

091506T4NUT

NUTRITION AND DIETETICS LEVEL 6

MED/OS/NUD/CR/03/6

Manage Maternal and Child Nutrition

November/December 2025



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

WRITTEN ASSESSMENT

Time: 3 HOURS

INSTRUCTIONS TO CANDIDATE

1. This paper consists of **TWO** sections: **A** and **B**.
2. Answer **ALL** questions in section **A** and **ANY THREE** (3) questions in section **B**.
3. Marks for each question are indicated in the brackets.
4. Candidates are provided with a separate answer booklet
5. Do not write on the question paper.

This paper consists of THREE (3) printed pages
Candidates should check the question paper to ascertain that all
pages are printed as indicated and that no questions are missing.

SECTION A (40 MARKS)

Attempt ALL the questions in this section.

1. Good maternal nutrition is important for the overall health of the baby and mother. Define the following terms as used in maternal health: (2 Marks)
 - a. Neural tube defects.
 - b. Pre-natal care.
2. Breastfeeding stimulates a close bond between mother and baby. Outline FOUR barriers to effective breastfeeding. (4 Marks)
3. Birth weight should be regained at 10-14 days after birth in both preterm and term infants. State THREE anthropometric assessments carried out on pre-term babies during monitoring. (3 Marks)
4. Feeding preterm and low birth weight (LBW) infants requires a specialized approach due to their immature digestive systems and high nutritional needs. Name THREE modes of feeding for preterm and LBW infants. (4 Marks)
5. Breastfeeding is the ideal method of feeding infants, but various complications can arise that disrupt effective feeding. Give FOUR complications associated with breastfeeding. (4 Marks)
6. Proper documentation supports continuity of maternal and child health care. State FOUR record-keeping tools used in maternal and child health care. (4 Marks)
7. Proper nutrition during pregnancy is crucial for both the mother's health and the baby's development. Name FOUR essential nutrients required during pregnancy. (4 Marks)
8. Routine monitoring during pregnancy helps in the early identification of potential health risks. List FOUR key parameters monitored during pregnancy. (4 Marks)
9. World Health Organization recommends that breast milk is inadequate to meet the nutritional needs of a baby after six months. Give FOUR qualities of complementary foods. (4 Marks)
10. A healthy newborn shows specific physical and clinical signs of good health. State FOUR characteristics of a healthy baby. (4 Marks)
11. Micronutrient deficiencies have a greater impact on pregnant women and young children. Name THREE risk factors for micronutrient deficiency in pregnancy. (3 Marks)

SECTION B (60 MARKS)

Attempt Any THREE Questions in This Section

12. Maternal nutrition during pregnancy serves as a critical determinant of both immediate pregnancy outcomes and long-term health trajectories for mother and child. It is therefore critical that a pregnant woman receives adequate dietary support and appropriate interventions.
- a. Outline FIVE effects of nutritional deficiencies during pregnancy. (10 Marks)
 - b. Discuss FIVE roles of promoting maternal and child nutrition. (10 Marks)
13. Infants born with low birth weight (LBW) are at increased risk of malnutrition and delayed development, making their care a priority in maternal and child health.
- a. Explain SIX nutritional strategies used in the care of preterm and low birth weight babies (12 Marks)
 - b. Describe FOUR nutritional challenges commonly associated with preterm babies. (8 Marks)
14. Complementary feeding bridges the transition from exclusive breastfeeding to family foods and plays a critical role in the growth and development of a child.
- a. Discuss SIX principles for introduction of weaning foods to a child. (12 Marks)
 - b. Explain FOUR signs of an infant's readiness for solid foods. (8 Marks)
15. You are a nutritionist working in a busy maternal and child health clinic. A 26-year-old mother has just delivered her second baby. As part of your role, you are required to support her postnatal care and ensure proper follow-up for both mother and child.
- a. Describe to her FOUR components of a maternal and child handbook. (8 Marks)
 - b. Discuss SIX importance of submitting maternal and child nutrition care reports to the health facility management. (12 Marks)