

LAIKIPIA



UNIVERSITY

UNIVERSITY EXAMINATIONS

1ST SEMESTER 2025/2026 ACADEMIC YEAR

FIRST YEAR EXAMINATIONS FOR BACHELOR OF EDUCATION

EDU 112: HEALTH AND ENVIRONMENTAL EDUCATION

STREAM: R

TIME: 2 HRS

DAY: MONDAY (8.30-10.30AM)

DATE: 26/01/2026

THIS QUESTION PAPER CONSISTS OF THREE (4 PAGES)

PLEASE DO NOT OPEN UNTIL THE INVIGILATOR SAYS SO.

INSTRUCTIONS;

Answer question ONE and any other TWO

QUESTION ONE

- a) One key reason for including Environmental Education in teacher education programs is that it equips future teachers with the knowledge necessary to address emerging global challenges such as i) E.....D..... **(1 mark)**. Environmental Education helps trainee teachers foster critical thinking among learners by encouraging them to analyse the relationship between human activities and ii) _____ **(1 mark)**. Integrating Environmental Education promotes development of values and attitudes that support responsible citizenship, particularly in relation to conserving iii)_____ **(1 mark)**. Teacher education programs that embed Environmental Education encourage student-teachers to adopt participatory and learner-centred approaches, such as inquiry-based learning such as iv) _____ **(1 mark)**. Including Environmental Education also ensures that teachers are prepared to implement national environmental policies and school-based initiatives like the creation of v)_____ **(1 mark)**. One pedagogical benefit of Environmental Education is that it connects classroom content to real-life issues, helping learners understand concepts such as sustainable use of vi) _____ **(1 mark)**. Environmental Education in teacher training enhances interdisciplinary teaching by linking subjects such as science, social studies, and vii) _____ **(1 mark)**. Addressing environmental issues in training programs helps future teachers model positive behaviour, including practices like reducing waste, reusing materials, and promoting viii) R_____ **(1 mark)**. Environmental Education prepares teachers to guide learners in community action projects, such as water conservation campaigns or local ix)_____ **(1mark)** management efforts. Ultimately, integrating Environmental Education in teacher education supports long-term national development goals by promoting a population that is environmentally aware, proactive, and committed to achieving x) S _____ **(1 mark)** development.

(Total 10 marks)

b) Match the mental illness in **List A** with the correct description in **List B**. Write the correct answers in answer booklet by matching the numbers with letters eg (7–M,). **Each correct match = 1 mark (Total: 6 marks)**

List A: Mental Illnesses	List B: Descriptions
1. Depression	A) A condition marked by intrusive thoughts and repetitive behaviours performed to reduce distress.
2. Anxiety Disorder	B) A disorder involving extreme mood swings between emotional highs and lows
3. Bipolar Disorder	C) A long-term mental condition characterised by delusions, hallucinations, and disorganised thinking.
4. Schizophrenia	D) A mental condition triggered by a traumatic event, causing flashbacks, nightmares, and severe emotional distress.
5. Obsessive–Compulsive Disorder (OCD)	E) A feeling of persistent worry, fear, or nervousness that interferes with daily life.
6. Post-Traumatic Stress Disorder (PTSD)	F) A mood disorder involving persistent sadness, hopelessness, and loss of interest in activities.

b) Differentiate between communicable and non-communicable diseases, giving one example of each. **(4 marks)**

d) State five effects of poor waste management on human health and the environment. **(5 marks)**

e) Complete the table below by correctly filling in the missing information. Each gap is worth **1 mark. (Total 5 MARKS)**

Nutrient	Food Source	Deficiency Symptom	Nutritional disorder
1. _____	Citrus fruits	Bleeding gums	Scurvy
Protein	Meat, Beans,Eggs	2.....	Kwashiorkor
Vitamin A	Carrots, spinach	3. _____	Night blindness
Iron	Red meat, legumes	Fatigue	4. _____
Calcium	Milk	Weak bones	5.....

QUESTION 2 (15 MARKS)

- Define the term urbanization. (1 mark)
- Explain **two** major factors contributing to urbanization. (2 marks)
- Describe **FOUR** positive effects of urbanization on human health. (4 marks)
- Discuss **SIX** negative effects of urbanization on human health. (6 marks)
- Suggest **TWO** interventions that can help reduce the negative health impacts of urbanization. (2 marks)

QUESTION 3 (15 MARKS)

- Analyze FIVE impacts of climate change on human health. (10 marks)
- Suggest FIVE interventions that governments can adopt to mitigate these impacts. (5 marks)

QUESTION 4 (15 MARKS)

- Explain five roles of health education in improving health of school children. (5 marks)
- Discuss five importance of environmental education in promoting sustainable development. (10 marks)

QUESTION 5 (15 MARKS)

- Outline five preventive measures for waterborne diseases in schools. (5 marks)
- Describe five ways a teacher can improve and sustain good mental health despite the daily pressures of work and high societal expectations. (10 marks)