

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EMBU CAMPUS

SECOND YEAR EXAMINATION FOR THE AWARD OF DIPLOMA IN EARLY
CHILDHOOD DEVELOPMENT

ECDE 0241: HEALTH AND NUTRITIONAL CARE

STREAMS:

TIME: 2 HOURS

DAY/DATE: MONDAY 6/08/2018

11.30 A.M - 1.30 P.M.

INSTRUCTIONS:

- Answer Question ONE and any other TWO Questions
- Do not write on the Question paper

SECTION A

- (a) Explain the following terms;
 - Health education
 - Health according to W.H.O
 - Health promotion[6 Marks]
- (b) Give five advantages of breastfeeding over artificial feeding. [5 Marks]
- (c) Briefly explain importance of weaning. [4 Marks]
- (d) Describe the factors influencing the basic metabolic rate in human beings. [8 Marks]
- (e) Explain four common deficiency diseases in children and their causes. [4 Marks]
- (f) Outline the significance of school feeding programme. [3 Marks]

SECTION B:

- (a) Illustrate factors influencing nutritional requirements for different groups of people. [15 Marks]

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- (b) Explain five activities involved in health education and promotion. [5 Marks]
3. (a) Describe the appropriate methods of teaching health and nutrition [16 Marks]
- (b) Discuss the categories of food used for weaning. [4 Marks]
4. (a) Demonstrate a detailed scheme of work used for teaching health and nutrition. [10 Marks]
- (b) Make a lesson plan used for teaching one of the lessons schemed in part (a). [10 Marks]
5. (a) Explain the assessment rubrics used in health and nutrition. [12 Marks]
- (b) Describe common accidents found in an early childhood centre and the first aid applied to each. [8 Marks]
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