



**SCHOOL OF HUMAN & SOCIAL SCIENCES
INSTITUTE OF CHILD DEVELOPMENT
CHD 632: HEALTH AND HABIT FORMATION IN CHILDREN AND ADOLESCENTS
END OF MAY 2018 SEMESTER EXAMINATION**

Instructions:

Questions ONE is **Compulsory**. Answer any other TWO questions from the choices provided.
Time: 2 hours

1. a) Discuss two biblical examples that support the following terms
i) Health (4 marks)
ii) Habit formation in children (4 marks)

b) Describe the effects of deficiencies of four food classifications (8 marks)

c) Outline four considerations in planning meals for a school feeding programme (4 marks)
2. The international hand washing day is celebrated on the 15th of October every year.
Explain how you would teach the hand washing technique to children in a rural area (10 marks)
3. Describe a day's meal for a 5 year old child who has fever (10 marks)
4. Kicking polio out of Kenya is priority for the ministry of health. Outline five points you would use to convince the leader of kavonokia sect about the significance of the on going national polio vaccination exercise (10 marks)
5. Your County experiences food insecurity every year. Your governor has sought your guidance on how to end the said crisis. Prepare five points you would share with your governor (10 marks)