



MACHAKOS UNIVERSITY

University Examinations 2018/2019

SCHOOL OF EDUCATION

DEPARTMENT OF EARLY CHILDHOOD EDUCATION & EDUCATIONAL
COMMUNICATION & TECHNOLOGY

..... YEAR SPECIAL/SUPPLEMENTARY EXAMINATION FOR
BACHELOR OF EDUCATION

ECE 106: FOOD AND NUTRITION

DATE:

TIME:

INSTRUCTIONS

Answer Question One and Any Other Two Questions

1. a) Define the following terms :-
 - i. Food
 - ii. Nutrition
 - iii. Health
 - iv. Fibre
 - v. Maternal child health care (MCH) (10 marks)
- b) Differentiate between the following terms:-
 - i. Nutrition and nutrients
 - ii. Micro and macro-nutrients
 - iii. Fats and Oils (10 marks)
- c) Discuss any **FIVE (5)** aspects of health (10 marks)
2. a) Food is divided into several food groups. List down the **SEVEN(7)** main food groups and **TWO(2)** sources for each. (15 marks)
- b) Human body consists of 60% water. State and explain 5 functions of water in the human body. (5 marks)

3. a) Malnutrition results in deficiency disorders in children. Explain the general causes of malnutrition. (10 marks)
- b) List down major factors to be considered when preparing food (meals). (10 marks)
4. Briefly describe **two (2)** functions, **two (2)** food sources, **two (2)** symptoms of deficiency and two symptoms of excess of the following:-
- a) Protein (4 marks)
- b) Vitamin A (4 marks)
- c) Vitamin B₃ (Niacin) (4 marks)
- d) Zinc (4 marks)
- e) Iron (4 marks)