

Name: _____

Index No: _____ / _____

7013

CHILD HEALTH, NUTRITION,
GUIDANCE AND COUNSELLING

December 2017

Time: 2½ hours



Candidate's signature: _____

Date: _____

THE KENYA NATIONAL EXAMINATIONS COUNCIL

CERTIFICATE IN EARLY CHILDHOOD DEVELOPMENT AND EDUCATION

CHILD HEALTH, NUTRITION, GUIDANCE AND COUNSELLING

2½ hours

INSTRUCTIONS TO CANDIDATES

Write your name and index number in the spaces provided above.

Sign and write the date of examination in the spaces provided above.

This question paper consists of TWO sections; A and B.

Answer ALL the questions in section A and FOUR questions from section B.

Answers to both sections A and B must be written in the spaces provided in this booklet.

Do NOT remove any pages from this booklet.

Candidates should answer the questions in English.

For Examiner's use only

Section	Question	Maximum Score	Candidate's Score
A	1	10	
	2	10	
	3	10	
	4	10	
B		15	
		15	
		15	
		15	
Total Score		100	

This paper consists of 12 printed pages.

Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing.

SECTION A (40 marks)

Answer ALL the questions in this section.

1. (a) Highlight **three** challenges of using the calendar method in family planning. (3 marks)

- (b) Give **three** signs and symptoms of measles. (3 marks)

- (c) Identify **four** ways in which maternal and child health care services can be made more accessible in the rural areas of Kenya. (4 marks)

2. (a) List **four** food nutrients that make up a balanced diet. (2 marks)

(b) State **four** food taboos that may affect the nutritional status of mothers and children. (4 marks)

(c) Identify **four** eating habits a teacher would emphasize to the children during meal times in an ECDE centre. (4 marks)

3. (a) (i) Give the meaning of first aid. (1 mark)

(ii) Identify **three** qualities of a good first aider. (3 marks)

(b) Identify **four** health services supported by UNICEF that promote Early Childhood Development Education in Kenya. (4 marks)

(c) Explain the asymptomatic stage in the HIV infection cycle. (2 marks)

4. (a) Give the meaning of

(i) Career guidance. (1 mark)

(ii) Conflict resolution. (1 mark)

(b) State **four** issues that may require a counsellor to refer a learner in an ECDE centre for further assistance. (4 marks)

(c) Identify **four** behavioural signs that will alert an ECDE teacher that a child requires counselling. (4 marks)

SECTION B (60 marks)

Answer any **FOUR** questions from this section in the spaces provided after question 9.

5. (a) (i) Define the term weaning. (1 mark)
- (ii) Explain **three** problems a baby is likely to experience during weaning. (6 marks)
- (b) State **four** ways of enriching maize meal porridge for children in an ECDE centre. (4 marks)
- (c) Explain the roles of **two** minerals whose intake is required in higher proportions during pregnancy. (4 marks)
6. (a) (i) Apart from the teacher, name **four** other care givers who provide safety and care for children. (2 marks)
- (ii) Explain **three** roles of a teacher as a care giver, in early childhood development. (6 marks)
- (b) Outline the procedure an ECDE teacher would follow to remove an insect from a child's car. (4 marks)
- (c) Highlight **three** ways that may not transmit HIV/AIDS. (3 marks)
7. (a) Outline the first **four** stages of the counselling process. (4 marks)
- (b) Describe **five** non-verbal behaviour a counsellor should observe when attending to a client. (5 marks)
- (c) Explain **three** ways in which prescription drugs may be abused. (6 marks)
8. (a) (i) Give the meaning of Primary Health Care (PHC). (2 marks)
- (ii) Describe **five** principles of Primary Health Care (PHC). (5 marks)
- (b) Complete the immunization table below. (4 marks)

Vaccine	Mode of Administration	Disease Immunized Against
BCG		Tuberculosis
	Injection on outer right thigh	Diphtheria, Pertussis, Tetanus
OPV	Oral/through the mouth	
Measles		Measles

- (c) Explain **two** measures to take to prevent malaria in the community. (4 marks)
9. (a) State **four** danger signs that may require an expectant mother to seek medical attention. (4 marks)
- (b) Identify **four** cultural practices that promote the spread of HIV infection. (4 marks)
- (c) (i) Give **three** reasons why bottle feeding is discouraged. (3 marks)
- (ii) Explain **two** economic causes of malnutrition in Kenya. (4 marks)