



**DEDAN KIMATHI UNIVERSITY OF TECHNOLOGY
UNIVERSITY EXAMINATIONS 2020/2021**

**SECOND YEAR FIRST SEMESTER EXAMINATION FOR THE BACHELOR OF SCIENCE
DEGREE IN NUTRITION AND DIETETICS**

FND 2201: NUTRITION EDUCATION AND COUNSELING

DATE: 2nd December, 2020

TIME: 10.00am-12.00noon

INSTRUCTIONS: Answer all questions in section A and any other two in section B

SECTION A - [30 MARKS]

Question One

- (a) Define the following terms as used in nutrition counseling (5 marks)
- i. Behaviour change communication
 - ii. Segmentation of information
 - iii. Problem label
 - iv. Negotiation skills
 - v. Optimal counseling
- (b). List and explain the SIX ethical principles of counseling (3 Marks)
- (c). Explain why nutrition professionals need a solid foundation of counseling and education principles (2 marks)

Question Two

- (a). Outline three (3) factors that influence behavioral intention (3 marks)
- (b). Explain briefly importance of using theoretical behavior change theories and models in dietary behavior change (4 marks)
- (c). Explain briefly why high level of self-efficacy correlate positively with dietary behavior change (3 marks)



Question Three

(a). Match the Health Belief Model with the appropriate description (3 marks)

Health Belief Model (HBM)	Description
Perceived Benefit	Reading an article about heart disease prompts personal action in reducing dietary fat.
Perceived Susceptibility	Perception that heart disease can negatively affect a person's financial status.
Perceived Barriers	Individual's confidence in ability to engage in regular physical activity.
Perceived Severity	Perception that eating fruits and vegetables may lower risk of developing colon cancer.
Self-efficacy	Perception that eating healthfully will be costly and inconvenient.
Cues to Action	Personal belief in the chances of developing diabetes.

(b) Enumerate the FOUR characteristics of effective counseling (2 marks)

(c) Communication and communication skills are core components of a nutrition counseling process. Giving examples, describe SIX qualities of a good communicator (3 marks)

(d). State FOUR factors that can hinder effective communication between the client and the counselor (2 marks)

SECTION B – [40 MARKS]

Question Four

(a). Explain how the nutrition care process is core to the nutrition counseling and education process (8 marks)

(b). Using **breastfeeding mothers** as a case study, explain how the Trans-theoretical Models of change can be used for Behavior change communication (BCC) (12 marks)

Question Five

(a). After the client has been interviewed, the counselor may respond in one of several ways. Explain using examples SIX of these responses (12 marks)

(b). Explain the three major phases of the nutrition interview process (8 marks)

Question Six

Describe the Health Belief Model (HBM) giving its major applications (20 marks)

