



MACHAKOS UNIVERSITY

University Supplementary Examinations 2019

SCHOOL OF EDUCATION

DEPARTMENT OF EARLY CHILDHOOD EDUCATION

**FIRST YEAR FIRST SEMESTER EXAMINATION FOR BACHELOR OF EARLY
CHILDHOOD 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)**