



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

INSTITUTIONAL BASED PROGRAMME (IBP) – DECEMBER SESSION

EXAMINATION FOR THE DEGREE OF BACHELOR OF EDUCATION

ECE 106: FOODS AND NUTRITION

DATE: WEDNESDAY, 2ND MAY 2012

TIME: 4.30 P.M – 6.30 P.M

INSTRUCTIONS: Answer **ALL** questions in **Section A** and choose any 2 from **Section B**.

SECTION A: Short answer questions [30 Marks]

1. Describe **three** reasons why good nutrition is important during the early childhood years. [6 Marks]
2. Describe **four** categories of people who require more protein than others. [6 Marks]
3. Citing **three** examples, explain the sources of monosaccharide. [6 Marks]
4. With examples, explain the disadvantages of bottle feeding. [6 Marks]
5. Why is consumption of foods rich in iron highly recommended for the human body? [6 Marks]

SECTION B: Answer Two Questions ONLY from this Section [**40 Marks**]

6. You have been asked to facilitate a seminar to young couples on weaning. What points would you focus on in this seminar? [20 Marks]
7. Write an essay on dry cooking methods, highlighting on the advantages and disadvantages of each method. [20 Marks]
8. Food taboos are a major hindrance to children's and women's health. Discuss. [20 Marks]
9. (a) Discuss **four** ways you would use to prevent food contamination. [10 Marks]
(b) Describe **two** types of illnesses that come as a result of eating contaminated food. [10 Marks]