

Name: \_\_\_\_\_ Index No: \_\_\_\_\_/\_\_\_\_\_

7013  
CHILD HEALTH, NUTRITION, GUIDANCE  
AND COUNSELLING  
DECEMBER 2013  
Time: 2½ hours

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

Date: \_\_\_\_\_



THE KENYA NATIONAL EXAMINATIONS COUNCIL  
CERTIFICATE IN EARLY CHILDHOOD DEVELOPMENT  
AND 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 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.

**SECTION A (40 marks)**

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

1. (a) Explain the importance of registration of births. (2 marks)

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- (b) State **four** services offered at a post - natal clinic to a mother. (4 marks)

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- (c) Outline **four** preventive measures against scabies. (4 marks)

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2. (a) State **four** reasons for preserving food. (4 marks)

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(b) State **three** advantages of breast-feeding to the mother. (3 marks)

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(c) Identify **three** disposable contents of a First Aid kit. (3 marks)

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3. (a) State **two** symptoms of tuberculosis. (2 marks)

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(b) State **two** health care services provided by WHO. (2 marks)

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(c) Give **two** groups of people that are at risk of contracting HIV. (2 marks)

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(d) Outline the process carried out during VCT. (4 marks)

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4. (a) Identify **two** circumstances that may require group counselling. (2 marks)

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(b) State **four** signs a counsellor should look for before terminating a counselling process. (4 marks)

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(c) Differentiate between sympathy and empathy in counselling. (2 marks)

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(d) Name **two** behaviour controls that require guidance and counselling in an ECDE centre. (2 marks)

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**SECTION B (60 marks)**

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

5. (a) Define the term 'food fortification'. (1 mark)
- (b) State **five** reasons for food insecurity. (10 marks)
- (c) State **four** benefits of school-based feeding programme. (4 marks)
6. (a) Give the meaning of the following terms:
- (i) disaster preparedness; (2 marks)
- (ii) compromised immune system. (2 marks)
- (b) State **three** reasons why drug abuse is condemned in the society. (3 marks)
- (c) Explain the **four** clinical stages of HIV. (8 marks)
7. (a) State **five** non-hormonal methods of family planning. (5 marks)
- (b) Identify **five** elements of Primary Health Care. (5 marks)
- (c) (i) Name **two** entries required to plot a growth monitoring chart. (2 marks)
- (ii) List any **three** immunizable childhood diseases caused by viruses. (3 marks)
8. (a) Give the meaning of the term 'conflict resolution'. (2 marks)
- (b) State **four** reasons for individual counselling. (4 marks)
- (c) State **four** non-verbal behaviour expected from a counsellor during a counselling session. (4 marks)
- (d) Identify **five** instances when confidentiality may be broken in a counselling session. (5 marks)
9. (a) State **four** contributions of PLAN International to an ECDE centre. (4 marks)
- (b) Identify **three** mistakes made by children which may lead to road accidents. (3 marks)
- (c) Give **four** signs and symptoms of Pneumonia. (4 marks)
- (d) Describe how an ECDE teacher can offer First Aid to a child choking on food. (4 marks)