

Name: \_\_\_\_\_  
**7013**  
**CHILD HEALTH, NUTRITION,**  
**GUIDANCE AND COUNSELLING**  
**December 2012**  
**Time: 2½ hours**

Index No. \_\_\_\_\_

Candidate's Signature \_\_\_\_\_

Date \_\_\_\_\_



**THE KENYA NATIONAL EXAMINATIONS COUNCIL**  
**CERTIFICATE IN EARLY CHILDHOOD DEVELOPMENT /**  
**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 the examination in the spaces provided above.*
- The question paper consists of TWO sections: A and B.*
- Answer ALL the questions in section A.*
- Answer any FOUR questions from section B.*
- Answers to both section A and B must be written in the spaces provided in this booklet.*
- Do NOT remove any pages from this booklet.*

**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 16 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) Define the following terms:

(i) balanced diet;

(11)

(ii) syndrome;

(11)

(iii) casualty.

(11)

(b) State **four** danger signs that may necessitate an expectant mother to seek medical advice. (41)

(c) (i) State **two** principles of primary health care. (21)

(ii) Write the following acronym in full; WHO. (11)

2. (a) State **two** ways through which Hepatitis B may be transmitted. (21)

(b) (i) Describe the term immunisation.

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(ii) Give the meaning of yellow/amber colour in traffic lights.

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(c) (i) State **three** ways in which dietary fiber assists in controlling the blood sugar.

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(ii) Differentiate between micro and macro nutrients.

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3. (a) State **five** symptoms common to all sexually transmitted infections.

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(b) Give **two** methods used in HIV testing.

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(c) Give **three** reasons why pre-test counselling is important during VCT.

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4. (a) (i) Explain the term civic guidance.

(1 m)

(ii) State **two** benefits of active listening in counselling.

(2 m)

(b) (i) Give **two** reasons why it is important to offer guidance and counselling to pupil who has joined an ECDE centre.

(2 m)

(ii) Give **three** reasons why child abuse and neglect has become very common.

(3 m)

(c) (i) Identify **one** aspect that counsellors should encourage young people to focus on when choosing a career.

(1 m)

(ii) Give **one** reason why respect is one of the qualities of a good counsellor.

(1 m)

**SECTION B (60 marks)**

*Answer any **FOUR** questions in this section in the spaces provided after que*

5. (a) Define food taboos.  
(b) Explain **three** nutritional needs of an expectant mother.  
(c) Explain **four** measures that should be taken to conserve nutrients during fruits.
6. (a) Give **two** aims of home-based care.  
(b) Highlight **five** factors that encourage the spread of HIV/Aids.  
(c) Explain **four** factors that make women vulnerable to HIV/Aids and STI
7. (a) Identify **seven** risks associated with children infected with rubella (German measles) before birth.  
(b) Outline **three** measures a mother should take to prevent diphtheria in children.
8. (a) (i) Define the term human rights.  
(ii) Identify **three** categories of human rights.  
(b) Describe the non-verbal behaviour expected of a counsellor when attending to a client.  
(c) Explain **three** advantages of group counselling.
9. (a) Outline **three** groups of typical exceptional children.  
(b) Give **four** reasons why life skills should be taught to ECDE pupils.  
(c) Explain the **four** principles of first aid.