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MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY EXAMINATIONS**

**2016/2017 ACADEMIC YEAR**

**FIRST YEAR SECOND SEMESTER**

**SCHOOL OF EDUCATION**

**BACHELOR OF EDUCATION (ECDE)**

**COURSE CODE: ECDE 122**

**COURSE TITLE: FOOD AND NUTRITION FOR**

**ECDE**

**DATE: 26TH APRIL 2017 TIME: 8.30AM-10.30AM**

**INSTRUCTIONS TO CANDIDATES**

* ***Answer question ONE (compulsory) and any other TWO questions.***
* ***Question one carries 30 marks***
* ***All other questions carry 20 marks***

*This paper consists of 3 printed pages. Please turn over.*

**QUESTION ONE**

1. Describe the following terms;-
   1. Macronutrients **(2 Marks)**
   2. Micronutrients. **(2 Marks)**
   3. Lactose intolerant **(2 Marks)**

b) Discuss the importance of calcium and its effects in an ECDE child.

**(8 Marks)** c) Describe the chemical composition of protein. **(4 Marks)**

d) Explain the relationship and differences between lipids and fat soluble vitamins. **(6 marks)**

e) Discuss three food taboos in the African culture**. (6Marks)**

**QUESTION TWO**

a)Why is vitamin K deficiency very rare among children? **(2 Marks)**

b) Explain four signs and symptoms of zinc deficiency a teacher can identify in an ECDE Child. **(8 Marks)**

c) Discuss five major conditions that may lead to iron deficiency in women.

**(10 Marks)**

**QUESTION THREE**

a) Evaluate the importance of water in the body. **(10 Marks)**

b) Explain how anaemia can be prevented in the community. **(10 Marks)**

**QUESTION FOUR**

a) Explain five functions of proteins in the body. **(10 Marks)**

b) Explain the steps an ECDE teacher can take to make sure children take a balanced diet. **(10 Marks)**

**QUESTION FIVE**

a) Justify the importance of vitamin D in a young child. **(10 Marks)**

b) Discuss measures a community can take to reduce iodine deficiency.

**(10 Marks)**