

KISII UNIVERSITY
DEGREE IN FOODS, NUTRITION AND DIETETICS
(MAY-AUG 2022)

FOND 224: NUTRITION EDUCATION AND COUNSELLING

INSTRUCTIONS

1. *Do not write anything on this question paper.*
2. *Answer question ONE, TWO and any other ONE questions.*

QUESTION ONE (compulsory)

(TOTAL 40 MARKS)

- (a) Explain the major two approaches in passing across nutritional/ health information. (4mks)
- (b) Briefly elaborate on the importance of nutrition education (4mks)
- (c) WHO released a 2013 guide on proven actions to address those recommendations in the health sector. Explain the Critical Nutrition Actions (4mks)
- (d) Elaborate briefly on the major criteria to use when selecting message for the targeted audience. (4mks)
- (e) Explain the eight major roles of a nutrition educator. (4mks)
- (f) Elaborate the components of nutrition education/counseling. (4mks)
- (g) Elucidate the importance of Monitoring and evaluating nutrition education programmes (4mks)
- (h) Explain how targeting and coverage can be a barrier to effective nutrition education programmes. (4mks)
- (i) Explain the ethical principles of counseling, (4mks)
- (j) The following are common medias/channels through which nutrition information is passed. Elaboratively explain and give their advantage and disadvantage
 - i. Home visits

- ii. Role play
- iii. Demonstration
- iv. Publications

QUESTION TWO (15 MARKS)

Discuss using a relevant example the systematic stages of behaviour change as far as Nutrition education and counseling is concerned.

QUESTION THREE (15 MARKS)

Discuss “social marketing” as a unique technique used in nutrition education.

QUESTION FOUR (15 MARKS)

The organization and planning of seminars is a complex duty requiring the input of several people. You are selected to organize such a seminar to take place in an NGO in your community. Discuss the factors you will consider in planning and presentation.

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