



**AMREF INTERNATIONAL TRAINING CENTER**

Qualification Code : 102106T4COH  
Qualification : Assistant Community Health Officer Level 6  
Unit Code : HE/OS/CH/CC/02/6/A  
Unit of Competency : Apply Nutrition in Community Health

**WRITTEN ASSESSMENT**

**Time: 3 hours**

**INSTRUCTIONS TO CANDIDATES**

1. This paper consists of TWO sections, A and B.
2. You are provided with a separate answer booklet.
3. Marks for each question are as indicated.
4. Do not write on the question paper.

**This paper consists of 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 questions in this section.*

1. Differentiate between nutrition insecurity and food insecurity. (4 Marks)
2. Proteins are essential nutrients in human development. Outline FOUR functions of protein in the body. (4 Marks)
3. Mrs. Y, a 64-year-old woman weighs 103 kg and is 171cm tall. Calculate her BMI. (4 Marks)
4. Excess consumption of fat and fat products is known to increase susceptibility to health problems. Mention TWO health problems excess fat and fat products cause. (2 Marks)
5. Mr. T reports to you that for the past 3 days has been having difficulty in passing stool. Identify FOUR recommendations you will give him to help solve the problem. (4 Marks)
6. State THREE reasons why the elderly is categorized as vulnerable people in the community. (3 Marks)
7. Stakeholders are important in strategic implementation of food and nutrition security in the community. Outline FOUR roles of stakeholders in food and nutrition security. (4 Marks)
8. Mothers in the communities tend to practice mix feeding their infants. Highlight FOUR reasons why mixed feeding is discouraged in the first 6 months. (4 Marks)
9. The rate of diabetes diagnoses in community Y has been on the rise following the compiled report of community Y dispensary. State FOUR risk factors that predisposes one to diabetes. (4 Marks)
10. The Government of Kenya through the Ministry of Health advocates for better health at the community level. Outline THREE nutrition related activities that takes place in the community. (3 Marks)
11. Food security in a country can be measured at various levels using various indicators. Enumerate FOUR indicators used in food security. (4 Marks)

**SECTION B:(60 MARKS)**

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

12. You are assigned to give a health talk in your community on nutrition in adolescent.
- Discuss FOUR nutritional problems affecting adolescent ability to achieve optimal growth and development. (8 Marks)
  - Describe SIX factors that determine a person's nutrient needs. (12 Marks)
- 13.
- Nutrition assessment is a continuous method of obtaining varying and interpreting data needed to identify nutritional related problem, their causes and significance in the community. Describe FOUR nutrition assessment methods. (8 Marks)
  - You are tasked to take measurements of under 5-year-old children in your community. Explain SIX factors that could lead to error when making measurements (12 Marks)
14. During nutrition assessment on Child X, you noticed the following characteristics:
- Severe weight loss and wasting
  - Ribs are prominent
  - Limbs are emaciated
  - Muscle wasting
  - Good appetite
- Identify the above method of nutrition assessment. (2 Marks)
  - Determine the disease the child was suffering from. (2 Marks)
  - Explain THREE other nutrition assessment methods that can be used to determine the nutrition status of Child X? (6 Marks)
  - Describe FIVE ways of preventing malnutrition in the community. (10 Marks)
- 15.
- Upon the second inauguration of the United State of America president Donald Trump issued an executive order saying the USA will withdraw from World Health Organization and pause the future transfer of US funding to the organization.
- Discuss FIVE effects of USA withdrawal from the World Health Organization. (10 Marks)

- b) According to recent reports, approximately 828 million people worldwide are undernourished, and many more experience varying degrees of food insecurity. Describe FIVE dimensions of food security. (10 Marks)

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