

Name: _____ Index No. _____ / _____

7013
CHILD HEALTH, NUTRITION,
GUIDANCE AND COUNSELLING
December 2012
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 the examination in the spaces provided above.

*The 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 section **A** and **B** must be written in the spaces provided in this booklet.*

*Do **NOT** remove any pages from this booklet.*

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 16 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.

1. (a) Define the following terms:

(i) balanced diet; (1 mark)

(ii) syndrome; (1 mark)

(iii) casualty. (1 mark)

(b) State **four** danger signs that may necessitate an expectant mother to seek medical advice. (4 marks)

(c) (i) State **two** principles of primary health care. (2 marks)

(ii) Write the following acronym in full; WHO. (1 mark)

2. (a) State **two** ways through which Hepatitis B may be transmitted. (2 marks)

(b) (i) Describe the term immunisation. (2 marks)

(ii) Give the meaning of yellow/amber colour in traffic lights. (1 mark)

(c) (i) State **three** ways in which dietary fiber assists in controlling the level of blood sugar. (3 marks)

(ii) Differentiate between micro and macro nutrients. (2 marks)

3. (a) State **five** symptoms common to all sexually transmitted infections. (5 marks)

(b) Give **two** methods used in HIV testing. (2 marks)

(c) Give **three** reasons why pre-test counselling is important during VCT. (3 marks)

4. (a) (i) Explain the term civic guidance. (1 mark)

(ii) State **two** benefits of active listening in counselling. (2 marks)

(b) (i) Give **two** reasons why it is important to offer guidance and counselling to a pupil who has joined an ECDE centre. (2 marks)

(ii) Give **three** reasons why child abuse and neglect has become very common. (3 marks)

(c) (i) Identify **one** aspect that counsellors should encourage young people to focus on when choosing a career. (1 mark)

(ii) Give **one** reason why respect is one of the qualities of a good counsellor. (1 mark)

SECTION B (60 marks)

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

5. (a) Define food taboos. (1 mark)
- (b) Explain **three** nutritional needs of an expectant mother. (6 marks)
- (c) Explain **four** measures that should be taken to conserve nutrients during preparation of fruits. (8 marks)
6. (a) Give **two** aims of home-based care. (2 marks)
- (b) Highlight **five** factors that encourage the spread of HIV/Aids. (5 marks)
- (c) Explain **four** factors that make women vulnerable to HIV/Aids and STI's. (8 marks)
7. (a) Identify **seven** risks associated with children infected with rubella (German measles) before birth. (7 marks)
- (b) Outline **three** measures a mother should take to prevent diptheria in children. (3 marks)
- (c) Give **five** reasons why it is important for the baby to bring up wind after breast feeding. (5 marks)
8. (a) (i) Define the term human rights. (1 mark)
- (ii) Identify **three** categories of human rights. (3 marks)
- (b) Describe the non-verbal behaviour expected of a counsellor when attending to a client. (5 marks)
- (c) Explain **three** advantages of group counselling. (6 marks)
9. (a) Outline **three** groups of typical exceptional children. (3 marks)
- (b) Give **four** reasons why life skills should be taught to ECDE pupils. (4 marks)
- (c) Explain the **four** principles of first aid. (8 marks)