



MACHAKOS INSTITUTE OF TECHNOLOGY
MACHAKOS TOWN CAMPUS

SCHOOL OF HEALTH AND APPLIED SCIENCES
CERTIFICATE IN NUTRITION AND DIETETICS MANAGEMENT

END OF TERM EXAMINATIONS

JAN-APRIL 2021

MATERNAL, CHILD HEALTH AND NUTRITION

KNEC 1905/206

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATES:

1. Answer *ANY* ten questions.
2. Any examination **IRREGULARITY** will lead to **DISQUALIFICATION**.
3. Indicate your **FULL ADMISSION NUMBER** in each Answer Sheet used.
4. Cell phones are **NOT** allowed in the examination room
5. Ensure you have both **SCHOOL ID** and **EXAM CARDS** in the examination room
6. Scientific calculators and mathematical tables may be used where appropriate.
7. **Do not** write your name anywhere on the answer booklet

1. Define the following terms
 - (a) Family planning (2mks)
 - (b) Withdrawal (2mks)
 - (c) Pregnancy (2mks)
 - (d) Labour (2mks)
 - (e) Hormones (2mks)
2. (a) Explain the term prenatal care (5mks)
 - (b) Why is prenatal care important? (5mks)
- 3.(a) When do you need to start having prenatal care appointments? (5mks)
 - (b) How often will I have prenatal care visits? (5mks)
- 4(a) What happens during my first prenatal care appointment? (5mks)
 - (b) What's an ultrasound? (5mks)
- 5.(a). State five benefits of Prenatal Care (5mks)
 - (b)State four aspects of prenatal care (4mks)
6. State and explain five characteristics of a new born baby (10mks)
7. Explain five common problems of a new born (10mks)
8. Explain any five complications associated with breastfeeding (10mks)
9. Explain the causes of preterm delivery (10mks)
10. Explain any five complications of preterm babies (10mks)
- 11.(a)List five examples of infant formulas and other milk sources (5mks)
 - (b) State five importance of immunization (10mks)
- 12.(a)Explain the term breastfeeding (5mk)
 - (b)Highlight the aspects of immunity (5mks)
- 13.Explain the different types of family planning methods (10mks)

