



GRETSA UNIVERSITY - THIKA

UNIVERSITY EXAMINATIONS SEPTEMBER - DECEMBER 2021 SEMESTER

CERTIFICATE IN PUBLIC HEALTH

COURSE CODE: CIPH 052

COURSE TITLE: BASIC COMMUNITY NUTRITION

DATE: 17 NOVEMBER 2021

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: COMPULSORY

MULTIPLE CHOICE QUESTIONS [1-5]

[ONE MARK EACH]

1. Which of the following is not a fat soluble vitamin?
 - A. Vitamin A
 - B. Vitamin D
 - C. Vitamin C
 - D. Vitamin K
2. Which type of fat should be completely cut out of diet?
 - A. Unsaturated fats
 - B. Trans fats
 - C. Saturated fats
 - D. All types of fats
3. Which of the following food items belongs to simple carbohydrates?
 - A. Rice
 - B. Pasta
 - C. Bread
 - D. Fats
4. Which of the following is a trace mineral?
 - A. Sodium
 - B. Iron
 - C. Calcium
 - D. Phosphorus
5. Presence of goitre is an indication of deficiency in.....
 - A. Iron
 - B. Calcium
 - C. Iodine
 - D. Phosphorus

SHORT ANSWER QUESTIONS: ANSWER ALL QUESTIONS IN THIS SECTION

1. Outline five characteristics of Kwashiorkor [5 Marks]
2. Highlight five characteristics of Marasmus [4 Marks]
3. Outline four common micronutrient deficiencies [4 Marks]
4. Outline four trace minerals [4 Marks]
5. Highlight six basic food groups [6 Marks]
6. With the help of a well labelled diagram, illustrate the food pyramid [5 Marks]
7. Illustrate how BMI is calculated and explain the cut-offs that help determine the nutrition status of an individual [4 Marks]
8. Explain the following terms as used in community nutrition [3 Marks]
 - i. Community nutrition
 - ii. Stunting
 - iii. Wasting

SECTION B

[CHOOSE ANY THREE QUESTIONS]

Question One

- a) Describe four community nutrition assessment methods [10 Marks]
- b) Describe the macronutrients [10 Marks]

Question Two

- a) Explain five factors that influence occurrence of food insecurity [10 Marks]
- b) Explain five ways of solving food insecurity in the community [10 Marks]

Question Three

- a) Describe five fat soluble vitamins [10 Marks]
- b) Describe five water-soluble vitamins [10 Marks]

Question Four

- a) Describe five causes of malnutrition in the community [10 Marks]
- b) Describe five ways through which malnutrition can be solved [10 Marks]