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KIBABII UNIVERSITY
UNIVERSITY EXAMINATIONS
2020/2021 ACADEMIC YEAR
SECOND YEAR FIRST SEMESTER
MAIN EXAMINATION
FOR THE DEGREE OF EDUCATION IN EARLY CHILDHOOD
COURSE CODE: ECD 407
COURSE TITLE: MATERNAL AND CHILD NUTRITION

DATE: 07/10/2021

TIME: 9.00-10.00AM

INSTRUCTIONS TO CANDIDATES

Answer Question One and Any other TWO (2) Questions

QUESTION 1

- a)
- i. Explain the main causes of food insecurity in Kenya? (10 marks)
 - ii. Describe strategies that can be put in place to improve food security in Kenya. (5 marks)
- b)
- i. Discuss factors hinder food production in a developing economy like Kenya? (10 marks)
 - ii. Explain the impact of low food production on the young children and general family in Kenya. (5 marks)

QUESTION 2

- a)
- i. Differentiate between proteins and carbohydrates as components of a balanced diet. (4 marks)
 - ii. State 3 sources and 3 functions each of proteins and carbohydrates in the human body. (6 marks)
- b) Describe any 5 nutritional disorders that affect young children. (10 marks)

QUESTION 3

- a) Assume you have been asked to recruit a house-help for a family of a working mother with two-year old twins. Discuss the qualities you would look out for in such a person. (15 marks)
- b) What are the challenges a mother may face during the weaning period of a baby? (5 marks)

QUESTION 4

Discuss five common non-immunizable diseases that are likely to affect children living in refugee camps and prescribe preventive measures. (20 marks)

QUESTION 5

- a) Distinguish between token breastfeeding and partial breastfeeding. (2 marks)
- b)
- i. Explain why a mother may not be able to breastfeed her baby who has not been weaned. (5 marks)
 - ii. Explain three substitutes that a mother may not be able to breastfeed her baby who has not been weaned. (5 marks)
- c) Discuss disadvantages of using breast milk substitutes to feed a baby? (10 marks)