



# UNIVERSITY EXAMINATIONS

**2<sup>ND</sup> SEMESTER 2023/2024 ACADEMIC YEAR**

**FOURTH YEAR EXAMINATION FOR THE DEGREE OF  
BACHELOR EDUCATION (ECDE)**

**ECDE 425: NUTRITION FOR ECDE**

***STREAM: R***

***TIME: 2 HRS***

***DAY: MONDAY (11.30-1.30PM)***

***DATE: 8/4/24***

**THIS QUESTION PAPER CONSISTS OF THREE (3) PAGES**

**PLEASE DO NOT OPEN UNTIL THE INVIGILATOR SAYS SO.**



**INSTRUCTIONS:** Answer question **ONE** and any other **TWO**

**QUESTION ONE (30 MARKS)**

- a) Providing three (3) examples of each, explain the two main types of vitamins (8 marks)
- b) Explain the difference between monounsaturated fats and polyunsaturated fats (2 marks)
- c) Discuss five (5) benefits of school feeding programmes in Kenya (10 marks)
- d) Discuss five factors influencing nutritional requirements in human beings (10 marks)

**QUESTION TWO (20 MARKS)**

- a) Discuss five (5) considerations that need to be taken into account when determining the nutritional requirements for infants and toddlers. (10 marks)
- b) You have been invited by a health club in a university to give a talk on the importance of breastfeeding. You decide to have a brainstorming session to find out why some young mothers at the university are not breastfeeding their infants. Summarize your possible findings in five (5) distinct themes. (10 marks)

**QUESTION THREE (20 MARKS)**

- a) Research done in some Counties in Kenya revealed that less than 50% of the children in the school-going age are not getting adequate balanced diet. Discuss five (5) causes of food insecurity in these Counties (10 marks)
- b) Discuss five factors that may influence food habits among school-going children in Kenyan schools (10 marks)



**QUESTION FOUR (20 MARKS)**

- a) Discuss five (5) criteria you would use to determine whether a given diet in a family is a fad (10 marks)
- b) Giving reasons, highlight 5 categories of the population who may be at greater risk of suffering from nutrient deficiencies (10 marks)

**QUESTION FIVE (20 MARKS)**

- a) Discuss five function of minerals in the infant and toddlers diet (10 marks)
- b) Explain five measures a young mother should take during weaning of her child to ensure it is successful (10 marks)

