



GRETSA UNIVERSITY - THIKA

UNIVERSITY EXAMINATIONS SEPTEMBER - DECEMBER 2021 SEMESTER

DIPLOMA IN PUBLIC HEALTH

COURSE CODE: DIEH 072

COURSE TITLE: COMMUNITY NUTRITION AND FOOD SAFETY

DATE: 16 NOVEMBER 2021

TIME: 3:00 PM - 6:00

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: COMPULSORY

MULTIPLE CHOICE QUESTIONS [1-5]

[ONE MARK EACH]

1. -----Refers to the social, economic, cultural and psychological implications of food and eating.
 - A. Community nutrition
 - B. Fadism
 - C. Nutrition status
 - D. Chronic malnutrition
2. Food contamination and food spoilage are similar?
 - True
 - False
3. Which of the following is anthropometrical methods of nutrition assessment among under five years children
 - A. Weight
 - B. MUAC
 - C. 24 hour recall
 - D. Height
4. -----is a type of malnutrition which could occur as a result of long and short period of inadequate food intake
 - A. Stunting
 - B. Wasting
 - C. Underweight
 - D. Stunting/wasting
5. Which of the following is the odd one out?
 - A. Glycogen
 - B. Starch
 - C. Cellulose
 - D. Glucose

SECTION A: COMPULSORY

SHORT ANSWER QUESTIONS [ANSWER ALL QUESTIONS IN THIS SECTION]

1. Explain the following terms as used in community nutrition and food safety
 - i. Balanced Diet [2 Marks]
 - ii. Essential amino acids [2 Marks]
 - iii. Meal planning. [2 Marks]
 - iv. Food safety [2 Marks]
 - v. Therapeutic diet [2 Marks]
2. Describe the signs and symptoms of kwashiorkor [5 Marks]
3. Enumerate four measurement of food security in a community [4 Marks]
4. State five functions of fats in human body [5 Marks]
5. Outline nutritional specific intervention for management of malnutrition among pregnant women
[5 Marks]
6. Describe the importance of meal planning [5 Marks]

SECTION B

[CHOOSE ANY THREE QUESTIONS]

QUESTION ONE

- a) Discuss methods used in community nutrition assessment [10 Marks]
- b) Explain purpose of community nutrition assessment in informal settlement in Kenya
[10 Marks]

QUESTION TWO

- a) Describe some of the nutritional interventions that could help treat and manage the Vitamin B deficiency conditions [10 Marks]
- b) Discuss the concept of energy and nutrient need variation among different cohorts/groups in the community [10 Marks]

QUESTION THREE

- a) Discuss five factors that influence meal planning at household level [10 Marks]
- b) Describe hand jive method used in meal planning [10 Marks]

QUESTION FOUR

- a) Famine has been declared a disaster in arid counties in Kenya, Propose possible interventions that the government should implement in order to prevent malnutrition in these counties.
[10 Marks]

b) Discuss the importance of therapeutic diet in any community

[10 Marks]