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COMMUNITY HEALTH LEVEL 5

HE/OS/CH/C5/05/5

Apply Nutrition in Community Health

July/August 2025

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

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WRITTEN ASSESSMENT

Date: 28.07.2025 10:50 AM

TIME: 3 HOURS

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INSTRUCTIONS TO CANDIDATE

1. This paper consists of **TWO** sections: **A** and **B**.

2. Attempt **ALL** questions in section **A**.

3. Attempt **any THREE** (3) questions in section **B**.

4. Marks for each question are indicated in the brackets.

5. Candidates are provided with a separate answer booklet

6. Do not write on the question paper.

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This paper consists of THREE (3) printed pages

Candidate should check the question paper to ascertain that all pages are printed as indicated and that no questions are missing.

SECTION A (40 MARKS)

Attempt all the questions

1. Define the following terms
 - i. Nutrition. (2 Marks)
 - ii. Malnutrition. (2 Marks)
2. State FOUR signs and symptoms in a malnourished child. (4 Marks)
3. Record THREE nutritional requirements for a child below 6 months. (3 Marks)
4. Maize contaminated with aflatoxins can cause food poisoning in humans. Underline FOUR ways to ensure its safety for consumption. (4 Marks)
5. Name TWO methods that a Community Health Assistant can use to assess the nutrition status of a client. (2 Marks)
6. Identify FOUR factors contributing to malnutrition in your community. (4 Marks)
7. You identified a child in your community whom you suspected was suffering from kwashiorkor. Identify THREE signs and symptoms that the child presented. (3 Marks)
8. You encountered a male client suffering from anaemia. List on TWO foods that he should take. (2 Marks)
9. Underline FOUR reasons why adults are encouraged to drink at least eight glasses of water daily. (4 Marks)
10. Increasing cases have been reported have been reported at the linked health facility in community X. Suggest FOUR measures they can put in place to manage the situation. (4 Marks)
11. Record THREE risks that a person practicing poor nutrition can develop. (3 Marks)
12. A community member was diagnosed with obesity. List THREE factors that could have contributed to the condition. (3 Marks)

SECTION B (60 MARKS)

Attempt any THREE questions in this section

13. Food insecurity has persistently been a major problem especially in developing countries.

a. Describe FIVE interventions that can be applied in Kenya to address the problem.

(10 Marks)

b. Explain FIVE determinants of food security in Kenya

(10 Marks)

14. Health survey reports shows high prevalence of malnutrition among the elderly people in Kenya.

a. Explain FIVE contributing factors to the high prevalence. (10 Marks)

b. Describe FIVE approaches you can use to reduce the prevalence. (10 Marks)

15. The stakeholders play multidisciplinary roles in food security.

a. Examine FOUR roles they play to ensure that Kenya is food secure. (8 Marks)

b. Describe SIX benefits of nutritional assessment to the community. (12 Marks)

16. An undernourished woman was placed under nutrition care which is a systematic approach to deliver individualised care.

a. Describe the FOUR steps of nutritional care process. (8 Marks)

b. Explain SIX factors influencing the nutritional needs of human being.

(12 Marks)