



MACHAKOS UNIVERSITY

University Examinations 2018/2019

SCHOOL OF EDUCATION

DEPARTMENT OF EARLY CHILDHOOD EDUCATION

FOURTH YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF EDUCATION

ECE 408: MATERNAL AND CHILD NUTRITION

DATE: 30/4/2019

TIME: 8:30 – 10:30 AM

INSTRUCTIONS: Answer Question One and Any Other Two

QUESTION ONE (COMPULSORY) (30 MARKS)

- a) Define the following terms: (6 marks)
- i) Nutrients
 - ii) Health
 - iii) Prenatal nutrition
- b) State six goals of maternal and child health and nutrition. (6 marks)
- c) Evaluate three precautions to observe when beginning weaning in children. (6 marks)
- d) Distinguish between food security and food insecurity. (4 marks)
- e) State two causes of food insecurity. (2 marks)
- f) Differentiate between food allergy and food intolerance. (4 marks)
- g) List any four symptoms of food allergies in children. (2 marks)

QUESTION TWO (20 MARKS)

Develop a paper to be presented to expectant mothers on “The components of a balanced diet explaining the contributions of each component to the healthy growth and development of children.

QUESTION THREE (20 MARKS)

Explain the activities the government should undertake to ensure effective maternal and child health and 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)

- a) Examine the rationale for exclusive breastfeeding for the first six months of life. (10 marks)
- b) Justify the recommended diet for the mother during this period. (10 marks)