

Printed By: Amref International Training Center

Date: 20.11.2025 02:37 PM

**102106T4COH**

## **COMMUNITY HEALTH LEVEL 6**

**HE/OS/CH/CC/02/6**

Printed By: Amref International Training Center

### **Apply Nutrition in Community Health**

Date: 20.11.2025 02:37 PM

**November/December 2025**

Printed By: Amref International Training Center

Date: 20.11.2025 02:37 PM



Printed By: Amref International Training Center

Date: 20.11.2025 02:37 PM

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

Printed By: Amref International Training Center

Date: 20.11.2025 02:37 PM

### **WRITTEN ASSESSMENT**

**Time: 3 HOURS**

Printed By: Amref International Training Center

Date: 20.11.2025 02:37 PM

### **INSTRUCTIONS TO CANDIDATE**

Printed By: Amref International Training Center

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.

Printed By: Amref International Training Center

Date: 20.11.2025 02:37 PM

Printed By: Amref International Training Center

Date: 20.11.2025 02:37 PM

Printed By: Amref International Training Center

Date: 20.11.2025 02:37 PM

**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)

*Answer ALL the questions in this section.*

1. Recently, cases of contaminated food items such as sugar have raised public concern in Kenya. Outline FOUR factors that may compromise food safety. (4 Marks)
2. Good nutrition is a powerful tool in reducing the burden of diseases. Identify THREE chronic conditions that are related to poor nutrition. (4 Marks)
3. To evaluate a person's nutrition status, specific measurements are taken. Identify FOUR anthropometric measurements used in nutritional assessment. (4 Marks)
4. For better understanding of diet and balance, food is grouped into categories. Highlight FOUR basic food groups. (4 Marks)
5. During a community nutrition screening, you encounter a child suffering from marasmus. Outline FOUR clinical features that the child is likely to present with. (4 Marks)
6. Food security ensures access to adequate nutrition for all people. State THREE key dimensions of food security. (3 Marks)
7. Diabetes continues to be a major global health concern. As a community health worker in Suneka, you are preparing an awareness campaign. Highlight FOUR signs and symptoms of diabetes you would share with the community. (4 Marks)
8. Food security is not only assessed at household level but across broader contexts. State THREE levels at which food security exists. (3 Marks)
9. Vivienne weighs 74 kg and her height is 163 cm. Calculate and interpret her Body Mass Index (BMI). (4 Marks)
10. Exclusive breastfeeding provides several benefits beyond child survival. State FOUR health benefits of exclusive breastfeeding to the mother. (4 Marks)
11. Malnutrition is a major contributor to child mortality in Kenya. Identify TWO major types of protein energy malnutrition. (2 Marks)

**SECTION B (60 MARKS)**

***Answer Any THREE Questions in This Section***

12. The 2022 State of Food Security and Nutrition in the World Report indicates the world is falling behind on ending hunger and malnutrition by 2030.

- a) Differentiate between food insecurity and nutrition insecurity. (4 Marks)
- b) Describe THREE types of food insecurity. (6 Marks)
- c) Discuss FIVE interventions by the Government of Kenya to improve food security through the Ministry of Agriculture and Ministry of Trade and Industry. (10 Marks)

13. Political instability in Somalia has led to massive migration into Dadaab refugee camp in Kenya, straining food and health resources.

- a) Discuss FIVE population groups that are nutritionally vulnerable during emergencies, giving one reason for their vulnerability. (10 Marks)
- b) Describe FIVE factors that determine an individual's nutritional needs. (10 Marks)

14. The developing world is increasingly affected by new challenges in food and nutrition.

- a) Discuss SIX emerging issues affecting food and nutrition security in Kenya. (12 Marks)
- b) Describe FOUR steps in the nutrition care process. (8 Marks)

15. Non-communicable diseases are on the rise not only in developed countries but also in developing regions.

- a) Explain FIVE factors that predispose an individual to chronic diseases. (10 Marks)
- b) Discuss FIVE reasons why patients may fail to adhere to treatment and lifestyle changes. (10 Marks)