



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF COMMUNITY HEALTH
DIPLOMA IN COMMUNITY HEALTH
END OF SEMESTER EXAMINATION AUGUST 2026

UNIT CODE: DCHP 131 Principles of Human Nutrition

DATE: XX August, 2026

TIME: Two Hours

Start:

Finish

INSTRUCTIONS

1. This exam is marked out of 60 marks
2. This Examination comprises TWO Sections
Section A: Compulsory Question (20 marks)
Section B: Long Answer Questions (40 marks)

SECTION A: COMPULSORY (20 Marks)

Short Answer Questions

1. A Community Health Promoter is conducting a nutrition education session for pregnant mothers attending an antenatal clinic. The mothers seek to understand the nutrients found in food and their importance in maintaining good health.

a) Define the term nutrient. (2 marks)

b) State TWO factors that cause variation in the nutrient composition of foods. (2 marks)

2. A six-year-old child is brought to a health facility with signs of poor growth despite consuming adequate quantities of food. Outline the FOUR major stages of nutrient metabolism from food intake to utilization in the body. (4 marks)

3. During a household nutrition assessment, a Community Health Officer observes that family members consume large amounts of processed foods but very little fruits and vegetables.

a) Explain the term balanced diet. (2 marks)

b) State TWO disorders associated with overnutrition. (2 marks)

4. A nutrition education programme emphasizes healthy food choices based on the Kenyan Dietary Guidelines. State FOUR dietary guidelines that promote healthy nutrition among adults.

(4 marks)

5. A Community Health Volunteer is educating adolescents on maintaining healthy body weight and preventing nutrition-related diseases. State FOUR common causes of malnutrition, including both undernutrition and overnutrition. (4 marks)

SECTION B

ANSWER ANY TWO (2) QUESTIONS (40 Marks)

6. A rural health centre reports increasing cases of micronutrient deficiencies among children and women of reproductive age despite adequate food production within the community. A Community Health Officer has been asked to provide nutrition education to address the problem.

- i. Discuss the major classes of nutrients, highlighting their functions in maintaining normal body growth, development, and health. (10 Marks)
- ii. Explain the processes involved in nutrient metabolism, including digestion, absorption, transportation, utilization, and excretion of nutrients. (10 Marks)

7. A lifestyle survey conducted in an urban community reveals increasing cases of obesity, hypertension, and type 2 diabetes, while some households continue to experience protein-energy malnutrition and micronutrient deficiencies.

- i. Discuss FIVE natural and human-made factors that influence nutrient utilization in the human body. (10 Marks)
- ii. Explain FIVE nutrition-related disorders associated with undernutrition and overnutrition, indicating one preventive measure for each disorder. (10 Marks)

8. A county government has launched a community nutrition campaign aimed at promoting healthy eating habits, preventing obesity, and reducing malnutrition among vulnerable populations.

- i. Discuss the importance of dietary guidelines, including the role of non-nutritive food components in promoting health. (10 Marks)
- ii. Explain the relationship between energy metabolism, weight control, and contemporary nutrition issues, highlighting current strategies for preventing malnutrition and maintaining a healthy body weight. (10 Marks)

END OF EXAMINATION

