

ECDE 425: FOOD AND NUTRITION FOR ECDE

INSTRUCTIONS

- 1. Do not write anything on this question paper*
- 2. Answer question ONE and any other two questions*

QUESTION 1.

- a) Highlight the components of a balanced nutrition. (10mks)
- b) Explain the relationship between learning, nutrition and good health. (12mks)
- c) Outline the basic elements of child safety and protection. (8mks)

QUESTION 2.

Analyse the major deficiency disorders, their causes, symptoms and preventive measures. (20mks)

QUESTION 3.

- a) Describe different methods of cooking foods. (10mks)
- b) Discuss the importance of food hygiene to the young learners. (10mks)

QUESTION 4.

- a) Discuss the different food habits of young children. (10mks)
- b) Outline the effects of food allergies to an expectant mother. (10mks)

QUESTION 5.

Discuss nutritional requirements for various age groups. (20mks)

END

