

**CHUKA**



**UNIVERSITY**

**UNIVERSITY EXAMINATIONS**

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF  
EDUCATION IN EARLY CHILDHOOD EDUCATION**

**ECDE 447: FOODS AND NUTRITION FOR ECDE**

**STREAMS: (SB/PT)**

**TIME: 2 HOURS**

**DAY/DATE: FRIDAY 23/07/2021**

**8.30 A.M. – 10.30 A.M.**

**INSTRUCTIONS:**

**Answer question one and any other two questions**

1. a) State and briefly explain five reasons as to why good nutrition to children is important. (5 marks)
- b) Highlight five factors that justify the importance of Food hygiene when adhering to school feeding programs. (5 marks)
- c) State five good health habits to be encouraged among children. (5 marks)
- d) State five signs of food allergies among children. (5 marks)
- e) Highlight five remedies to nutritional deficiencies. (5 marks)
- f) State five symptoms of malnutrition among preschool children. (5 marks)
  
2. a) Citing the source and functions, explain food elements as micro and macronutrients in human beings. (15 marks)
- b) Discuss five factors influencing child health. (5 marks)
  
3. a) Explain the nutritional requirements of children during infancy and early childhood stages of life. (10 marks)
- b) Citing examples, explore nutritional deficiency among children. (10 marks)

4. a) Discuss three categories of methods for cooking food. (14 marks)
- b) Briefly explain nutrition and holistic development of the child. (6 marks)
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