

ANSWER THREE OF THE FOLLOWING FIVE QUESTIONS

Question Two

(25 Marks)

Describe the **FIVE** methods used for measuring the food security, including their advantages and disadvantages.

Question Three

(25 Marks)

Global conflicts and geopolitical tensions continue to disrupt food systems around the world. Conflicts in regions such as Eastern Europe, the Middle East, and parts of Africa, together with trade disruptions and political instability, have significantly affected global food security. Discuss how current global conflicts have affected each of the **FOUR pillars of food security**. For each pillar, explain the impact and suggest appropriate measures that governments, international organizations, and communities can implement to mitigate these challenges.

Question Four

(25 Marks)

Explain **TEN** intervention strategies that can be used to mitigate food and nutrition insecurity in developing countries, recommending the different points of entry?

Question Five

The industrialization of food systems accelerated food production, reducing global undernourishment but causing environmental and social costs. Considering this

- a) Explain the components that form a Healthy and sustainable food system (5 Marks)
- b) Discuss the unique characteristics defining the **FIVE** typologies of Food Systems and possible points of intervention within these typologies. (20 Marks)

Question Six

You are working in an NGO and implementing a gender responsive Nutrition and Food Security project, but you are facing some resistance from the community especially the men, arguing that gender is a westernized, feminist approach.

- a. Recommend **FOUR** strategies that can be used to deal with resistance against gender equality in the Nutrition and Food security project (16 Marks)
- b. Discuss **THREE** aspects which can be done to improve the interventions in the Nutrition and Food Security project to ensure joint collaboration between men and women (9 Marks)