

HEALTH EDUCATION

1. What is health? (1mark)

2. What is the meaning of nutrition? (1mark)

3. State two activities that can be carried out to observe health either at home or in school. (2marks)

4. Describe what health education is. (1mark)

5. Give two examples of plants that are sources of foods. (2marks)

6. State four food items we can get from animals. (4marks)

7. Outline three common nutrient deficiency diseases. (3marks)

8. What causes kwashiorkor? (1mark)

The diagram below shows a health activity. Use it to answer questions 9 and 10.



9. Which activity is taking place in the picture? (1mark)

10. What is the importance of the activity taking place in the above picture? (2marks)

11. To which health education related profession would you refer a person with a stomachache? (1mark)

12. Outline two health concerns in your community. (2marks)

13. Name two measures that can be used to prevent common illnesses in your community? (2marks)

14. State the importance of a healthy diet? (1mark)

15. Name two types of nutrients. (2marks)

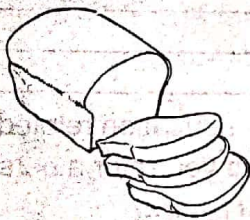
16. Name two components of a varied diet? (2marks)

17. Differentiate macronutrients from micronutrients. (2marks)

18. What are the sources of macronutrients? (2marks)

Study the pictures below and use them to answers questions 19-21.

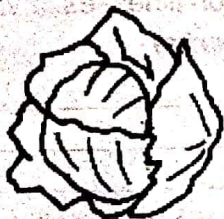
A.



B.



C.



D.



19. Identify the food items labeled A, B, C and D. (4marks)

20. Which nutrients do we obtain from each of the foods in the above pictures? (4marks)

21. Which of the foods in the pictures provide us with macronutrients? (2marks)

22. Outline the importance of health education. (1mark)

23. List three career opportunities that need knowledge in health education. (3marks)

24. What are the roles of the following career people involved in health;

a) nutritionist (1mark)

b) nurses (1mark)

c) doctors (1mark)

25. Which condition is prevented by intake of water and fibre? (1mark)
