



# MACHAKOS UNIVERSITY COLLEGE

(A Constituent College of Kenyatta University)  
University Examinations for 2015/2016 Academic Year

SCHOOL OF PURE AND APPLIED SCIENCES

DEPARTMENT OF BIOLOGICAL SCIENCES

FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF  
SCIENCE IN POPULATION HEALTH

PPH 214 FOOD SECURITY AND HEALTH

DATE:3/8/2016

TIME: 8.30-10.30 AM

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## **INSTRUCTIONS:**

**ANSWER QUESTION ONE IN SECTION A AND ANY OTHER TWO QUESTIONS IN SECTION B**

### **SECTION A. COMPULSORY**

1. a) Define the following terms (4 marks)
  - i. Food safety
  - ii. Health
- b) Explain the four pillars of food security? (4 marks)
- c) Briefly explain the strategies to overcome micronutrient deficiencies. (4 marks)
- d) Name three nutrient deficiencies of greatest public health significance. (3 marks)
- e) Outline the factors that affect food security. (4 marks)
- f) Briefly describe the factors that affect energy requirements in an individual (4 marks)
- g) Outline the national food security and nutrition policy objectives (3 marks)
- h) Briefly discuss the relationship between infection and malnutrition. (4 marks)

## **SECTION B**

2. Discuss the types of natural resources you are familiar with. (20 marks)
3.
  - a) Describe the factors that affect people's food choices (15 marks)
  - b) Briefly discuss why human beings need food. (5 marks)
4.
  - a) Describe the major causes of malnutrition. (8 marks)
  - b) Briefly explain six harmful traditional practices with regard to nutrition. (12 marks)
5. Identify and explain factors that impact on caring practices of mothers. (20 marks)