



GRETSA UNIVERSITY - THIKA

UNIVERSITY EXAMINATIONS SEPTEMBER - DECEMBER 2021 SEMESTER

BACHELOR OF ARTS IN COMMUNITY DEVELOPMENT

COURSE CODE: COMD 207

COURSE TITLE: COMMUNITY NUTRITION

DATE: 17 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

[ONE MARK EACH]

1. Fruits, vegetables and cereals are potent sources of.....
 - A. Antioxidants
 - B. Unsaturated fat
 - C. Saturated fat
 - D. Free radicals
2. Which food item is a good source of Vitamin C
 - A. Orange
 - B. Whole grain bread
 - C. Groundnuts
 - D. Bacon
3. The risk of obesity, heart disease and cancer is increased by a diet high in
 - A. Calcium
 - B. Saturated fat
 - C. Fibre
 - D. Ascorbic acid
4. The only way to get all the nutrients you need is
 - A. To drink alcohol in moderation
 - B. To eat a combination of foods
 - C. To eat same foods over and over again
 - D. To eat a vegetarian diet
5. Which of the following is a biochemical method of nutrition assessment
 - A. Weight measurements
 - B. 24 hour recall
 - C. Skin fold thickness
 - D. Blood sugar test

SHORT ANSWER QUESTIONS: ANSWER ALL QUESTIONS IN THIS SECTION

1. Outline five determinants of health in a community [5 Marks]
2. List five functions of protein in the body [5 Marks]
3. Highlight five examples of micronutrients [5 Marks]
4. State five methods of community nutrition assessment [5 Marks]
5. Outline five types of micro-nutrients [5 Marks]
6. State five clinical signs of marasmus [5 Marks]
7. Highlight five factors that affect an individual's choice of food [5 Marks]

SECTION B: CHOOSE ANY THREE QUESTIONS]

QUESTION ONE

- a) Explain five common nutrition problems experienced by lactating mothers [10 Marks]
- b) Discuss the nutrition requirements in pregnancy [10 Marks]

QUESTION TWO

- a) Explain five groups of people that are vulnerable to nutrition problems in a community giving reasons for their vulnerability [10 Marks]
- b) Discuss five examples of community nutrition interventions [10 Marks]

QUESTION THREE

- a) Discuss the role of nutrition in the development of a community [10 Marks]
- b) Explain five importance of taking a balanced diet and physical activity [10 Marks]

QUESTION FOUR

- a) Explain the importance of assessment of nutrition status of a community [10 Marks]
- b) Discuss five types of anthropometric measurements of nutrition status [10 Marks]

QUESTION FIVE

- a) Discuss the nutrition recommendations for overweight patients with type 2 diabetes [10 Marks]

b) Explain five recommendations for cancer prevention

[10 Marks]