



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

SECOND SEMESTER EXAMINATION FOR THE DIPLOMA IN FOODS NUTRITION AND DIETETICS

FND 029N: NUTRITION AND HEALTH COUNSELING

DATE: Wednesday 28th March 2012

TIME: 11.00a.m-1.00p.m

INSTRUCTIONS:

Attempt all questions. Start each question on a new page on the answer booklet

1. Explain five (5) qualities of a good nutrition counselor. [5marks]
2. Explain the importance of a good rapport between the counselor and counselee during nutrition counseling. [5marks]
3. Describe the purpose of nutrition counseling. [5marks]
4. Describe the factors that lead to the nutrition vulnerability of the following groups.
 - a) HIV/AIDS patient [5marks]
 - b) Long distance runners [5marks]
 - c) Strict Vegetarians [5marks]
5. An international NGO has hired you as a nutritionist and deployed you in community with different religion, culture and beliefs. Discuss how you would effectively carry out your duties in this environment to make different terms of nutrition. [20marks]
6. Maria is a 20 year-old expectant first time mother. She is on her seventh month of pregnancy. She has approached you as a nutritionist for counseling. She complains of constipation, regular tiredness and she is worried about breast feeding because her breasts are small.
 - a) How would you ensure that Maria is comfortable during the interview. [3marks]
 - b) Briefly discuss the content of the counseling session. [7marks]
 - c) Explain the various assessment guidelines you require for the session. [4marks]
 - d) Discuss the plan of action for the counseling [6marks]