



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2009/2010

FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF
SCIENCE (FOODS, NUTRITION AND DIETETICS)

HFN 306: NUTRITION COUNSELLING I

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DATE: Thursday 24th December , 2009 TIME: 2.00 p.m – 4.00 p.m

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INSTRUCTIONS: Attempt ALL questions (70 marks)

1. Describe the GATHER approach as one of the approaches used in nutrition counselling. [12 marks]
2. Name the counselling tools the nutrition counselor will need to have before starting the counselling process. [8 marks]
3. Discuss the points the nutrition counselor will have to stress on when counselling a client on medication. [10 marks]
4. State the counselling points you would give to a mother who has a sick and underweight child . [10 marks]
5. Pasha is a 37 year old woman who weighs 45 and has a height of 162 cm. She is referred to you by the clinician for nutrition counselling.
 - a) What extra information do you require to be able successfully counselor her? [6 marks]
 - b) Assess, diagnose and write a diagnostic statement. [5 marks]
 - c) What are the 2 possible interventions for Pasha. [4 marks]
6. Describe the following nutrition counselling techniques.
 - a) Formulation of objectives [5 marks]
 - b) Information control [5 marks]
 - c) Information as a motivator [5 marks]