



MACHAKOS UNIVERSITY

University Examinations for 2021/2022 Academic Year

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH

FIRST YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE (FOODS NUTRITION AND DIETETICS)

HFN 147: SOCIOLOGY FOR FOOD NUTRITION AND DIETETICS.

DATE: 26/5/2022

TIME: 8.30-10.30 AM

INSTRUCTIONS:

This paper consists of two sections A and B

SECTION A

Specific Instructions

- This section has one question
- The question is compulsory
- The question is 30 marks

QUESTION ONE (30 MARKS)

- Define the following terms
 - Culture
 - Social relationships
 - Sociology (3 marks)
- State the main occurrences in ancient times that shaped current food environment. (4 marks)
- Highlight patterns of socialization that affect human food behaviour (4 marks)
- State techniques in determination of individual social class. (3 marks)
- Outline the importance of studying food in reference to social structure (4 marks)
- State the relationship between sociology and human nutrition. (3 marks)
- Highlight the stages in nutrition transition. (3 marks)
- Outline the various categories of analytical type of social inquiries (3 marks)
- Explain the role of Nutritionists as change agents in social behaviour of food. (3 marks)

SECTION B:

Specific Instructions

- **This section has four (4) questions**
- **Answer any two (2) questions**
- **Each question is 20 marks**

QUESTION TWO (20 MARKS)

- a) Millicent is a nurse at Kenyatta National Hospital. She has been attending to patients diagnosed with COVID-19.
- Describe the dietary habits changes she is likely to have noted among the hospitalized patients. (5 marks)
 - Explain the influence of the COVID-19 pandemic on social relationships within families. (5 marks)
- b) Explain the role of culture in shaping food eating habits. (10 marks)

QUESTION THREE (20 MARKS)

- a) Explain the health implications of nutrition transition. (10 marks)
- b) Company X has been tasked with the responsibility of conducting research on prevalence of stunting among under-fives children in Machakos County. Describe the steps the company will take. (10 marks)

QUESTION FOUR (20 MARKS)

- a) Discuss the differences between quantitative and qualitative type of social inquiry. (10 marks)
- b) David and John are middle aged men considered to belong to the upper-upper and lower-lower social class respectively. Explain the implication of their social class on food purchasing behaviour. (10 marks)

QUESTION FIVE (20 MARKS)

- a) Describe social stratification in relation to food, nutrition and dietetics as described by Max Weber. (10 marks)
- b) You are developing a program on improving health eating habits among adolescents. Explain the role of socialization agents in communicating healthy eating to adolescents. (10 marks)