

CHUKA



UNIVERSITY

**UNIVERSITY EXAMINATIONS**

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

**ECDE 00244: MATERIAL HEALTH AND THE CHILD**

**STREAMS: CERT. ECDE**

**TIME: 2 HOURS**

**DAY/DATE: FRIDAY 07/12/2018**

**11.30 A.M. – 1.30 P.M.**

**INSTRUCTIONS:**

- **Answer question ONE and any other TWO QUESTIONS**
- **Do not write on the question paper**

1. (a) Briefly explain the following concepts [4 marks]
    - (i) Health
    - (ii) Nutrition
  - (b) State five causes of childhood illness and poor nutritional status [5 marks]
  - (c) Highlight five potential hazards of pregnancy [5 marks]
  - (d) State five services offered to expectant mothers at the antenatal clinic [5 marks]
  - (e) Outline five reasons as to why it is important to maintain personal hygiene as addressed in the pre-school curriculum implementation [5 marks]
  - (f) State six signs of discomfort that may be experienced by an expectant mother [6 marks]
2. (a) Explain five factors that determine the nutritional requirement of an individual [5 marks]
  - (b) Discuss four problems that may be encountered by lactating mothers. [15 marks]

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3. (a) Discuss the advantages of breast feeding over bottle feeding during lactation period [6 marks]
- (b) Discuss significant points to consider when starting a school feeding programme [14 marks]
4. (a) Explain five factors that influence growth. [5 marks]
- (b) Explain how the family and the community can support mother and child. [15 marks]
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