



**KIBABII UNIVERSITY**

**UNIVERSITY EXAMINATION**

**2022/2023 ACADEMIC YEAR**

**FIRST YEAR SEMESTER TWO**

**MAIN EXAMINATION**

**FOR THE DEGREE OF BACHELOR OF EDUCATION ARTS**

**COURSE CODE: ECD 122**

**COURSE TITLE: HEALTH AND NUTRITION FOR CHILD GROWTH AND  
DEVELOPMENT**

**DATE: 26/4/2023**

**TIME: 9.00AM-11.00AM**

**INSTRUCTIONS TO CANDIDATES**

**Answer Question One and Any Other TWO (2) Questions**

**TIME: 2 Hours**

**1. Question one (30marks)**

a. Explain the meaning of the following terms

i) Food ( 2marks)

ii) Nutrition ( 2marks)

iii) Growth ( 2marks)

iv) Development ( 2marks)

v) Carbohydrates ( 2marks)

b. Discuss sources and functions of body building foods (10 Marks)

c. Explain the emotional support, and hygiene that can be appropriate to an expectant mother. (10 marks)

**2. Question two (20marks)**

(a) Energy giving foods (Carbohydrates). Give its functions and deficiency. (10marks)

(b) Discuss and give functions of vitamins and explain its malnutrition (10 marks)

**3. Question three (20marks)**

A mother has been feeding her 3 year old child with baked cakes for breakfast, rice and potatoes for lunch , ugali and green vegetables for supper. Discuss the right way to help her child against kwashiorkor. (20 marks)

**4. Question four (20marks)**

(a) Explain the points to consider when providing meals to neonates and toddlers. (10 marks)

(b) Explain five factors that hinder early childhood growth and development (10marks)

**5. Question five (20marks)**

(a) Plan a five day balanced diet for a child suffering from Marasmus (10 marks)

(b) Highlight the disadvantages of providing inadequate balanced diet to lactating mothers

(10 marks)