



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2011/2012
SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR
OF SCIENCE (FOODS, NUTRITION AND DIETETICS)
HFN 209: NUTRITION COUNSELING

DATE: Wednesday, 28th March, 2012

TIME: 8.00 a.m. – 10.00 a.m.

INSTRUCTIONS:

Answer **ALL** questions (70 marks)

1. Jacob a 42 years old business executive has just been told by the clinician that he has diabetes and is also hypertensive. He has consequently been referred to you for nutrition counseling.
 - a) Describe the counseling session you will have with Jacob (10 marks)
 - b) What more information will you require to effectively counsel Jacob?
(5 marks)
 - c) Suggest three (3) assignments you will give Jacob (3 marks)
 - d) What are the possible barriers you may encounter as you counsel Jacob
(2 marks)
2. Jane, one of your HIV positive clients is 4 pregnant. Explain how you will employ the following nutrition counseling skills in counseling Jane
 - a) Information control (5 marks)
 - b) Formulation of objectives (5 marks)
 - c) Termination of the counseling session (5 marks)
 - d) Barrier counseling (5 marks)
3. State and describe the following theoretical frameworks for understanding and influencing dietary behavior
 - a) Diffusion of innovations (5 marks)
 - b) Consumer information processing (5 marks)
 - c) Community organization model (5 marks)
 - d) Social cognitive model (5 marks)
4. Write a follow up nutrition counseling plan for ANY of the following clients:-
 - a) A vegetarian University student
 - b) A lactating working mother
 - c) An elderly grandmother living with her daughter-in-law

(10 marks)