

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

7013  
CHILD HEALTH, NUTRITION, GUIDANCE  
AND COUNSELLING  
December 2016  
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) Give **two** services offered to a baby at a post-natal clinic. (2 marks)

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

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

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

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

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

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- (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)

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

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

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

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

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

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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)

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

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

