



**MASINDE MULIROUNIVERSITY OF
SCIENCE AND TECHNOLOGY
(MMUST)**

MAIN CAMPUS

**UNIVERSITY MAIN EXAMINATIONS
2023/2024 ACADEMIC YEAR
SECOND YEAR FIRST SEMESTER EXAMINATIONS
FOR THE DIPLOMA**

IN

HUMAN NUTRITION AND DIETETICS

COURSE CODE: DND 065

**COURSE TITLE: NUTRITION COUNSELLING &
EDUCATION**

DATE: 11TH DECEMBER 2023 TIME: 9AM-11AM

INSTRUCTIONS TO CANDIDATES

There are FIVE questions on this paper, question ONE IS COMPULSORY, answer any other TWO Questions.

TIME: 2Hours

MMUST observes ZERO tolerance to examination

This Paper Consists of 4 Printed Pages. Please Turn Over

SECTION A: Answer all the Questions (Total 30mks)

1. Which one of the following is **NOT** component of building good rapport?
 - A. Demonstrating interest in the conversation.
 - B. Having a non-judgmental attitude.
 - C. Choose when to use open ended questions.
 - D. Maintain eye contact.
2. Self-monitoring involves;
 - A. Assuring adequate intake of different foods from different food groups.
 - B. Regularly checking eating habits against desired goals and keeping track of eating behavior.
 - C. Setting lifestyle goals.
 - D. Introducing culturally appropriate interventions.
3. A common misconception about nutrition counseling is that:
 - A. Requires regular sessions.
 - B. Involve giving direct advice to clients.
 - C. Involves both the counselor and client.
 - D. It is most effective with clients who recognize the need for behavior change.
4. Self-disclosure takes the following forms **EXCEPT**;
 - A. The counselor's own problem.
 - B. The counselor's reactions to the client.
 - C. Facts about the counselor's role.
 - D. Role –reversal by sharing your problems with the client.
5. Which one of the following is **NOT** a responding style in nutrition counseling and education?
 - A. Affective responding.
 - B. Effective responding.
 - C. Cognitive response.
 - D. Behavioral response.
6. Which one of the following is an example of an open-ended question?
 - A. Do you enjoy that type of work?
 - B. Tell me how this is working for you?
 - C. Do you skip any meals?
 - D. Is chapati part of your daily meal?
7. Which of the following methods is used in assessing food intake as individual keeps a written record of all foods and beverages consumed over a given period of time?
 - A. 24 hours recall.
 - B. food pyramid.
 - C. Food frequency questionnaire.
 - D. Daily food records.

8. An overall assessment of nutritional needs can be obtained by the following **EXCEPT**?
- A. Dietary.
 - B. Biochemical.
 - C. Clinical.
 - D. None of the Above.
9. Which one of the following is **TRUE** about group nutrition education technique?
- A. Helps clients explore and resolve uncertainty.
 - B. Develops relationship between clients.
 - C. Most effective when discussions with client are ongoing.
 - D. Requires time to establish rapport with the client.
10. The following are determinants of food choices **EXCEPT**?
- A. Convenience.
 - B. Cost.
 - C. Taste.
 - D. Body type.

SECTION B: ANSWER ALL THE QUESTIONS (30 marks)

11. List **SIX** benefits of nutrition counseling to clients (6mks)
12. Identify **SIX** ethical principles of nutrition counseling and education (6mks)
13. Identify **SIX** factors that influence change in the counseling process (6mks)
14. a) What is motivation interviewing (2mks)
b) Identify **FOUR** strategies used in motivational interviewing (4mks)
15. State **THREE** differences between interactive nutrition education technique and individual nutrition Education technique (6mks)

SECTION C: ANSWER ONLY TWO (30mks)

16. Discuss **FIVE** Obstacles to effective nutrition counselling that can be overcome through practise organisation (15mks)
17. An effective way to incorporate the elements of nutrition counseling is to use the GALIDRAA approach; design a case scenario with relevant examples using the GALIDRAA approach (15mks)
18. Outline the counseling message that you will emphasize in the following conditions (15marks)
- i. Pregnant women(3mks)
 - ii. Constipation(3mks)
 - iii. Diabetes (3mks)
 - iv. Anemia (3mks)
 - v. Hypoglycemia(3mks)

