

**W1-2-60-1-6**

**JOMO KENYATTA UNIVERSITY OF AGRICULTURE AND TECHNOLOGY**

**UNIVERSITY EXAMINATIONS 2020/2021**

**THIRD YEAR FIRST SEMESTER SUPPLEMENTARY/SPECIAL EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN COMMUNITY HEALTH AND DEVELOPMENT**

**ICH 2308: NUTRITION, DIETETICS AND NUTRITIONAL DISORDERS**

**DATE: MARCH 2021 TIME: 2 HOURS**

INSTRUCTIONS: ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

**QUESTION ONE: 48 MARKS**

1. Define the following concepts:-

 a. Nutrients. (2 marks)

 b. Malnutrition. (2 marks)

 c. Therapeutic diets. (2 marks)

2. Identify and describe two key life cycle cohorts which are prioritized for nutrition interventions within the community setting. (6 marks)

3. Differentiate the following:-

 a. Mixed feeding and complementary feeding. (6 marks)

 b. Weaning and replacement feeding. (6 marks)

4. During the process of digestion of food, some nutrients promote the optimal absorption of others. Identify four set of nutrients that promote this. (6 marks)

5. State and describe ANY two modes of administering therapeutic diets to patients. (6 marks)

6. Describe ANY two anthropometric methods for nutrition assessment that you can use to assess the nutritional status of individuals in your community of practice. (6 marks)

7. Describe the food pyramid principle and how you can apply it in the community setting. (6 marks)

**QUESTION TWO: 22 MARKS**

Identify and describe five types of under nutrition that are associated with mortalities

within the first and second life cycle cohort.

**QUESTION THREE: 22 MARKS**

As a community health specialist, you have been consulted to conduct a community

nutrition diagnosis. Describe the indirect methods of nutrition assessment that you will

use.

**QUESTION FOUR: 22 MARKS**

Discuss the causes of Maternal Mortalities that are associated with nutrient deficiencies.