

102106T4COH

COMMUNITY HEALTH LEVEL 6

HE/OS/CH/CC/02/6/A

Apply Nutrition in Community Health

July /Aug 2023



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

WRITTEN ASSESSMENT

TIME: 3 HOURS

INSTRUCTIONS TO CANDIDATES

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 pages
are printed as indicated and that no questions are missing**

SECTION A: (40 MARKS)

Answer all questions in this section. Each question carries one mark

1. Define the following terms;
 - a) Nutrition. (1 Mark)
 - b) Nutrient. (1 Mark)
 - c) Malnutrition. (1 Mark)
2. Securing availability of food is critical for the human existence and optimal functioning of a community. State FOUR importance of food security in a country. (4 Marks)
3. You have taken anthropometric measurements of children in your health unit. Alice, who is 10 months old recorded a Mid Upper Arm Circumference (MUAC) reading of 14.0 cm. Interpret the nutritional status of Alice. (2 Marks)
4. There are various interventions of food security whose aim is to improve aspects of food supply. Enumerate TWO food security interventions. (2 Marks)
5. Food security exists when all people can meet their nutritional needs at all times. Identify FOUR dimensions of food security. (4 Marks)
6. Pregnant women are considered to be a vulnerable group. State FOUR reasons to justify why they are classified as nutritionally vulnerable. (4 Marks)
7. Globally, climate change is an emerging issue affecting food security. Identity FOUR ways that climate change has contributed to food insecurity. (4 Marks)
8. Individuals who engage in frequent physical activities are well-developed both mentally and physically. Name FOUR conditions associated with lack of physical exercise. (4 Marks)
9. You are carrying out a nutritional assessment of Leonard, a young boy in your village, who appears to be suffering from malnutrition. State FIVE nutrition assessment methods you will use during this process. (5 Marks)
10. Hypertension is a chronic disease diagnosed if the blood pressure reading is equal to or greater than 130/80 mm Hg. Give THREE ways of preventing hypertension. (3 Marks)
11. There are seven major classes of nutrients in diet that are critical for human development. Name FIVE classes of nutrients. (5 Marks)

SECTION B: (60 MARKS)

Answer any three questions in this section

12. The Nutrition Care Process provides a structured approach that can be personalized to meet the needs of all patients or clients. It helps in ensuring that the nutritional needs of a client are met, promoting good nutrition in the community. Jena, a client in your community battling obesity has approached you for nutritional care.
- a) Describe nutritional care process. (2 Marks)
 - b) Name TWO importance of nutritional care process. (2 Marks)
 - c) Describe the FOUR stages of nutritional care process you will take Jena through. (16 Marks)
13. Therapeutic nutrition is the provision of nutrients to maintain and/or restore optimal nutrition and health. In the community, therapeutic nutrition assists persons battling various nutritional conditions to recover wholesomely.
- a) As a community health worker prescribing a therapeutic diet, describe THREE requirements you will consider. (6 Marks)
 - b) When prescribing a diet to a client, a health practitioner must consider factors that affect an individual's nutritional needs. Explain FIVE such factors. (10 Marks)
 - c) You have noticed that Boke is suffering from Vitamin C deficiency. Identify FOUR foods you will advise Boke to eat. (4 Marks)
14. Food security is progressively being threatened in the 21st century despite interventions placed by individuals, communities and governments to secure food availability and accessibility at all times. For developing countries like Kenya, some communities depend on food donations to afford meals.
- a) Explain FIVE emerging issues threatening food security in Kenya. (5 Marks)
 - b) Describe FIVE intervention measures you will recommend to address food insecurity affecting the country. (10 Marks)
 - c) Discuss FIVE uses of food in the human body. (5 Marks)
15. World Food programme (WFP) has organized training on nutrition and food security in your county. You have been invited to train community members on nutrition and health to help promote good nutrition within that community. You are to prepare slides on various themes to address the above objective. In your slides;

- a) Explain FIVE determinants of food security. (10 Marks)
- b) Identify FOUR groups of nutritionally vulnerable individuals, besides pregnant women. (4 Marks)
- c) State THREE ways of controlling kidney disease. (3 Marks)
- d) Explain THREE ways of preventing Type 2 diabetes. (3 Marks)

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