



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

SECOND SEMESTER EXAMINATION FOR THE DIPLOMA IN FOODS NUTRITION AND DIETETICS

FND 017N: NUTRITION AND HEALTH EDUCATION

DATE: Tuesday 27th March 2011

TIME: 2.00p.m – 4.00p.m

INSTRUCTIONS

Answer ALL the questions

1. Define the following concepts:
 - i) Nutrition education [2marks]
 - ii) Health education [2marks]
2. State five reasons for evaluating nutrition and health education programmes. [5marks]
3. Giving examples describe the cognitive, psychomotor and affective domains of learning in nutrition and health education. [6marks]
4. Nutrition and health educators use different approaches depending on existing problem, content to be covered and objectives to be achieved.
 - i) Briefly discuss the three approaches to nutrition and health education. [6marks]
 - ii) As a nutrition and health educator, which approach would you adopt when educating a certain community? Give four reasons for your answer. [5marks]

5. There are many stakeholders involved in provision of nutrition and health education.
- i) Giving their roles, describe five groups of stakeholders involved in nutrition and health education programmes. [10marks]
 - ii) List two advantages and two disadvantages of many stakeholders being involved in provision of nutrition and health education. [4marks]
6. Discuss five possible challenges to implementation of nutrition and health education programmes in Kenya. [10marks]
7. For a nutrition and education programme to be successful nutrition and health messages and materials must be well developed and pretested.
- i) List five qualities of good nutrition and health messages. [5marks]
 - ii) Enumerate five reasons for pretesting nutrition and health materials. [5marks]
8. Community participation in nutrition and health education programmes is very important.
- i) Describe five benefits of community participation in nutrition and health education programmes. [5marks]
 - ii) Suggest five barriers to community participation in nutrition and health education programmes. [5marks]