

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF EDUCATION
(EARLY CHILDHOOD DEVELOPMENT)**

ECDE 241: HEALTH AND NUTRITIONAL EDUCATION FOR ECDE

STREAMS: BED ECDE

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 4/12/2019

2.30 P.M – 4.30 P.M

INSTRUCTIONS

Answer question one and any other two questions

1. (a) Define the following; [3 marks]

- (i) Health education
- (ii) Primary health care
- (iii) Post natal care

(b) By giving five reason justify importance of health education to children.

[5

marks]

(c) Describe three components of primary health care . [3 marks]

(d) (i) Distinguish between immunizable and non immunizable diseases in children.

[2

marks]

(ii) Describe five immunizable diseases common among children. [5 marks]

(e) (i) State four cognitive stages of childhood development. [4 marks]

(ii) Explain how nutrition influences growth and development of children at each of the stages mentioned. [8 marks]

2. Discuss five factors that influences the physical and mental development of children.

[20

marks]

3. (a) A well- balanced diet is critical in early childhood. Explain three areas where instilling healthy eating habits and providing good nutritional choices is extremely important. [6 marks]

(b) Explain five effects of poor nutritional habits on children in early childhood. [5 marks]

marks]

(c) Describe three effects of good nutritional habits in early childhood. [3 marks]

(d) Describe six nutritional deficiencies. [6 marks]

4. (a) Name five context or settings under which children are taken care of in Kenya. [5 marks]

marks]

(b) Citing specific examples in each case, describe two broad categories of caregivers for children. [4 marks]

(c) State the basic practices whose implementation by caregivers facilitates proper growth and development of children. [11 marks]
