



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2014/2015
FIRST SEMESTER EXAMINATION FOR DIPLOMA IN EARLY CHILDHOOD
STUDIES
ECE 044 / 014: FOOD AND NUTRITION FOR INFANTS AND
YOUNG CHILDREN

DATE: MONDAY 22ND DECEMBER 2014 TIME: 8.00 A.M. – 10.00 A.M.

INSTRUCTIONS

Answer ALL questions in Section A and any two in section B

SECTION A

1. Explain three functions of protein in the body (6 marks)
2. Discuss three rules of shallow frying as a method of cooking (6 marks)
3. Explain three functions of phosphorus in the body (6 marks)
4. List six sources of carbohydrates (6 marks)
5. Explain three qualities of meals for the infants and young children (6 marks)

SECTION B

6. a) Explain five reasons why food should be cooked well (10 mark)
b) Discuss five ways of preventing food contamination (10 marks)
 7. a) Explain ways of maintaining kitchen hygiene (10 marks)
b) Discuss five ways of ensuring personal hygiene in children and infants (10 marks)
 8. Discuss the effects of growth of towns and industrialization on food consumption in Kenya (20 marks)
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