

102104T4COH

COMMUNITY HEALTH LEVEL 4

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

Apply Nutrition in Community Health

July/August 2023



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

WRITTEN ASSESSEMENT

2 Hours

INSTRUCTIONS TO CANDIDATE

1. This paper consists of **two** sections: **A** and **B**.
2. Answer **ALL** questions in sections A and B in the answer booklet provided.
3. Marks for each question are indicated in brackets.
4. Do not write on this 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.**

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SECTION A: 10 MARKS

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

1. Which of the following is a nutrition indicator for wasting?
 - A. Height for age
 - B. Weight for age
 - C. Weight for height
 - D. Height for weight
2. Identify from the following, a nutrition assessment tool used for screening nutritional status of children under 5-years-old in the community.
 - A. Stadiometer
 - B. Blood pressure cuff
 - C. Weight scale
 - D. MUAC tape
3. The following are levels for food insecurity EXCEPT?
 - A. Individual level
 - B. National level
 - C. Food security level
 - D. Household level
4. _____ deficiency causes Neuro-tube defects.
 - A. Folate
 - B. Iron
 - C. Vitamin D
 - D. Zinc
5. Which of the following is a type of nutrition assessment?
 - A. Age assessment.
 - B. Education assessment.
 - C. Anthropometric assessment.
 - D. Physiological state assessment.

6. Select from the following, a group not eligible for mineral supplementation.
 - A. Very young infants, especially premature infants.
 - B. Pregnant women.
 - C. Very old individuals.
 - D. Adults with BMI of 22kg/m².
7. Which among the following is an underlying cause of malnutrition?
 - A. Sanitation
 - B. Diseases
 - C. Age
 - D. Height
8. Which one of the following ranges of the Body Mass Index (BMI) is indicative of a normal weight for height relationship?
 - A. 10 – 12 Kgs/m²
 - B. 15 – 17 Kgs/m²
 - C. 16 – 19 Kgs/m²
 - D. 20 – 24 Kgs/m²
9. Choose from the following nutrients responsible for boosting the immune system in humans.
 - A. Carbohydrates
 - B. Vitamins
 - C. Fats
 - D. Proteins
10. A discipline striving to improve nutrition, health and well-being of an individual and groups within a community is known as _____
 - A. Community nutrition.
 - B. Community development.
 - C. Social work.
 - D. Gender studies.

SECTION B: (40 MARKS)

Answer all questions in this section

11. State FOUR steps in Nutrition Care Process. (4 Marks)
12. Mention FOUR benefits of nutrition in human development. (4 Marks)
13. List FIVE determinants of food security in your community. (5 Marks)
14. The Government of Kenya has put in place interventions to reduce food insecurity. Enumerate FOUR such interventions. (4 Marks)
15. Identify FIVE vulnerable groups to food and nutrition security in your community. (5 Marks)
16. State FOUR signs and symptoms of marasmus. (4 Marks)
17. Outline THREE challenges faced by the Kenyan government in addressing deficiency diseases in the country. (3 Marks)
18. List FOUR benefits of technology in food production in Kenya. (4 Marks)
19. Name THREE sources of errors when taking Mid Upper Arm Circumference (MUAC) measurements of children in the community. (3 Marks)
20. Identify FOUR nutritional requirements for adolescents in your community. (4 Marks)

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Answers Available at: <https://careernub.com>