



**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: 11/05/2022**

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**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)