

1905/206

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

June/ July 2021

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.

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SECTION A: (60 marks)

Answer ALL the questions in this section

1. Distinguish between a miscarriage and a still birth. (4 marks)
2. Outline four ways of managing gastro-intestinal discomfort in pregnancy. (4 marks)
3. Highlight four physiological changes in pregnancy that demand for increased nutrient needs. (4 marks)
4. Give four reasons why prelacteal feeding is discouraged for infants. (4 marks)
5. State four feeding options available for preterm babies. (4 marks)
6. Highlight four socio economic changes in the elderly that affects their nutritional status. (4 marks)
7. Highlight four results of poor attachment during breastfeeding. (4 marks)
8. Mention four illnesses that are immunized against at six weeks. (4 marks)
9. Outline four ways in which an inadequate diet affect the health of adolescents. (4 marks)
10. Give four reasons for specialised individual diets for people with disabilities. (4 marks)
11. Identify four chronic conditions that require nutrition support. (4 marks)
12. Highlight four roles of nutrition interventions in the refugee population. (4 marks)
13. Indicate four factors to consider when determining the volume and the rate of feeding for premature infants. (4 marks)
14. Mention four characteristics of growth in children. (4 marks)
15. Indicate four factors that determine a mother's lactation performance. (4 marks)

SECTION B: (40 marks)

Answer any THREE questions from this section.

16. (a) Explain any five groups of people that are vulnerable to iron deficiency. (10 marks)
- (b) Explain five socioeconomic factors that influence the nutrition and health of displaced persons. (10 marks)
17. (a) Describe five factors that may cause nutritional vulnerability for individuals living in resource poor settings. (10 marks)
- (b) Explain the five aspects of growth and development of infants. (10 marks)
18. (a) Highlight five problems associated with breastfeeding. (10 marks)
- (b) Explain five anthropometric measurements used to assess the nutritional status of refugees in a camp. (10 marks)
19. (a) Propose five measures that may be used to ensure that lactating mothers get adequate nutrition. (10 marks)
- (b) Indicate the ten steps of the baby friendly hospital initiative in support of breastfeeding. (10 marks)

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