



KISII UNIVERSITY
UNIVERSITY EXAMINATIONS
FOURTH YEAR EXAMINATION FOR THE AWARD OF THE
DEGREE OF BACHELOR OF EDUCATION
IN EARLY CHILDHOOD EDUCATION
SECOND SEMESTER, 2021/2022
(FEBRUARY - JUNE, 2022)

ECDE 425: FOODS AND NUTRITION FOR ECDE

STREAM: Y4 S2

TIME: 2 HOURS

DAY: WEDNESDAY, 3:00 – 5:00 P.M.

DATE: 15/05/2022

INSTRUCTIONS

- 1. Do not write anything on this question paper.***
- 2. Answer Question ONE [Compulsory] and any other THREE Questions.***

QUESTION ONE

- Differentiate between the terms.
 - Food and nutrition (2 marks)
 - Food and nutrients (2 marks)
- Explain the functions of proteins in the body. (4 marks)
- Discuss the illnesses that are related to insufficient consumption of proteins in the body. (6 marks)
- Give examples of locally available foods that are rich in proteins. (4 marks)
- Discuss the specific function of carbohydrates and fats in the body. (4 marks)
- Explain the illnesses related to improper consumption of carbohydrates and fats. (4 marks)
- Give examples of locally available foods that are good sources of various vitamins. (8 marks)

QUESTION TWO

- a) Describe common food habits and taboos. (5 marks)
- b) Explain cause of contamination. (5 marks)
- c) Describe the effects of food contamination and identify ways of prevention. (10 marks)

QUESTION THREE

Discuss the various methods of cooking food and effects of cooking. (20 marks)

QUESTION FOUR

- a) Discuss some taboos related to food consumption of various people. (10 marks)
- b) Examine the effects of various taboos on the nutritional status. (2 marks)