



GRETSA UNIVERSITY - THIKA

UNIVERSITY EXAMINATIONS JANUARY – APRIL 2017 SEMESTER

CERTIFICATE IN PUBLIC HEALTH/ COMMUNITY HEALTH/ COMMUNITY NUTRITION

COURSE CODE: CIPH 014

COURSE TITLE: COMMUNITY NUTRITION AND FOOD SAFETY

DATE: 5 APRIL 2017

TIME: 3.00 PM – 5.00 PM

INSTRUCTIONS TO CANDIDATES

1. SECTION A IS **COMPULSORY**.
2. SECTION B: ANSWER ANY OTHER **THREE** QUESTIONS.
3. **DO NOT** WRITE ANYTHING ON THIS QUESTION PAPER AS IT WILL BE AN EXAM IRREGULARITY.
4. ALL ROUGH WORK SHOULD BE AT THE BACK OF YOUR ANSWER BOOKLET AND CROSSED OUT.

CAUTION: All exam rooms are under CCTV surveillance during the examination period.

SECTION A

[ANSWER ALL QUESTIONS IN THIS SECTION]

MULTIPLE CHOICE QUESTIONS [1-5] [ONE MARK EACH]

1. Bacteria that can grow in the absence of oxygen are called?
 - A. Molds
 - B. Anaerobes
 - C. Yeast
 - D. Aerobes

2. The building blocks of proteins are?
 - A. Amino acids
 - B. Fatty acids
 - C. Glucose units
 - D. Enzymes

3. What type of food hazard is it when you find a stone in a food item?
 - A. Biological
 - B. Physical
 - C. Microbiological
 - D. Chemical

4. Carbohydrates, lipids and proteins all contain carbon, hydrogen and oxygen. Which one also contains nitrogen?
 - A. Carbohydrates
 - B. Proteins
 - C. Lipids
 - D. None of the above

5. Which of the following represent the ancient methods of food preservation
 - A. Pasteurizing and sterilizing
 - B. Canning, blanching, and irradiating.
 - C. Freezing and boiling.

- D. Drying, smoking, and fermenting.
6. Define the following terms
- a. Malnutrition (2 marks)
 - b. Food suitability (2 marks)
 - c. Disaccharide (2 marks)
 - d. HACCP (2 marks)
 - e. Health (2 marks)
7. Highlight the role of food standards in ensuring food safety (5 marks)
8. List any five methods of food preservation (5 marks)
9. Highlight functions of vitamin A in the human body (5 marks)
10. Differential between essential and non-essential fatty acids (5 marks)
11. Explain briefly why the elderly are considered vulnerable to community nutrition problems (5 marks)

SECTION B

[CHOOSE ANY THREE QUESTIONS]

1. a) Discuss the basic causes of malnutrition as outlined in the UNICEF conceptual framework (10 marks)
- b) Discuss the HACCP principles (10 marks)
2. a) Discuss the food safety critical factors (10 marks)
- b) Discuss the purpose of community nutrition assessments (10 marks)
3. a) Discuss the biological and chemical sources of food contamination (10 marks)
- b) Discuss factors influencing the energy and nutrient requirement of a person (10 marks)

4. a) Describe the different types of food standards (10 marks)
b) Discuss the sources of nutrition information (10 marks)

5. a) Discuss the different methods of nutrition assessment (10 marks)
b) Discuss food premise hygiene requirements as used in food safety (10 marks)