

Name: _____ Index No: _____/_____

7013
CHILD HEALTH, NUTRITION, GUIDANCE
AND COUNSELLING
December 2016
Time: $2\frac{1}{2}$ hours

Candidate's Signature: _____

Date: _____



THE KENYA NATIONAL EXAMINATIONS COUNCIL

**CERTIFICATE IN EARLY CHILDHOOD DEVELOPMENT
AND EDUCATION**

CHILD HEALTH, NUTRITION, GUIDANCE AND COUNSELLING

$2\frac{1}{2}$ 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**.*

*Answer any **FOUR** questions from section **B**.*

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

*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.

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SECTION A (40 marks)

Answer ALL the questions in this section in the spaces provided.

1. (a) Give **two** services offered to a baby at a post-natal clinic. (2 marks)

- (b) (i) List **four** symptoms exhibited by a child suffering from polio. (2 marks)

- (ii) State **two** preventive measures to be taken to avoid the spread of ringworms to an ECDE child at home. (2 marks)

- (c) Highlight **two** factors that may hinder a mother from using artificial family planning methods. (2 marks)

- (d) State **two** Primary Health Care (PHC) concerns that were arrived at during Alma Ata Conference (AAC). (2 marks)

2. (a) (i) Identify **three** beneficiaries of school feeding programmes. (3 marks)

- (ii) Differentiate between exclusive and partial breastfeeding. (2 marks)

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(b) State **two** protective measures a first aider needs to observe in order to prevent infections. (2 marks)

(c) Give **three** reasons why drought resistant crops would ensure food security in an ECDE centre. (3 marks)

3. (a) Identify **four** places along a tarmac road where a zebra crossing is likely to be found. (2 marks)

(b) Give **three** benefits of HIV testing. (3 marks)

(c) Highlight **three** major signs of AIDS. (3 marks)

(d) State **two** ways of reducing risks associated with HIV infection. (2 marks)

4. (a) Identify **four** types of guidance services offered in schools. (2 marks)

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(b) Outline **four** reactions of people who test positive with HIV virus. (4 marks)

(c) Define self - disclosure as used in counselling. (2 marks)

(d) Give **two** reasons for follow-up in counselling. (2 marks)

SECTION B (60 marks)

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

5. (a) State **two** points to consider when storing left-over foods. (2 marks)

(b) Give **three** ways of avoiding constipation during pregnancy. (3 marks)

(c) Explain **three** physical needs of a pregnant mother. (6 marks)

(d) Explain **two** disadvantages of not spacing pregnancies adequately. (4 marks)

6. (a) Explain **three** benefits of guidance and counselling to an individual. (6 marks)

(b) Highlight **five** aggressive behaviours that may be displayed by children in an ECDE centre. (5 marks)

(c) Identify **four** qualities that describe a genuine counsellor. (4 marks)

7. (a) (i) Identify **four** methods of cooking that can be used to prepare food for ECDE children. (2 marks)

(ii) State **two** factors to consider when presenting food to ECDE children. (2 marks)

(b) Give **three** disadvantages of food preservation. (3 marks)

(c) Explain **four** points to consider when choosing weaning foods. (8 marks)

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