



MACHAKOS UNIVERSITY

University Examinations 2022/2023

SCHOOL OF EDUCATION

DEPARTMENT OF EARLY CHILDHOOD EDUCATION COMMUNICATION AND
TECHNOLOGY

FIRST YEAR SECOND SEMESTER EXAMINATION FOR
BACHELOR OF EDUCATION (EARLY CHILDHOOD EDUCATION)

ECE 115: FOOD AND NUTRITION FOR INFANTS
AND YOUNG CHILDREN

DATE:

TIME:

INSTRUCTIONS

Answer question one and any other two questions

QUESTION ONE (COMPULSORY) (30 MARKS)

- a) Define the following terms. (6 marks)
- i. Food
 - ii. Nutrients
 - iii. Basal Metabolic Rate
- b) Describe six factors that influence energy requirements in the body. (6 marks)
- c) Explain any three reasons that lead to obesity. (6 marks)
- d) State six ways of reducing cholesterol in the body. (6 marks)
- e) Suggest the appropriate diet for aged people. (6 marks)

QUESTION TWO (20 MARKS)

- a) Describe the diet of pregnant and lactating women. (10 marks)
- b) Evaluate the functions of any five types of vitamins. (10 marks)

QUESTION THREE (20 MARKS)

- a) Analyze meals for school children. (10 marks)
- b) Discuss the food taboos in your community. (10 marks)

QUESTION FOUR (20 MARKS)

- a) Identify any two minerals and outline five functions of each. (10 marks)
- b) Evaluate five recommendations for weight control. (10 marks)

QUESTION FIVE (20 MARKS)

- a) Explain the functions of lipids. (10 marks)
- b) Describe five factors affecting meal planning. (10 marks)