



**KENYATTA UNIVERSITY**  
**UNIVERSITY EXAMINATIONS 2008/2009**

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

**(MAIN CAMPUS)**

**HFN 404: NUTRITION EDUCATION**

**DATE: TUESDAY, 15<sup>TH</sup> SEPTEMBER 2009**

**TIME: 2.00 P.M. - 4.00 P.M.**

**INSTRUCTIONS: Answer ALL questions.**

1. Discuss **six** roles of Nutrition Education in modern day society. (6 marks)
2. You have been contracted to carry out a Nutrition Education program in your community.
  - a) Discuss the advantages and disadvantages of using public lectures as a media to pass on the intended message. (10 marks)
  - b) Enumerate some of the barriers you are likely to face in the course of this exercise. (5 marks)
3. Evaluation is an important aspect in Nutrition Education programs.
  - a) Explain five reasons for evaluation of Nutrition Education programs. (5 marks)
  - b) Discuss the three types of evaluation, which can be used in any Nutrition Education program. (9 marks)
4. Nutrition Education has evolved over the years from the old methods to new methods.
  - a) Briefly discuss the three main approaches to Nutrition Education. (9 marks)
  - b) State the problems that faced conventional approach to Nutrition Education. (6 marks)
5. As a member of the Nutrition Education club, you have been invited to a Nutrition Education workshop on Exclusive Breastfeeding
  - a) Discuss the steps you would follow in planning the Nutrition activity/program. (15 marks)
  - b) Outline any five advantages of using the participatory approach in your program. (5 marks)