

**CHRISTIAN SOCIAL SERVICE COMMISSION (CSSC)
NORTH ZONE JOINT EXAMINATION SYNDICATE (NZ – JES)**



FORM SIX PRE-NATIONAL EXAMINATION 2026

FOOD AND HUMAN NUTRITION 2

155/2

Time: 3Hours

Monday, 2nd March 2026 a.m.

Instructions

1. This paper consists of Section **A** and **B** with a total of **nine (9)** questions.
2. Answer **all** questions in section **A** and **two (2)** questions from section **B**.
3. Section A carries **sixty (60)** marks and section B carries **forty (40)** marks.
4. Cellular phones and any unauthorized materials are not allowed in the examination room.
5. Write your **Examination Number** on every page of your answer booklet(s).

SECTION A: (60 Marks)

Answer **all** questions in this section.

1. (a) Describe the potential sources of error in anthropometric assessment.
(b) Explain the challenges which can be faced when taking height and weight measurements for infants.
2. Rosa is expecting her first baby. She has been advised to eat nutritious foods to meet her nutritional needs. With reasons, give her some advice on the following;
(a) Foods and drinks to consume.
(b) Foods and drinks to avoid.
3. Proper handling of food is very important to minimize the growth of harmful bacteria and to prevent cross contamination; Describe.
(i) **Six** rules for handling raw and cooked foods to prevent cross contamination.
(ii) Uses of microorganisms in food processing and preservation.
4. (a) Describe **five** objectives of nutrition rehabilitation programs.
(b) Indicators of successful nutrition rehabilitation program (**Five** points).
5. The catering industry makes a valuable contribution to individuals, communities and nations. Elaborate this statement by explaining **four** economic and two social contributions of catering industry to our nation.
6. Explain **five** important issues that should be included in nutrition education to ensure proper growth and reduction of all forms of under nutrition in children.

SECTION B (40 Marks)

Answer **only two** questions in this section

7. Kipwechi village is reported to have high rates of stunting among children under the age of five years. As a nutritionist educate mothers on the following:-
(i) Possible causes of stunting.
(ii) Effects of stunting.
(iii) Roles of diet on preventing stunting.
(iv) The best feeding practices to improve nutrition status of children.
8. Nutritional assessment is a critical component of nutrition care that aims to evaluate nutritional status of an individual which can be influenced by several factors. In view of this statement discuss **six (6)** indicators which are used to assess the nutritional status of the people.
9. Mr. Adam wants to establish catering business, but he did not have enough knowledge on menu planning. You as an expert in catering business elaborate to him about social-cultural and economic factors to be considered in menu planning in a catering establishment.