



MAASAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATIONS 2020/2021 ACADEMIC YEAR FIRST YEAR THIRD TRIMESTER

SCHOOL OF PURE, APPLIED & HEALTH SCIENCES DIPLOMA IN FOOD, NUTRITION AND DIETETICS

COURSE CODE: DND 1301 COURSE TITLE: NUTRITION EDUCATION AND COUNSELING

DATE: 6TH DECEMBER 2021

TIME: 0830 - 1030HRS

INSTRUCTIONS TO CANDIDATES:

- i. This end of year examination consists of three sections; namely section A, B and C
- ii. Section A is Multiple Choice Questions (MCQs). There are twenty questions, answer all questions
- iii. Section B is Short Answer Questions (SAQs). 40 marks. All questions are compulsory. Answer questions on piece of paper provided
- iv. Section C is Long Essay Questions (LEQs). 40 Marks. Answer any two questions on the piece of paper provided.
- v. Write your registration number and Not your name on all the pages of your answer sheet.

PART A: MCQ 20 MARKS
ALL QUESTIONS ARE COMPULSORY

1. Which of the following is not a Common Mistake in nutrition education and counseling?
 - a) Weak opening
 - b) Poor first impression
 - c) No objectives
 - d) Audibility

2. Counselling is a profession that aims to:
 - a) Promote personal growth and productivity.
 - b) Provide a successful diagnosis in psychopathology.
 - c) Ensure that clients are on the correct medication.
 - d) Solely address behavior.

3. An effective verbal communicator should not
 - a) clarify
 - b) listen
 - c) narrate
 - d) acknowledges.

4. which of the following is not behavior therapy technique?
 - a) Flooding
 - b) Counter transference
 - c) Counter conditioning
 - d) Systematic desensitization

5. Which of the following is not an important skill of a good Nutrition Educator?
 - a) Audibility and clarity
 - b) Pleasant facial expression
 - c) Attention seeker
 - d) Appropriate use of gestures

6. In the acronym SOLER, S stands for?
 - a) Sit Squarely
 - b) Space
 - c) sign of listening
 - d) skills

7. Your body needs vitamins and minerals because
- A. They give the body energy
 - B. They help carry out metabolic reactions
 - C. They insulate the body's organs
 - D. They withdraw heat from the body.
8. One of the following is the aim of counseling except
- a) Changing wanted behaviors
 - b) Individualism
 - c) Making and implementing decisions
 - d) Ruining relationships
- 9 .which of the following is not the characteristics of the effective counseling?
- a) Lecturer
 - b) Client-centered
 - c) Private and confidential
 - d) individualized
10. Which one is not among descriptions of multiple intelligence theory?
- a) Intention
 - b) Verbal-Linguistic
 - c) Logical-Mathematical
 - d) Musical-Rhythmic
11. Identify one channel of communication in nutrition counseling
- a) Blackboard
 - b) Post office
 - c) Books
 - d) Traditional media
12. Define self disclosure in counseling.
- a) Promotes rapport and relationship
 - b) Genuine self in client interaction
 - c) Strength focus
 - d) Focusing in counseling relationship.
13. Audio and visual tools in nutrition trade are
- a) Videos
 - b) Slides
 - c) Whiteboards
 - d) All the above

14. Which is the most common way to communicate effectively?
- Speaking
 - singing
 - social media
 - teleconferencing
15. Which of the following is not in the stage of counseling.
- Stage one: relationship building
 - Stage two: assessment and diagnosis
 - Stage three: monitoring and evaluation
 - Stage four: intervention and problems solving
16. How should a health professional approach a colleague about his/her culturally insensitive behavior or remarks?
- Should be tolerant and open to the colleague's opinions.
 - should avoid direct confrontation with the colleague
 - should warn other patients about the colleague
 - Should speak honestly, but respectfully, to the colleague.
17. What is behavior change in communication?
- It does not involve interactive process with clients
 - It refers to the random attempt to influence behavior
 - It directly promotes health
 - It refers to the systematic attempt to influence behavior
18. One of the following is not important in rapport client provider interaction
- When rapport is well established, information is well understood
 - Establishing rapport is a critical step in effective communication
 - When rapport is well established nutritional status of an individual will be correct
 - It enables patients to express themselves adequately
19. What are the limitations of video presentations?
- Limited interaction for learners
 - Requires special equipment
 - Does not provide opportunity for learners to develop skills
 - All of the above
20. Training techniques in counseling should involve how many phases
- One
 - Four
 - Six
 - Three

SECTION B (40MARKS)

ANSWER ALL QUESTIONS IN THIS SECTION

1. Define the following terms used in Nutrition education and Counseling. (8mks)
 - a) nutrition counselor 2mks
 - b) nutrition education 2mks
 - c) patient education 2mks
 - d) public education 2mks
2. State 7 methods used in nutrition information delivery. (7mks)
3. Name 3 approaches/methods used in group education and there limitation (6mks)
4. List six barriers to Effective Communication. (6mks)
5. Briefly explain the six constructs of the health belief model (6mks)
6. State seven briars effective counseling. (7mks)

SECTION C (40MARKS)

ANSWER ANY TWO QUESTIONS

- 1a. Discuss 5 communication channels, in nutrition education and counseling. (10mks)
- b. Explain their five benefits and five limitations in counseling. (10mks)
- 2a. State and explain the common technique used in counseling session. (10mks)
- b. As a student of nutrition and dietetics how can you plan for the counseling session? (10mks)
3. a Discuss 10 models relevant to nutritional education. (10mks)
b Discuss five important skills of nutrition educator (10mks)
- 4 Discuss the two counseling techniques used in nutrition and counseling (20mks)

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