



# MACHAKOS UNIVERSITY

University Examinations 2017/2018

## SCHOOL OF EDUCATION

### DEPARTMENT OF EDUCATIONAL PSYCHOLOGY, SPECIAL NEEDS EDUCATION AND EARLY CHILDHOOD EDUCATION

#### AUGUST SESSION EXAMINATION FOR DIPLOMA IN EDUCATION (EARLY CHILDHOOD EDUCATION)

#### ECE 043: HEALTH PRACTICES AND EDUCATION

**DATE: SCHOOL BASED**

**TIME:**

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#### INSTRUCTIONS

##### Answer Question One and Any Other Two Questions

1. a) Define the following terms (6 marks)
  - i Health
  - ii Health Education
  - iii Health promotion
- b) State FIVE functions of carbohydrates (5 marks)
- c) Name FIVE deficiency diseases (5 marks)
- d) State TWO soluble and TWO non-soluble fats (4 marks)
- e) State and briefly explain FIVE physiological/physical needs of a child (10 marks)
2. Explain the roles of the individual, family and community in the promotion of health of a child (20 marks)
3. Identify any FOUR non-immunizable diseases that affect children and clearly state their symptoms, prevention, management and treatment (20 marks)
4. Describe FIVE immunizable diseases that affect children and clearly state symptoms of each, causes and treatment. (20 marks)
5. a) Identify and briefly discuss psycho-sociological needs of children (10 marks)
- b) Discuss how personal hygiene and sanitation can affect a child (10 marks)



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#### AUGUST SESSION EXAMINATION FOR DIPLOMA IN EDUCATION (EARLY CHILDHOOD EDUCATION)

#### ECE 044: FOOD AND NUTRITION

**DATE: SCHOOL BASED**

**TIME:**

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#### INSTRUCTIONS

**Answer Question One and Any Other Two Questions**

1. a) Define the following terms (10 marks)
  - i. Food
  - ii. Nutrition
  - iii. Infant
  - iv. Weaning
  - v. Food habits
- b) Name FOUR fat soluble vitamins (4 marks)
- c) Highlight THREE functions of iodine (6 marks)
- d) State FIVE challenges that contribute to food shortage in Kenya (5 marks)
- e) State FIVE functions of proteins (5 marks)
2. Analyze the nutritional requirements for an infant (20 marks)
3. Explain FIVE methods of food preservation, citing relevant examples of food that can be preserved in each method. (20 marks)
4. a) Analyze the characteristics of weaning foods (15 marks)
- b) State FIVE symptoms of beriberi (5 marks)
5. Discuss FIVE nutritional deficiency diseases that affect children (20 marks)

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*Examination Irregularity is punishable by expulsion*