



MAASAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATIONS

2022/2023 ACADEMIC YEAR

SECOND YEAR FIRST TRIMESTER

**SCHOOL OF PURE, APPLIED AND HEALTH SCIENCES
DIPLOMA IN FOOD, NUTRITION AND DIETETICS**

COURSE CODE: DND 2106

COURSE TITLE: COMMUNITY NUTRITION I

DATE: 20/4/2023

TIME: 1430-1730 HRS

INSTRUCTION TO CANDIDATES

Section A: Multiple Choice Questions. Answer ALL Questions

Section B: Short Answer Questions. Answer ALL Questions

Section C: Long Answer Questions. Answer Question ONE and any other question.

This paper consists of 6 printed pages. Please turn over.

SECTION A: MULTIPLE CHOICE ANSWER QUESTION (20 MARKS) ANSWER ALL QUESTIONS.

1. A low-income elderly woman is being screened for blood cholesterol level by a community nutritionist at a community health center. What level of prevention is the nutritionist using?
 - A. Primary Prevention
 - B. Secondary Prevention
 - C. Tertiary Prevention
 - D. Intermediate Prevention
2. Community Nutrition involves the following areas of Aspects **EXCEPT**.
 - A. Nutritional Surveillance.
 - B. Epidemiological dietary studies.
 - C. Implementation and evaluation of dietary.
 - D. Recommendation of gold standard in community.
3. An individual who is undergoing treatment as a result of diabetes is receiving which level of prevention?
 - A. Primary Prevention
 - B. Secondary Prevention
 - C. Tertiary Prevention
 - D. Intermediate Prevention
4. One of the following is **NOT** the correct source of taking anthropometric measurement?
 - A. Height
 - B. Weight
 - C. Body mass
 - D. Fold weight mass
5. The following is **NOT** among the concerns in population Health.
 - A. Diabetes.
 - B. Congestive Heart Failure.
 - C. Obesity.
 - D. Cultural diseases.
6. The following is not **TRUE** about community Assessment
 - A. Identify strength, needs and challenges of specified community.
 - B. Gather information only.
 - C. Only for demographic factors.
 - D. Socio-economic evaluation.
7. The pillar of health is
 - A. Promotion
 - B. Care
 - C. Prevention
 - D. Protection.
8. When individuals, families or communities have limited availability to nutritional foods, they are referred to as:
 - A. Food secure
 - B. Impoverished
 - C. Nutritionally deficient

- D. Food insecure
9. The following is the nutrition strategy that utilizes food and nutrients delivery as part of steps in the Nutrition care plan.
- Nutrition Intervention.
 - Nutrition Assessment.
 - Nutrition Diagnosis.
 - Nutrition Evaluation.
10. The following is **NOT** considered as common interest in the community by the Nutrition
- Homebound elderly person.
 - Teenage Mother.
 - Co-workers.
 - A church elder.
11. Which one is **NOT** a direct method of Assessment?
- Anthropometry.
 - Biochemical and laboratory estimation.
 - Functional Assessment.
 - Vital health statistics
12. One of the following is the best description of programme planning.
- Process by which program is conceived and brought to completion.
 - Less involvement in identification problems.
 - No criteria in program planning
 - Evaluation only applicable at initiation stage.
13. One of the following is **NOT** theory and model of health behaviour.
- Healthy literacy.
 - Ecological model.
 - Social cognitive theory.
 - Theory of research action.
14. -----Refers to the social, economic, cultural and psychological implications of food and eating.
- Community nutrition
 - Faddism
 - Nutrition status
 - Chronic malnutrition
15. Food contamination and food spoilage are similar?
- True
- False
16. Which of the following is anthropometrical methods of nutrition assessment among under five years children
- Weight
 - MUAC
 - 24 hour recall
 - Height
- 18 -----is a type of malnutrition which could occur as a result of long and short period of inadequate food intake
- Stunting

- B. Wasting
 - C. Underweight
 - D. Stunting/wasting
19. Which of the following is the odd one out?
- A. Glycogen
 - B. Starch
 - C. Cellulose
 - D. Glucose
20. The following is **NOT** a population Health pillar
- a) Have care Management.
 - b) Quality and Safety.
 - c) public health and Health policy.
 - d) Collaboration in corporate care.

PART B - SHORT ANSWER QUESTIONS (40 MKS).

1. Explain three (3) Health continuum levels of prevention (6 Marks)
2. State four (4) roles of public health in Nutrition (4 Marks).
3. State four (4) steps in project planning. (4 Marks).
4. Explain three (3) importance of programme evaluation (6 Marks)
5. Explain three (3) community food Assessment basic extensions (6 Marks).
6. State four (4) principles of Nutrition (4 Marks)
7. List five (5) influences of Health that we have control over (5 marks).
8. Describe three (3) strategies set out in Ottawa charter essential. (5 marks).

PART C - LONG ESSAY QUESTIONS (40 MARKS)

ANSWER ONLY TWO QUESTIONS. QUESTION ONE is compulsory

- 1) A Nutrition student has been assigned to conduct a needs Assessment survey in Narok North Division.
 - a) Briefly explain Needs Assessment survey. (5 marks)
 - b) State five (5) common characteristics of Needs Assessment survey. (5 marks)
 - c) Discuss Challenges that the Nutrition student may encounter during a needs Assessment survey. (10 marks)
2. Famine has been declared a disaster in arid counties in Kenya,
 - a) Define food security (2 Marks)
 - b) Discuss the four (4) dimensions of food security (8 Marks)
 - c) Explain five (5) causes of food insecurity in Kenya (10 marks)
3. After a community Nutrition diagnosis in limanet, you identified Malnutrition as a major challenge.
 - a) Explain the role of community nutritionist (10 marks)
 - b) State four (4) factors causing malnutrition in the community. (4 marks)
 - c) Briefly describe the three levels of disease prevention according to the concept of community nutrition. (6 marks)

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