



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2010/2011

INSTITUTE OF OPEN LEARNING

EXAMINATION FOR THE DEGREE OF BACHELOR OF EDUCATION

ECE 106: FOOD AND NUTRITION

DATE: FRIDAY, 4TH FEBRUARY 2011

TIME: 2.00 P.M. - 4.00 P.M.

INSTRUCTIONS:

- This paper has two sections
- Section A is compulsory and has 30 marks
- Section B has 40 marks. Answer any TWO questions
- All answers must be written in the answer booklet provided

SECTION A: SHORT ANSWER QUESTIONS (30 MARKS)

1. Define the following terms as used in this unit. (6 marks)
 - a. Nutrients
 - b. Malnutrition
 - c. Hygiene
 - d. Lactation
 - e. Food
 - f. Nutrition
2. State the main categories of a balanced diet. (6 marks)
3. Briefly describe three modern methods of cooking used in industrialized food preparation. (6 marks)
4. Identify and describe briefly the main meals in a day for a preschool child. (6 marks)
5. State SIX factors influencing modern habits of feeding. (6 marks)

SECTION B: ESSAY TYPE OF ANSWERS. ANSWER ANY TWO

6. a. Describe the sources and importance of vitamin A and C (10 marks)
- b. Discuss the prevention and effects of the deficiency of calcium and iodine. (10 marks)
7. a. Identify and discuss any two food taboos during pregnancy in your community. (10 marks)
- b. Explain the advice you would give to your community concerning food habits and patterns in reference to specific foods. (10 marks)
8. a. Inappropriate consumption of certain 'things' can lead to ill health. In reference to four specific feeding habits discuss the negative effects of their consumption. (10 marks)
- b. Explain four reasons for increased emphasis of consumption of fruits, vegetables and water. (10 marks)
9. a. Describe Four ways that food can get contaminated. (10 marks)
- b. In reference to food preparation discuss four ways that enhances food hygiene. (10 marks)
