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REGINA PACIS INSTITUTE OF HEALTH SCIENCES

MAIN EXAMINATION

JANUARY – APRIL 2019 TRIMESTER

FACULTY OF SCIENCES

DEPARTMENT OF COMMUNITY HEALTH AND DEVELOPMENT

REGULAR PROGRAMME

CHD 323: NUTRITION AND FOOD SECURITY

Date: APRIL 2019

Duration: 3 Hours

INSTRUCTIONS: Answer ALL Questions

SECTION A: ANSWER ALL QUESTIONS

(30MARKS)

- Q1. Explain the following terms: **(8 Marks)**
- a) Balanced diet
 - b) Essential nutrients
 - c) Flavonoids
 - d) Saturated and Unsaturated fatty acids
- Q2. Distinguish between chronic and transitory food insecurity. **(2 Marks)**
- Q3. Explain the following dimensions of food security. **(6 Marks)**
- a) Availability
 - b) Utilization
 - c) Why might household food insecurity exist even when there is enough food available?
- Q4. Giving examples of good food sources, state two major functions of the following nutrients. **(6 Marks)**
- a) Vitamin A
 - b) Vitamin K
 - c) Calcium

- Q5. State two factors that influence food security at National level. **(2 Marks)**
- Q6. Give two possible nutritional deficiencies for each of the following signs and symptoms: **(6 Marks)**
- a) Fatigue
 - b) Loss of height and excessive curvature of the spine
 - c) Muscle pains and cramps

SECTION B: ANSWER ANY TWO QUESTIONS

(40 MARKS)

- Q7. a) Describe any four methods of nutritional assessment **(4 Marks)**
- b) State four purposes of nutritional assessment. **(4 Marks)**
- c) Explain four factors to consider in the dietary management of the following groups **(12 Marks)**
- i) Pregnant women
 - ii) Adolescents
 - iii) The elderly
- Q8. a) What is food security? **(2 Marks)**
- b) What is targeting as used in nutrition/ food security programme? **(3 Marks)**
- c) Describe two methods of targeting. **(4 Marks)**
- d) Outline three levels of prevention of nutrition related problems. **(3 Marks)**
- e) Describe a nutritional intervention you would initiate for diabetics. **(8 Marks)**
- Q9. a) What is an early warning system? **(3 Marks)**
- b) Give the characteristics of an early warning system. **(4 Marks)**
- c) Discuss the set-up of a food security information system in Kenya. **(8 Marks)**
- d) Describe five coping strategies of food insecurity. **(5 Marks)**

END

