

102104T4COH

COMMUNITY HEALTH LEVEL 4

HE/OS/CH/CC/01/4/A

Apply Nutrition in Community Health

Nov/Dec 2023



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

WRITTEN ASSESSMENT

Time: 2 Hours

INSTRUCTION TO CANDIDATE

1. This paper has 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 4 printed pages

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

SECTION A: (10 MARKS)

Answer ALL questions in this section.

Each question carries one mark.

1. Which of the following is a macronutrient?
 - A. Antioxidant
 - B. Vitamin A
 - C. Iron
 - D. Protein
2. The recommended normal blood pressure in adults is _____
 - A. BP < 130/85 mmHg
 - B. BP < 135/80 mmHg
 - C. BP < 120/80mmHg
 - D. BP < 130/80 mmHg
3. _____ is a nutrient deficiency that leads to anaemia.
 - A. Iodine
 - B. Iron
 - C. Zinc
 - D. Vitamin D
4. From the list provided below, choose a food group that acts as a source of energy for the body.
 - A. Bread and cereal
 - B. Milk and cheese
 - C. Fats, oils and sweets
 - D. Meat Group
5. Food security refers to _____
 - A. Availability, utilization, stability and access to food.
 - B. Food security focuses primarily on ending micronutrient malnutrition.
 - C. Efforts to prevent terrorists from poisoning food supplies.
 - D. Ensuring everyone's access to food.