

CHUKA



UNIVERSITY

**UNIVERSITY EXAMINATIONS**

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF HUMAN  
NUTRITION AND DIETETICS**

**HNDS 423: FOOD AND NUTRITION SECURITY**

**STREAMS: HNDS**

**TIME: 2 HOURS**

**DAY/DATE: MONDAY 16/12/2024**

**8.30 A.M – 10.30 A.M.**

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**INSTRUCTIONS:**

- **ANSWER ALL THE QUESTIONS**

**SECTION A (10 MARKS)**

1. In what ways can governments promote good nutrition?
  - a) Surveys to monitor nutrition
  - b) Publishing dietary guidelines
  - c) Legislating against false claims
  - d) All of the options listed are correct
  
2. Which of the following are highly prevalent global nutrition problems?
  - a) Vitamin A deficiency
  - b) Undernutrition
  - c) Obesity
  - d) All of the options listed are correct

3. Which group of the global population is most affected by anaemia?
  - a) Preschool children
  - b) Pregnant women
  - c) Non pregnant women
  - d) Men
  
4. Indirect or nutrition sensitive interventions include:
  - a) Vitamin D supplements
  - b) Increasing crop yields
  - c) Improving weaning foods
  
5. Causes of malnutrition can be classified as immediate, underlying and root causes. Which of the following would be in the underlying class?
  - a) Low wages
  - b) Unclean drinking water
  - c) Sedentary life style
  - d) All of the options listed are correct
  
6. What is food security?
  - a) It relates to efforts to prevent terrorists from poisoning food supplies.
  - b) It is about ensuring everyone's access to food.
  - c) Its component elements include availability, utilisation, and stability, as well as access.
  - d) Food security focuses primarily on ending micronutrient malnutrition
  
7. Are most developing-country farmers engaged in subsistence or commercial production?
  - a) Almost all are subsistence farmers.
  - b) Very few engage in subsistence production, instead selling almost all of their produce on the market.
  - c) Virtually all small-scale producers are engage in some self-provisioning and market sales.
  - d) 37% engage in pure subsistence production.

8. What role do women play in food security?
  - a) Their main role is preparing meals.
  - b) They play a central role as producers of food, managers of natural resources, income earners and caretakers of household nutrition.
  - c) They weed the fields, but never plough or plant them, as only men are strong enough for those activities.
  - d) Their efforts focus mainly on vegetable gardens and chickens; men are involved with cereal crops and larger livestock.
  
9. How will climate change affect future food security?
  - a) It will have negative impacts in most developing countries because of the increased frequency of droughts, storms and floods.
  - b) The impact will be positive, because drier weather will mean less habitat for malaria mosquitoes, so fewer workers will be sick at harvest time.
  - c) The impact will be positive because there will be more carbon dioxide available for plant photosynthesis.
  - d) There currently is no scientific consensus as to whether climate change is occurring or whether it will over the next 50 years.
  
10. What difference will urbanisation make for hunger and malnutrition?
  - a) No significant difference; low-income urban and rural people face similar constraints in accessing food and consume similar diets in developing countries.
  - b) It will reduce poverty and hunger because these are almost entirely concentrated in rural areas.
  - c) Urban dwellers depend more than rural people on purchases to acquire food, have little opportunity to grow their own food, and so are much more vulnerable to food price increases.
  - d) Poor city folk eat mainly sorghum, millet, maize and root crops, so a lot more of those foods will need to be produced as the world urbanises.

**SECTION B (30 MARKS)**

1. Explain food and nutrition security. (4 marks)
2. Explain food security as an issue of national security. (6 marks)
3. Explain the policy statement on domestic food production in Kenya. (4 marks)
4. Explain the policy statement on storage and agro-processing in Kenya. (4 marks)
5. Explain the effects of cultural and social-political factors in accessing food. (6 marks)
6. Explain three effects of climate change on food security. (6 marks)

**SECTION C (30 MARKS)**

1. Discuss 5 emerging issues on food and nutrition security. (10 marks)
  2. Discuss stakeholders and their role in food and nutrition security. (10 marks)
  3. List 10 interventions to ensure sustainable diversified and affordable food production in Kenya. (10 marks)
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