

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**EXAMINATION FOR THE AWARD OF MASTERS DEGREE IN EARLY
CHILDHOOD DEVELOPMENT AND EDUCATION**

ECDE 812: HEALTH, NUTRITIONAL AND EDUCATIONAL PRACTICES

STREAMS: MED (ECDE)

TIME: 3 HOURS

DAY/DATE: TUESDAY 20/7/2021

2.30 P.M. – 5.30 P.M.

INSTRUCTIONS:

- **Answer question ONE and any other TWO questions**
- **Do not write on this question paper**

- (a) Describe six major nutrients and their functional importance in the body of a child. [12 marks]
 - (b) Describe appropriate development screening tools. [8 marks]
 - (c) Explain possible nutritional remedies for five specific chronic lifestyle diseases related to nutrition. [10 marks]
 - Promoting holistic development of a child requires a focus on health and wellness of children in early childhood care and educational programs. Discuss ways in which good health and wellness can be achieved in ECDE centres. [15 marks]
 - Discuss the significance of the nutritional composition of breast milk. [15 marks]
 - (a) Describe factors that affect food intake during pregnancy [7 marks]
 - (b) Explain why it could be necessary to use infant formula. [8 marks]
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