



MACHAKOS UNIVERSITY

University Examinations 2020/2021 Academic Year

SCHOOL OF EDUCATION

DEPARTMENT OF EARLY CHILDHOOD EDUCATION

FIRST YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF EDUCATION (EARLY CHILDHOOD)

ECE 106: FOOD AND NUTRITION

DATE: 23/2/2021

TIME: 8.30-10.30 AM

INSTRUCTIONS

Answer Question ONE and any other TWO questions

QUESTION ONE (30 MARKS) (COMPULSORY)

- a) Define the following terms.
- i. Food (2 marks)
 - ii. Health (2 marks)
 - iii. Nutrition (2 marks)
 - iv. Lipids (2 marks)
 - v. Proteins (2 marks)
- b) State any five factors affecting Basal Metabolic Rate. (5 marks)
- c) Outline five methods you would use to preserve meat. (5 marks)
- d) Enumerate any five functions of calcium. (5 marks)
- e) Highlight five functions of lipids. (5 marks)

QUESTION TWO (20 MARKS)

- a) Explain any five functions of proteins. (10 marks)
- b) Describe any five methods of dry heat cooking your cook would consider when preparing food for young children in your school. (10 marks)

QUESTION THREE (20 MARKS)

- a) Analyze any six food taboos found among Kenyan communities. (12 marks)
- b) Discuss any four symptoms of kwashiorkor. (8 marks)

QUESTION FOUR (20 MARKS)

- a) With examples discuss any five people with iron deficiencies. (10 marks)
- b) Assess ways you would use to reduce cholesterol levels in the body. (10 marks)

QUESTION FIVE (20 MARKS)

- a) Citing relevant examples assess any five important components of pregnant and lactating mothers' diet. (10 marks)
- b) You have been employed by county government of Bomet as a preprimary teacher at Longetoni School. Your head teacher has requested you to facilitate in a workshop whose theme is "*meal planning*". Develop detailed notes for your presentation. (10 marks)