

102105T4COH

COMMUNITY HEALTH LEVEL 5

HE/OS/CH/CC/01/5/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. You are preparing to give a health talk on the importance of good nutrition. Define the following terms as used in applied community nutrition.
 - a) Quality food [2 Marks]
 - b) Safe food [2 Marks]
2. Majority of developing countries are still struggling with food insecurity. Mention THREE categories of food insecurity in Kenya. [3 Marks]
3. Access to quality, nutritious food is fundamental to human existence. Outline FOUR benefits of secure access to food. [4 Marks]
4. Pregnancy is a critical period in the life cycle because there are many body changes that occur in the mother and the fetus. Highlight the effect of nutritional deficiency of the following nutrients during pregnancy
 - a) Calcium [1 Mark]
 - b) Folate [1 Mark]
 - c) Vitamin D [1 Mark]
 - d) Iodine [1 Mark]
5. Iron is one of the micronutrients of public health concern. Enumerate FOUR sources of iron in the diet. [4 Marks]
6. A religious youth group has invited you to counsel their youth on problems facing adolescents. Mention FOUR nutritional problems of adolescents. [4 Marks]
7. There is a relationship between nutrition and immunity. Identify FOUR roles of nutrients in the immune system. [4 Marks]
8. Outline THREE nutrition related tasks you can perform as a community health assistant. [3 Marks]
9. Review THREE ways in which chronic diseases affect food security in Kenya. [3 Marks]
10. Water is one of the seven key nutrient components. Access to safe water is important for a health community. Mention THREE functions of water in the body. [3 Marks]
11. Identify FOUR nutritional therapeutic feeds you are likely to find in nutrition office at the health facility. [4 Marks]

SECTION B (60 MARKS)

Answer Any THREE Questions in This Section

12. Disaster, for instance the previous Covid-19 pandemic affected our communities rendering vulnerable groups to increased risk of its consequences. As a Health Practitioner living in that community,
- a) Justify FIVE vulnerable groups that are likely to be affected. [10 Marks]
 - b) Explain FIVE strategies used to support vulnerable groups in your community. [10 Marks]
13. There has been an increase in global prevalence and burden of diabetes in the health sector. In Kenya, diabetes is among the leading cause of deaths alongside other non-communicable diseases.
- a) Differentiate type I and type II diabetes. [4 Marks]
 - b) Assess THREE signs and symptoms of type II diabetes. [6 Marks]
 - c) Describe FIVE complications associated with type II diabetes. [10 Marks]
14. In your community, a child is brought to you presenting with signs and symptoms of severe acute malnutrition, you have initiated a referral for further management.
- a) Describe FOUR steps in Nutrition care process that will be used to manage the patient. [8 Marks]
 - b) Explain FOUR goals of nutrition in prevention of diseases. [8 Marks]
 - c) Evaluate TWO dietary considerations in management of severe acute malnutrition. [4 Marks]
15. To address the emerging global issues on food security such as climate change, it is important to engage all key stakeholders in formulating long term solutions to food insecurity.
- a) Justify FIVE key stakeholders involved in the food security sector. [10 Marks]
 - b) Analyze FIVE effects of population growth on the world's food supply. [10 Marks]