



THE CATHOLIC UNIVERSITY OF EASTERN AFRICA

A. M. E. C. E. A

REGINA PACIS INSTITUTE OF HEALTH SCIENCES

MAIN EXAMINATION

JANUARY – APRIL 2018 TRIMESTER

FACULTY OF SCIENCES

DEPARTMENT OF NURSING

REGULAR PROGRAMME

CHD 323: INTRODUCTION TO NUTRITION AND FOOD SECURITY

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Date: APRIL 2018

Duration: 3 Hours

INSTRUCTIONS: Answer ALL Questions

Answer ALL Questions in SECTION A

- Q1. Distinguish between. **(6 marks)**
- a) Malnutrition and deficiency syndrome
 - b) Digestion and absorption
 - c) Food and nutrient
- Q2. Outline the factors that influence the choice of food. **(8 marks)**
- Q3. Describe any two disorders related to malnutrition. **(4 marks)**
- Q4. List four Vitamin deficiency syndromes. **(4 marks)**
- Q5. Describe the parameters for protein evaluation **(4 marks)**
- Q6. Briefly describe the functions of carbohydrates in the body **(4 marks)**
- Q7. Why is it important to eat foods rich in proteins? **(5 marks)**
- Q8. Outline the process of protein digestion and absorption **5 marks**

SECTION B: Answer ANY THREE QUESTIONS. (60 MARKS)

- Q1. a) Define the term “food security” and explain the three components of food security **(4 marks)**

- b) What are the various causes of food insecurity in Kenya in the last 10 years. **(8 marks)**
- c) Discuss the strategies that need to be put in place to ensure food security of a population **(8 marks)**
- Q2. a) Outline the common nutritional problems affecting the Kenyan population and state their causes. **(5 marks)**
- b) Health and nutrition interventions are categorized into three levels. Discuss citing examples of each. **(15 marks)**
- Q3. As a program officer with **Action AID- Kenya**, one of your mandates is to align the actions of your organization with the National Food Security and Nutrition policy (FSNP), strategic long term plan by the Kenyan government to address food security of the country. In the context of the FSNP:
- a) Describe the objectives of this policy and how you will align Action-Aids functions to suit them. **(4 marks)**
- b) Discuss the strategic FSNP intervention areas that you will guide your organization to achieve food security. **(16 marks)**
- Q4. Food is an essential source of nutrients, which needs to be regulated and balanced
- i) What is a balanced diet and its components **(5 marks)**
- ii) Describe various ways of nutrient regulation **(10 marks)**
- iii) Outline any five consequences of poor nutrient regulation **(5 marks)**
- Q5. i) Discuss the metabolism of carbohydrates, proteins and fats **(12 marks)**
- ii) State and describe the functions of the digestive regulators **(8 marks)**

END