



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2014/2015

DIGITAL SCHOOL OF VIRTUAL & OPEN LEARNING

**SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF
EDUCATION**

ECE 106: FOODS AND NUTRITION

DATE: WEDNESDAY 29TH APRIL 2015 TIME: 2.00 P.M. – 4.00 P.M.

INSTRUCTIONS

Answer ALL Questions in this section

1. What are the stipulations in 'A' and 'B' of the ABCs of nutritional recommendations? (6 marks)
2. Briefly describes SIX functions of proteins (6 marks)
3. In what SIX ways is deficiency of Vitamin A likely to negatively affect the health of a child? (6 marks)
4. Briefly describe SIX situations that require iron increase (6 marks)
5. Briefly describe with examples the FOUR causes of Thiamin Deficiency (6 marks)

SECTION B (40 MARKS)

Answer any Two questions fro this section

6. Iodine deficiency has adverse effects in alls stages of development. Describe these effects at the different stages of development (20 marks)
7. Describe the TWO methods of steaming food and show why they are best suited for cooking fish and vegetables. (20 marks)
8. What precautions should parents and caregivers take to reduce nutrient loss? (20 marks)
9. Discuss with examples how industrialization and urbanization have influenced food diets. (20 marks)