



AMREF INTERNATIONAL TRAINING CENTER

Qualification Code : 102105T4COH
Qualification : Community Health Level 5
Unit Code : HE/OS/CH/CC/01/5/MA
Unit of Competency : Apply Nutrition in Community Health

WRITTEN ASSESSMENT

Time: 3 HOURS

INSTRUCTIONS TO CANDIDATE

1. This paper consists of **TWO** sections: **A** and **B**.
2. Answer ALL questions in section **A** and **ANY THREE** (3) questions in section **B**.
3. Marks for each question are indicated in the brackets.
4. Candidates are provided with a separate answer booklet
5. Do not write on the question paper.

This paper consists of THREE (3) 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)

Attempt ALL the questions in this section.

1. Understanding key nutrition terms is essential for assessing and promoting community health. Define the following terms as used in nutrition.
 - a) Nutrition (2 Marks)
 - b) Food utilization (2 Marks)
2. You encounter a severely undernourished child who is later diagnosed with marasmus in your community nutrition assessment. Identify FOUR characteristics that the child presented with. (4 Marks)
3. Food and nutrition security involves coordinated actions by multiple stakeholders. State FOUR key roles played by stakeholders in promoting food and nutrition security. (4 Marks)
4. In nutrition education, it is important to distinguish different types of nutrients. Differentiate between macronutrients and micronutrients. (2 Marks)
5. As part of community health promotion, various nutrition-related activities are conducted at community level. Mention FOUR nutrition related activities that takes place in the community. (4 Marks)
6. Breastmilk plays an important role in the growth and development of infants. State FOUR importance of breastmilk to the infant. (4 Marks)
7. Pregnant women are at risk of various health problems during pregnancy. List TWO common pregnancy-related complications. (2 Marks)
8. Emergency situations increase vulnerability to food and nutrition insecurity. State FOUR reasons why children are vulnerable groups to food and nutrition security. (4 Marks)
9. The Government of Kenya is planning to assess the status of food security in the country at different level. State the indicators used to assess food security at these different levels of food security. (4 Marks)
 - i. Individual level –
 - ii. Household level -
 - iii. Community level-
 - iv. National level -

10. Many health conditions are directly linked to poor nutrition in the community today. State FOUR nutrition related diseases that is affecting human population. (4 Marks)
11. The Ministry of Agriculture in Kenya tries to promote various strategies to address food and nutrition insecurity. Mention FOUR food security interventions that the government encourages Kenyans to practice. (4 Marks)

SECTION B (60 MARKS)

Attempt Any THREE Questions in This Section

12. During a community health outreach, you are assessing the nutrition status of children in your locality. You notice that some children are not receiving adequate nutrients in their diet, which may affect their growth, health, and overall development. Using your knowledge of child nutrition and community health;
- a. Explain FIVE nutritional requirements in childhood. (10 Marks)
 - b. Outline FIVE factors that determine individual nutrient needs. (10 Marks)
13. Nutrition Care Process is a systematic approach used by dietitians to provide effective nutrition care.
- a. Describe the FOUR stages in Nutrition Care Process. (8 Marks)
 - b. Explain SIX factors to take into consideration when taking height measurements of a client. (12 Marks)
14. You have been assigned to educate community households on the rising burden of chronic diseases and their impact on wellbeing and livelihood. Using your knowledge of community nutrition;
- a. Explain FIVE factors that predisposes one to chronic diseases. (10 Marks)
 - b. Outline FIVE ways in which chronic diseases affect food security. (10 Marks)
15. As a community health practitioner, you are reviewing food security in your community and comparing it to global trends.
- a. Explain FIVE factors that affect food stability at the community and household level. (10 Marks)
 - b. Explain FIVE reasons why there is increase in food insecurity in the world. (10 Marks)