



MACHAKOS UNIVERSITY

University Examinations for 2024/2025 Academic Year

SCHOOL OF EDUCATION
DEPARTMENT OF EDUCATIONAL COMMUNICATION TECHNOLOGY & ECE
FIRST YEARS FIRST SEMESTER EXAMINATION FOR MASTER DEGREE IN
EARLY CHILDHOOD EDUCATION

ECE 803: HEALTH NUTRITION AND EARLY EDUCATION PRACTICES

DATE: 18TH JANUARY, 2025

TIME: 1.00 PM – 4.00 PM

INSTRUCTIONS:

*Answer question **ONE** (Compulsory) and any other **TWO** questions*

QUESTION ONE (COMPULSORY) (30 MARKS)

- a) Explain five main nutritional requirements of an expectant mother. (10 marks)
- b) Describe any 5 importance of breastfeeding for young children. (10 marks)
- c) Using illustrations, briefly discuss the process of digestion in human beings. (10 marks)

QUESTION TWO (20 MARKS)

You are invited for a national conference on strategies for enhancing food security in Kenya.
Discuss any five points of your presentations.

QUESTION THREE (20 MARKS)

Discuss the 5 major classes of food and give at least four sources for each class.

QUESTION FOUR (20 MARKS)

With reference to Kenya's vision 2030 and sustainable development Goals 4 and 5, discuss how these vision and goals strives to contribute to enhanced health and nutritional care for mothers and children in Kenya.

QUESTION FIVE (20 MARKS)

Discuss the roles of the head teacher in recognizing the health and nutritional challenges in his or her schools.