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COMMUNITY HEALTH LEVEL 5

HE/OS/CH/CC/01/5

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Apply Nutrition in Community Health

Date: 20.11.2025 02:27 PM

November/ December 2025

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**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

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Date: 20.11.2025 02:27 PM

WRITTEN ASSESSMENT

Time: 3 HOURS

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INSTRUCTIONS TO CANDIDATE

1. This paper consists of **TWO** sections: **A** and **B**.

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2. Attempt **ALL** questions in section **A** and **ANY THREE** questions in section **B**

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3. Marks for each question are indicated in the brackets.

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4. Candidates are provided with a separate answer booklet

5. Do not write on the question paper.

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This paper consists of THREE (3) printed pages.

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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)

Attempt all questions in this section.

1. Underline **THREE** factors that influence the human body's ability to utilize nutrients.

(3 marks)

2. You are required to make requisition of supplies needed by community health promoters to perform malnutrition screening. Name any **FOUR** supplies you will order. (4 marks)

3. Rising incidences of low hemoglobin levels among expectant women in your community has triggered you to plan for nutritional sensitization. List **THREE** guidelines you will talk about. (3 marks)

4. Identify **THREE** contact points you can use to promote optimal nutrition for infants. (3 marks)

5. A lactating mother presents with complaints of frequent breast engorgement related to poor attachment when breastfeeding. Sensitize on **FOUR** signs of good attachment. (4 marks)

6. Record **THREE** sources of data you would utilize during nutritional survey. (3 marks)

7. Therapeutic diets are prescribed to meet specific health needs. Record **FOUR** such needs. (4 marks)

8. Ready- to- use therapeutic food (RUTF) is a universally recommended supplement for malnourished children. Underline **THREE** of its qualities. (3 marks)

9. A local NGO has asked you to identify indicators to help monitor food security in a drought-affected village. Record **FOUR** indicators. (4 marks)

10. Scurvy is a disease caused by lack of **Vitamin C** in the diet. Identify **THREE** of its symptoms. (3 marks)

11. A caregiver of an elderly patient has requested for your advice on the micronutrients she should prioritize in her client's diet. List **THREE** of them. (3 marks)

12. Identify **THREE** ways in which malnutrition affects the immune system. (3 marks)

SECTION B: (60 MARKS)

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

13. You have been assigned to train field officers of a newly founded nutrition program on beneficiary enrolment criteria and stages of nutrition care they will be expected to perform.

- a) Analyze FOUR vulnerable groups you will train them to consider. (8 marks)
- b) Assess FOUR stages you will train them to perform. (12 marks)

14. Improving food security requires a deeper analysis of how it is influenced by various socio-economic factors across all the levels.

- a) Analyze SIX ways in which these factors influence food security. (12 marks)
- b) Explain FOUR levels at which the above subject can occur. (8 marks)

15. During your household visits in community A, you encounter an elderly woman with type II diabetes.

- a) Assess FOUR factors that might have contributed to this situation (8 marks)
- b) Explain SIX nutritional recommendations you can give. (12 marks)

16. Food insecurity is a global concern. Moreover, strategies to alleviate food insecurity issues at various levels have failed due to issues like globalization.

- a) Describe FOUR ways in which this trend has affected world food supply. (8 marks)
- b) Propose SIX measures that the government of Kenya through its ministries can put in place to mitigate this situation. (12 marks)