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UNIVERSITY EXAMINATIONS

2022/2023 ACADEMIC YEAR

FOURTH YEAR SEMISTER TWO

REGULAR – MAIN PAPER

FOR THE DEGREE OF BACHELOR OF EDUCATION EARLY CHILDHOOD

COURSE CODE: ECD 422

COURSE TITLE: MATERNAL FOOD AND NUTRITION

DATE: 31/7/2023

TIME: 2.00PM-4.00PM

INSTRUCTIONS TO CANDIDATES

Answer question one and any other two (2) questions

TIME: 2 Hours

This paper consists of two printed pages. Please turn over

SECTION ONE 30MKS

- 1.a. Explain why people eat food (4mks)
- ii. Discuss why a teacher should have knowledge of nutrition (4mks)
- iii. What are the dietary requirements of an expectant mother (2mks)
- b. Discuss causes of nutritional deficiencies in children of under five years in Kenya today. (6mks)

Explain any four health conditions that can affect pregnancy. (4mks)

- c. Discuss hereditary and environmental factors affecting maternal health care (10mks)
- 2.a. Explain the purpose of health education to members of the community (4mks)
- b. Illustrate how you can plan a meal for a lactating mother by showing the need for a balanced diet (10mks)
- 3.a. Explain why food taboos can cause maternal morbidity (10mks)
- b. Discuss ways of sourcing for food to ensure supply of balanced meals in families. (10mks)
- 4.a. Discuss effects of failure to vaccinate children during infancy. (6mks)
- b. Prepare a balanced diet for an expectant mother showing the food that is appropriate and the nutrient supplied (14mks).
- 5.a. Explain the preventive measures for child mortality (4mks)
- b. Discuss four functions of protein in human body. (8mks)
- c. Explain why mothers milk has an advantage over artificial milk (8mks).