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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 02:28 PM

November/ December 2025

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

WRITTEN ASSESSMENT

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Date: 20.11.2025 02:28 PM

Time: 3 HOURS

INSTRUCTIONS TO CANDIDATE

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1. This paper consists of **TWO** sections: **A** and **B**.
2. Attempt **ALL** questions in section **A** and **ANY THREE** 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.

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This paper consists of THREE (3) printed pages.

Candidates should check the question paper to ascertain that all pages are printed as

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indicated and that no questions are missing.

SECTION A: (40 MARKS)*Attempt all questions in this section.*

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1. Record **FOUR** levels of food security recognized in the context of community health.

(4 marks)

2. Types of food insecurity differ in duration, causes and patterns of occurrence. Distinguish between seasonal and transitory food insecurity.

(4 marks)

3. An infant is presented to your clinic with history of delayed mobility suspected to be caused by calcium inadequacy from the dietary assessment conducted. Name three food sources of this mineral.

(3 marks)

4. You have organized training for your community health promoters on nutritional assessment. Train on **THREE** criteria for selecting the assessment method in a community setting.

(3 marks)

5. Nutrition, like any other metabolic processes is achieved through a complex chain of reactions and steps. List **FOUR** of these steps.

(4 marks)

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6. Identify **FOUR** reliable data sources that can be used when conducting a community-based nutritional survey.

(4 marks)

7. You have recorded four cases of food poisoning within a week from households in your community unit. List **FOUR** practices you will recommend to promote safety.

(4 marks)

8. Identify **THREE** reasons for considering expectant women vulnerable to malnutrition.

(3 marks)

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9. Therapeutic diets are specialized meal plans designed to help manage or treat specific medical conditions. Identify **FOUR** of their categories.

(4 marks)

10. Client XY weighs 52 kilograms and measures 161 centimeters in height. Calculate and classify her body mass index.

(4 marks)

11. Underline **THREE** benefits of exclusive breastfeeding to the health of infants below six months.

(3 marks)

SECTION B: (60 MARKS)

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

12. Human nutritional needs vary across population groups and life stages due to a number of factors. These variations become particularly significant in older adults, where age-related physiological changes can directly impact nutritional status.

a) Describe any **FIVE** factors that influence this variation. (10 marks)

b) Analyze **FIVE** of these changes and their impact on the elderly persons' nutritional status. (10 marks)

13. The county government is concerned about rising food insecurity in semi-arid areas and requests for your input as a community health officer.

a) Examine **FOUR** of its causes. (8 marks)

b) Assess **FOUR** stakeholders and their roles in such situations. (12 marks)

14. The Nutrition Care Process provides a structured approach to managing chronic nutritional conditions like hypertension.

a) Describe its **FOUR** stages as applied to chronic disease management. (12 marks)

b) Propose **FOUR** nutritional considerations in the management of the named condition. (8 marks)

15. Understanding food security requires identifying key indicators that reflect its status, alongside recognizing current and evolving challenges that influence these dimensions.

a) Explain any **FOUR** indicators. (8 marks)

b) Describe **FOUR** emerging issues and trends and how they impact food security. (12 marks)