



MACHAKOS UNIVERSITY

University Examinations for 2024/2025 Academic Year

SCHOOL OF EDUCATION

DEPARTMENT OF EDUCATIONAL COMMUNICATION TECHNOLOGY & ECE

SECOND YEAR FIRST SEMESTER EXAMINATION FOR DEGREE IN BACHELOR OF EDUCATION (EARLY CHILDHOOD EDUCATION)

ECE 114: HEALTH EDUCATION AND PRACTICES

DATE: 17TH JANUARY, 2025

TIME: 11.00 AM – 1.00 PM

INSTRUCTIONS:

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

QUESTION ONE (COMPULSORY) (30 MARKS)

- a) Define the following terms
 - i. Health care
 - ii. Antenatal Care
 - iii. Immunization
 - iv. Health
 - v. Health Education (10 marks)
- b) Needs are grouped into TWO categories. State the TWO categories and explain them giving examples of each category. (10 marks)
- c) Discuss Five aspects of health. (10 marks)

QUESTION TWO (20 MARKS)

- a) Discuss prevention measures of intestinal worms. (10 marks)
- b) Discuss hygiene measures to observe when preparing food before cooking (10 marks)

QUESTION THREE (20 MARKS)

- 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)

QUESTION FOUR (20 MARKS)

Briefly describe two functions, two food sources, two symptoms of deficiency and two symptoms of excess of the following:

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|--------------------------------------|-----------|
| i. Protein | (4 marks) |
| ii. Vitamin A | (4 marks) |
| iii. Vitamin B ₃ (Niacin) | (4 marks) |
| iv. Zinc | (4 marks) |
| v. Iron | (4 marks) |

QUESTION FIVE (20 MARKS)

Discuss factors that hinder food Production in Kenya.