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University Examinations 2013/2014

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

AFN 2203: NUTRITION EDUCATION AND COUNSELING

DATE: DECEMBER 2013

TIME: 2 HOURS

INSTRUCTIONS: Answer questions *one* and any other *two* questions.

QUESTION ONE (30 MARKS)

- a) Define the following terms as they are used in counseling for dietary change (5 Marks)
 - i. Empathy
 - ii. Reframing
 - iii. Trans theoretical model
 - iv. Motivational interviewing
 - v. Reflective listening
- b) Briefly explain how the nutrition counselor should conduct an interview to the client (5 Marks)
- c) Briefly explain the purpose of assessment and at what stage it should be conducted. (5 Marks)
- d) Describe the stages of change that the patient undergoes through trans theoretical model of dietary change. (5 Marks)
- e) State the communication skills that are important to achieve the goals for the not-ready-to-change stage of dietary change intervention. (5 Marks)
- f) List the concepts that are important for the nutritionist to consider in facilitating dietary changes. (5 Marks)

QUESTION TWO (20 MARKS)

- a) Discuss the principles that the nutrition counselor need to consider when working with persons struggling with behavior change. (12 Marks)
- b) Explain the differences between precontemplation and contemplation stages of the Trans-theoretical model, indicating the information the nutrition counselor should provide to the client. (8 Marks)
- c) Explain how to arrange for the next contact. (4 Marks)

QUESTION THREE (20 MARKS)

- a) Describe the unsure-about-change stage of change. (4 Marks)
- b) Discuss the key aspects of this stage of dietary change, and the steps the nutrition counselor needs to take the patient through to enable him/her develop a plan for change. (12 Marks)
- c) Explain how to arrange for the next contact. (4 Marks)

QUESTION FOUR (20 MARKS)

- a) Discuss the resistance behaviours to dietary change. (8 Marks)
- b) Briefly describe the potential strategies available to assist the nutrition counselor deal with these problem situations (resistance behaviour) in order to modify them. (12 Marks)