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MATERNAL AND CHILD NUTRITION,  
NUTRITION IN THE LIFE CYCLE AND  
NUTRITION FOR VULNERABLE GROUPS  
June/July 2020  
Time: 3 hours



THE KENYA NATIONAL EXAMINATIONS COUNCIL

CRAFT CERTIFICATE IN NUTRITION AND DIETETICS

MODULE II

MATERNAL AND CHILD NUTRITION, NUTRITION IN THE  
LIFE CYCLE AND NUTRITION FOR VULNERABLE GROUPS

3 hours

**INSTRUCTIONS TO CANDIDATES**

*This paper consists of TWO sections, A and B.  
Answer ALL the questions in section A and any TWO questions from section B in the answer booklet  
provided.  
Each question in section A carries 4 marks, while each question in section B carries 20 marks.  
Maximum marks for each part of a question are indicated.  
Candidates should answer the questions in English.*

**This paper consists of 3 printed pages.**

**Candidates should check the question paper to ascertain that all  
the pages are printed as indicated and that no questions are missing.**

SECTION A (60 marks)

Answer ALL the questions in this section.

1. Indicate two ways in which a pregnant mother can manage weight gain. (4 marks)
2. Differentiate between physical development and cognitive development. (4 marks)
3. Highlight four risk factors leading to preterm birth. (4 marks)
4. State four benefits of antenatal care in pregnancy. (4 marks)
5. Give two reasons why colostrum is important for an infant. (4 marks)
6. Enumerate four health risks of obesity in children. (4 marks)
7. Mention four implications of malnutrition in pregnancy. (4 marks)
8. Describe anorexia nervosa. (4 marks)
9. Explain two components of food security that affect nutritionally vulnerable groups. (4 marks)
10. Describe milk let-down reflex. (4 marks)
11. Highlight four diseases immunised against at 14 weeks of birth. (4 marks)
12. Mention four ways of managing loss of taste and smell among the elderly. (4 marks)
13. Highlight four risk factors for the development of pre-eclampsia in pregnancy. (4 marks)
14. List four feeding options available for pre-term babies. (4 marks)
15. Indicate four circumstances under which a person is considered to be disabled. (4 marks)

SECTION B (40 marks)

Answer any TWO questions from this section.

16. (a) Describe five sets of information collected when taking the history of a woman at the prenatal clinic. (10 marks)
- (b) Indicate five ways in which illnesses affect one's nutritional status. (10 marks)

Outline five factors that boost the quality of breast milk production. (10 marks)

(b) Explain five child care practices that can influence a child's nutritional status. (10 marks)

18 (a) Indicate five considerations that are made when introducing complementary foods. (10 marks)

(b) Outline five ways in which malnutrition can lead to disability. (10 marks)

19 (a) Give five reasons why introducing other foods to children below 6 months is discouraged. (10 marks)

(b) Indicate five factors that place the widowers at a nutrition risk. (10 marks)

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