



Name: \_\_\_\_\_

Index No: \_\_\_\_\_

7013

Candidate's signature: \_\_\_\_\_ Date: \_\_\_\_\_

**CHILD HEALTH, NUTRITION,  
GUIDANCE AND COUNSELLING**  
December 2015  
Time: 2 ; hours

**THE KENYA NATIONAL EXAMINATIONS COUNCIL**

**CERTIFICATE IN EARLY CHILDHOOD  
DEVELOPMENT AND EDUCATION**

**CHILD HEALTH, NUTRITION, GUIDANCE AND COUNSELLING**

**2± 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 in 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.*

Section	For Examiner's use only		
	Question	Maximum Score	Candidate's Score
		1	10
A	2	10	
	3	10	
	4	10	
		15	
		15	

<b>B</b>	15
	15
<b>Total Score</b>	<b>100</b>

**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.**

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**Turnover**

**SECTION A (40 marks)**

*Answer ALL the questions in this section.*

1. (a) (i) Give the meaning of the term confinement, in relation to maternal care. (2 marks)

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- (ii) List any **four** discomforts a mother may experience during pregnancy. (2 marks)

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- (b) Give **three** purposes of family planning. (3 marks)

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- (c) Highlight **three** factors that may necessitate a pregnant mother to seek the help of a Traditional Birth Attendant (TBA). (3 marks)

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2. (a) State **two** advantages of using Antiretroviral drugs in HIV management . (2 marks)

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(b) State **four** factors to consider in order to preserve nutrients when preparing vegetables. (4 marks)

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(c) Highlight **four** ways of maintaining good health of a child at an ECDE centre. (4 marks)

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3. (a) State the uses of **three** improvised items of a First Aid kit in an ECDE centre. (3 marks)

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(b) State **four** measures a teacher may take to prevent the spread of respiratory tract infection among children in an ECDE centre. (4 marks)

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(c) Identify **three** factors that influence growth in children.

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(3 marks)

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4. (a) Define the term client as used in counselling.

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(1 mark)

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(b) State **four** characteristics of congruence as a quality of a good counsellor.

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(4 marks)

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(e) Give **five** factors that may cause examination fever.

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(5 marks)

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**SECTION B** (60 marks)

Answer **FOUR** questions from this section.

5. (a) Outline **seven** categories of people who should seek VCT services. (7 marks)
- (b) Highlight **four** social factors that put women at risk of contracting HIV. (4 marks)
- (c) Explain **two** relationships between STIs and AIDs. (4 marks)
6. (a) (i) State **four** symptoms of diarrhoea and vomiting among children. (4 marks)
- (ii) Identify **three** ways of preventing diarrhoea and vomiting among children. (3 marks)
- (b) Describe the procedure for treating a child who has been stung by a bee. (8 marks)
7. (a) State **two** strategies that can be used to promote community health. (2 marks)
- (b) Give **five** reasons why counselling and testing for HIV and AIDs is important. (5 marks)
- (c) Explain **four** different ways through which poisoning may occur to a child at home. (8 marks)
8. (a) Outline **six** factors that may affect normal development of a foetus. (6 marks)
- (b) Identify **five** methods of modern food preservation that can be used in the home. (5 marks)
- (c) State **four** ways of ensuring good hygiene when preparing food in the kitchen at an ECDE centre. (4marks)
9. (a) (i) Explain the meaning of educational guidance. (2 marks)
- (ii) Identify **four** advantages of educational guidance. (4 marks)
- (b) (i) Define substance abuse. (2 marks)
- (ii) Give **three** reasons why the youth use drugs. (3 marks)
- (c) State **four** issues a counsellor would assist a client to establish during the exploration stage of counselling. (4marks)



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Turnover

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