



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2010/2011

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN FOODS, NUTRITION AND DIETETICS

HFN 306: NUTRITION COUNSELLING I

DATE: TUESDAY 29TH MARCH 2011

TIME: 8.00 A.M – 10.00 A.M

INSTRUCTIONS:

This examination consists of section A and B. Answer ALL Question in Section A and ONLY TWO questions in section B.

Section A: Answer ALL questions (50 marks)

1. Explain the importance of establishing and sustaining good rapport with your clients / patients and discuss how to effectively do this. [10 marks]
2. Write brief notes on the following nutrition counseling techniques
 - a) Recording the counseling session [10 marks]
 - b) Listening during the counseling session [10 marks]
3. Select any **two (2)** of the following nutrition related conditions and make relevant nutrition counseling plans [20 marks]
 - a) HIV and AIDS
 - b) Diabetes
 - c) Overweight and obesity
 - d) Alcoholism

Section B. Attempt only 2 (TWO) questions (20 marks)

4. Giving two examples discuss the components of nutrition diagnosis.
5. Describe how you as a nutritionist should terminate a counseling session when counseling pregnant and lactating mothers on infant feeding related complications. [10 marks]
6. Describe the different categories of sporting clients who require special attention during nutrition counseling sessions. [10 marks]