



# MERU UNIVERSITY COLLEGE OF SCIENCE & TECHNOLOGY

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## University Examinations 2012/2013

SECOND YEAR, SECOND SEMESTER, EXAMINATION FOR DEGREE OF BACHELOR OF  
SCIENCE IN FOOD SCIENCE AND NUTRITION

### AFN 2203: NUTRITION EDUCATION AND COUNSELLING

DATE: DECEMBER 2012

TIME: 2 HOURS

INSTRUCTIONS: Answer question *ONE* and any other *TWO* questions

#### QUESTION ONE – 30 MARKS

- (a) Define:
- i) Nutrition education (2Marks)
  - ii) Nutrition Counselling (2Marks)
  - iii) Self-Motivational Statements (2Marks)
- (b) Outline factors influencing food behaviour. (6Marks)
- (c) Give the qualities of a good Nutrition and Health behaviour. (10Marks)
- (d) Why is it important for counsellors to understand their world views to achieve cultural sensitivity? (2Marks)
- (e) Name and explain two phases of helping relationship. (2Marks)
- (f) Why is indicating to the client everything will be fine unlikely to be productive? What is a more useful approach? (4Marks)

#### QUESTION TWO – 20 MARKS

- (a) As a Nutritionist, what steps would you take to help residents of Nyeri Country change their behaviour to reduce foods and activities that lead to a high incidence of Diabetes, Cancer and Blood Pressure? (10Marks)
- (b) The coverage rate for exclusive breast-feeding in Kenya is less than 20%, who are the Principle stakeholders and what are their roles? (4Marks)
- (c) Television is the best method for Nutrition Education. Explain. (3Marks)
- (d) Self efficacy is important in behaviour change. Explain. (3Marks)

### **QUESTION THREE – 20 MARKS**

- (a) It is importance for clients to understand their behaviour pattern. (2Marks)
- (b) Provide the model for Nutrition Counselling. (6Marks)
- (c) What are the four elements of Nutritional Counselling? (4Marks)
- (d) What are the six elements of listening during nutritional counselling? (6Marks)
- (e) Provide the four kinds of data collection throughout the nutritional assessment. (2Marks)

### **QUESTION FOUR – 20 MARKS**

- (a) Explain behaviour change prevention. (2Marks)
- (b) Which factors should a dietician/nutritionist consider when making decisions about which target group to address? (6marks)
- (c) Provide the clients steps towards behaviour change. (4Marks)
- (d) Give the methods for achieving behaviour change. (4Marks)
- (e) Monitoring and evaluation of clients' performance after nutritional counselling is irrelevant. Explain. (4Marks)

### **QUESTION FIVE – 20 MARKS**

- (a) Give a simple model for behaviour change. (5Marks)
- (b) What are the advantages and disadvantages of communication methods and materials? (10Marks)
- (c) Appropriate behaviour change may help people over come both communicable and non-communicable diseases. Explain. (4Marks)
- (d) Behaviour change is an easy change of lifestyle. Explain. (1Mark)