



# **MACHAKOS UNIVERSITY**

University Examinations 2019/2020 Academic year

**SCHOOL OF HEALTH SCIENCES**

**DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH**

**FOURTH YEAR SPECIAL /SUPPLEMENTARY EXAMINATION FOR  
BACHELOR OF SCIENCE IN COMMUNITY REDOURCE MANAGEMENT**

**HCR 40I: COMMUNITY NUTRITION AND FOOD SECURITY**

**DATE: 20/01/2021**

**TIME: 8.30-10.30 AM**

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## **INSTRUCTIONS**

**ANSWER QUESTION ONE IN SECTION A AND ANY OTHER TWO QUESTIONS IN SECTION B**

### **SECTION A. COMPULSORY**

#### **QUESTION ONE**

- a) Define the following terms (4 marks)
- i. Food safety
  - ii. Livelihoods.
  - iii. Resilience
  - iv. Nutrition security
- b) Explain how communities diversify their food. (3 marks)
- c) Describe the relationship between inadequate dietary intake and infection? (4 marks)
- d) Briefly discuss how nutrition security can be achieved. (4 marks)
- e) Briefly describe coping strategies households use during food insecurity and their effects on health. (4 marks)
- f) Highlight the underlying factors needed for an adequate dietary intake and health. (4 marks)
- g) Describe the major challenges in achieving food security. (4 marks)
- h) Briefly discuss the positive impacts of food safety on food security. (3 marks)

## **SECTION B**

## **QUESTION TWO**

- a) Ten cases of protein energy malnutrition have presented themselves in the health Centre where you work; it has been declared a nutritional problem. Discuss the factors you would consider when planning an intervention. (10 marks)
- b) Goiter has become a public health concern. Discuss the mechanisms you will put in place to prevent and treat this, as the health officer in charge. (10 marks)

## **QUESTION THREE**

- a) Most African countries are not food secure. Discuss factors affecting food production. (10 marks)
- b) The prevalence of malnutrition in mothers and their children is high in wangu village. Discuss threats to adequate maternal and child care practices. (10 marks)

## **QUESTION FOUR**

- a) Describe the factors that affect people's food choices. (8 marks)
- b) Our culture has an impact on our health. Discuss harmful traditional practices with regard to nutrition. (12 marks)

## **QUESTION FIVE**

- a) As a community officer what actions have you put in place to improve food security in your community. (10 marks)
- b) Machakos has a high prevalence of malnutrition. Discuss food based strategies you will use to prevent and control this. (10 marks)