



MACHAKOS UNIVERSITY

University Examinations 2019/2020 Academic Year

SCHOOL OF EDUCATION

DEPARTMENT OF EARLY CHILDHOOD EDUCATION

FOURTH YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF EDUCATION (EARLY CHILDHOOD EDUCATION)

ECE 408: MATERNAL AND CHILD NUTRITION

DATE: 9/12/2019

TIME: 2.00-4.00 PM

INSTRUCTIONS: answer question one and any other two questions

QUESTION ONE: 30 MARKS

- a) Define the following terms: (6 marks)
 - i. Nutrients
 - ii. Health
 - iii. Prenatal nutrition
- b) Provide the goals of maternal and child health and nutrition. (6 marks)
- c) Evaluate the precautions to observe when beginning weaning in children. (6 marks)
- d) Distinguish between food security and food insecurity. State two causes of food insecurity. (6 marks)
- e) Analyze the difference between food allergy and food intolerance. Also state any four symptoms of food allergies in children. (6 marks)

QUESTION TWO (20 MARKS)

Prepare a paper to be presented to expectant mothers on "The components of a balanced diet and explain the contributions for each component to the healthy growth and development of children.

QUESTION THREE (20 MARKS)

Describe the activities the government should undertake to ensure good maternal and child health nutrition.

QUESTION FOUR (20 MARKS)

"A mother's health profoundly affects the health and wellbeing of her children". Critique this statement.

QUESTION FIVE (20 MARKS)

Examine the rationale for exclusive breastfeeding for the first six months of life and highlight the recommended diet for the mother during this period.