

102106T4COH

COMMUNITY HEALTH LEVEL 6

HE/OS/CH/CC/02/6/A

Apply Nutrition in Community Health

March/April 2025



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

WRITTEN ASSESSMENT

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)

Answer ALL the questions in this section.

1. Food fortification is the process of adding micronutrients to food. Recommend TWO micronutrients for maize flour fortification. [2 Marks]
2. Pregnant women require extra meals to sustain the growth of fetus and maintenance of her health. Suggest FOUR nutritional supplements for the pregnant women. [4 Marks]
3. Emerging issues are affecting food and nutrition security in your community. Identify FOUR emerging issues affecting the nutritional status of the community. [4 Marks]
4. During nutrition health education session, you advised the community to take at least 8 glasses of water per day. Highlight FOUR benefits of water in the human body. [4 Marks]
5. The nutritional requirements differ at every stage and age in the life of a human being. Enumerate FOUR advantages of exclusive breastfeeding to a baby. [4 Marks]
6. The Kenya Red Cross Society has contracted you in a malnutrition response program in a refugee camp. In your course of duty, you came across a lady with the following anthropometric measures; weight of 100 kg and height of 200 cm.
a) Calculate the Body Mass Index of the lady. [2 Marks]
b) Classify and justify the lady's Body Mass Index score according to World Health Organization standards. [2 Marks]
7. All groups of nutrients play a vital role in the human body and a deficiency in either can result in a disease or disability. Provide THREE differences between saturated and unsaturated fats. [3 Marks]
8. Water- soluble vitamins dissolve in water while fat - soluble vitamins dissolve in fats. Apart from the above difference, highlight TWO differences between the fat-soluble and water-soluble vitamins. [4 Marks]
9. Client X is a hypertensive patient in your community health unit. Recommend THREE nutritional measures to manage the condition. [3 Marks]
10. Scurvy is a condition caused by a severe lack of vitamin C in the diet. Outline FOUR signs associated with scurvy. [4 Marks]
11. Nutritional requirements vary in every life cycle of human development. State FOUR special nutritional considerations in geriatrics. [4 Marks]

SECTION B (60 MARKS)

Answer Any THREE Questions in This Section

12. Community W has found growth in the agricultural sector to be an effective strategy in reducing poverty and secure access to nutritious quality food.
- a) Elaborate FIVE factors influencing food security in community W. [10 Marks]
 - b) Explain FIVE indicators of food security for community W. [10 Marks]
13. Majority of communities struggle to feed due to inadequate efforts to end hunger and malnutrition.
- a) Define food insecurity. [2 Marks]
 - b) Classify FOUR levels of food insecurity. [8 Marks]
 - c) Evaluate FIVE interventions the government of Kenya through the Ministry of Livestock Agriculture is putting in place to improve food security situation in the country. [10 Marks]
14. Disasters are sudden disruption of the functionality of a community at any scale due to hazardous events leading to serious negative impacts like death and displacement of people.
- a) Describe FIVE population groups of people who are nutritionally vulnerable during disasters. [10 Marks]
 - b) Explain FIVE factors that determine individual nutritional needs regardless of a disaster. [10 Marks]
15. During your routine household visits, you met Mr X who suffers from moderate malnutrition. You advised him on diet change considering his nutritional requirements.
- a) Giving examples, classify THREE nutritional components found in a diet. [6 Marks]
 - b) Evaluate THREE requirements of therapeutic nutrition for Mr. X [6 Marks]
 - c) Analyze FOUR steps in the nutrition care process of Mr. X. [8 Marks]