

102104T4COH

COMMUNITY HEALTH LEVEL 4

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

APPLY NUTRITION IN COMMUNITY HEALTH

July/August 2024



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

WRITTEN ASSESSMENT

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATE

1. This paper consists of two sections; **A** and **B**
2. Answer **ALL** the questions as guided in each section
3. Marks for each question are as indicated in the brackets
4. You are provided with a separate answer booklet to answer the questions
5. Do not write in this question paper

This paper consists of FIVE (5) 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: [10 MARKS]

Answer ALL questions in this section.

1. The United Nations Sustainable Development Goal number 2 aims at ending hunger, achieving food security and improving nutrition. Food insecurity is described as?
 - A. Food that is unfit for human consumption
 - B. Lack of various nutrients in the body as recommended.
 - C. When people have access to sufficient, safe, nutritious food to maintain health and active life.
 - D. Where there is physical, economic and social unavailability of food or inadequate food utilization.
2. Malnutrition has various causes. Select an immediate cause of malnutrition from the list below.
 - A. Inadequate care for women and children
 - B. Cultural factors
 - C. Diseases
 - D. Insufficient money
3. Which of the following is an effect of iodine deficiency to the baby during pregnancy.
 - A. Reduced and circumference
 - B. Miscarriage and neural tube defects
 - C. Cretinism
 - D. Congenital malformation
4. Identify a factor that affects food availability from the list below.
 - A. Size of land
 - B. Age
 - C. Low income
 - D. Food preparation method
5. At what age should complimentary food be introduced to infants?
 - A. 5 months
 - B. 3 months
 - C. 4 months

- D. 6 months
6. Which of the following equipment is used to measure Hypertension.
- A. Stethoscope
 - B. Blood pressure machine
 - C. Glucometer
 - D. Thermogun machine
7. Renal failure is a condition that affects which organ in the body?
- A. Liver
 - B. Urinary bladder
 - C. Stomach
 - D. Kidneys
8. Micronutrients are nutrients needed in small amounts in the human body. Which of the following is a micronutrient.
- A. Fats
 - B. Proteins
 - C. Calcium
 - D. Carbohydrates
9. MUAC tape is used to assess the nutritional status of children. A MUAC reading of 12.3 cm indicates?
- A. Severe Acute Malnutrition
 - B. Moderate Acute Malnutrition
 - C. Normal nutritional status
 - D. Global Acute Malnutrition
10. Nutrition interventions are purposefully planned actions intended to positively change a nutritional related behavior, environmental condition or aspect of health status. Select the stage of nutrition intervention in Nutrition Care Process.
- A. 3rd stage
 - B. 2nd stage
 - C. 1st stage
 - D. 4th stage

SECTION B: [40 MARKS]

Answer ALL questions in this section.

11. State THREE reasons why children are vulnerable to food and nutrition security. [3 Marks]
12. Food Policy is a document containing food and nutrition vision, build on the consensus of concerned stakeholders. Name FOUR stakeholders involved in food security measures. [4 Marks]
13. Climate has both positive and negative effects to food security. List TWO climatic factors that influence food and nutrition security. [2 Marks]
14. As a Community Health Worker, during your routine health screening, you came across a household with a malnourished child as presented in the picture below.



- Outline FOUR characteristics of the type of malnutrition the child suffers from. [4 Marks]
15. List FOUR benefits of food security to a country. [4 Marks]
16. Adolescent is a stage of increased nutrient requirement and not restriction. Name TWO nutritional problems that adolescents face. [2 Marks]
17. State FOUR indicators used to assess food insecurity at various levels. [4 Marks]
18. Nutrition assessment a continuous method of obtaining varying and interpreting data needed to identify nutritional related problem, their causes and significance in the community. List FOUR methods of community nutrition assessment. [4 Marks]

19. Obesity is increasingly becoming a concern among urban children. Mention THREE risk factors to obesity. [3 Marks]
20. Population growth is rapidly increasing globally. State FOUR effects of population growth on World Food Supply. [4 Marks]
21. Nutritional needs differ from person to person Name TWO factors that affect human nutritional needs. [2 Marks]
22. State FOUR strategic interventions that the Ministry of Agriculture and Livestock Development in Kenya can put in place to improve food security. [4 Marks]

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