



KISII UNIVERSITY
UNIVERSITY EXAMINATIONS

SPECIAL EXAMINATIONS
FOURTH YEAR EXAMINATION FOR THE AWARD OF THE
DEGREE OF BACHELOR OF EDUCATION (ARTS)
FIRST SEMESTER, 2021/2022
(FEBRUARY - JUNE, 2022)

ECDE 425: FOOD AND NUTRITION FOR ECDE

STREAM: Y4 S1

TIME: 2 HOURS

DAY: WEDNESDAY, 3:00 – 5:00 P.M.

DATE: 20/07/2022

INSTRUCTIONS

- 1. Do not write anything on this question paper.***
- 2. Answer question ONE (Compulsory) and any other TWO questions.***

QUESTION 1

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

QUESTION 2

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

QUESTION 3

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

QUESTION 4.

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

QUESTION 5.

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