



MACHAKOS UNIVERSITY

University Examinations 2022/2023

SCHOOL OF EDUCATION

DEPARTMENT OF EARLY CHILDHOOD EDUCATION COMMUNICATION AND
TECHNOLOGY

FOURTH YEAR SEMESTER EXAMINATION FOR
BACHELOR OF EDUCATION (EARLY CHILDHOOD EDUCATION)

ECE 408: MATERNAL AND CHILD NUTRITION.

DATE:

TIME:

INSTRUCTIONS

Answer Question One and Any Other Two Questions

QUESTION ONE (COMPULSORY) (30 MARKS)

- a) Define the following terms (8 marks)
- Growth
 - Development
 - Gestation
 - Health
- b) Why is it important for mothers to eat a balanced diet during pregnancy? (5 marks)
- c) Justify five benefits of exclusive breastfeeding. (5 marks)
- d) Explain causes of poor health and nutritional status among children. (5 marks)
- e) Support three results of poor attachment of a child to a mothers' nipple. (7 marks)

QUESTION TWO (20 MARKS)

- a) Discuss indicators of poor nutrition status and causes of childhood illness. (10 marks)
- b) Develop five factors that affect the health and nutrition status of infants and young children in Kenya. (10 marks)

QUESTION THREE

- a) Examine reasons why children would have different nutrient requirements. (10 marks)
- b) Explain any five complications of mothers during pregnancy (10 marks)

QUESTION FOUR (20 MARKS)

- a) Critique early complimentary feeding in infants. (10 marks)
- b) Antenatal and post-natal nutrition is very important for women value this information. (10 marks)

QUESTION FIVE (20 MARKS)

- a) Describe the five main classes of food by giving examples for each. (10 marks)
- b) Analyze five common childhood illness and ways to prevent them. (10 marks)