



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2010/2011
FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF
SCIENCE IN FOODS, NUTRITION AND DIETETICS

HFN 306: NUTRITION COUNSELLING I

DATE: THURSDAY 25TH NOVEMBER 2010

TIME: 2.00 P.M – 4.00 P.M

INSTRUCTIONS:

This examination consists of Section A and B.

Attempt ALL questions in Section A and ONLY ONE (1) question in section B.

SECTION A: Answer ALL Questions (50 MARKS)

1. State the steps of the nutrition care process (8 marks)
2. In your counselling session you identify a nutrition a malnourished (wasted) and sick child. Write a nutrition diagnostic statement relevant to this child (4 marks)
3. State the cognitive behavioral models and organizational models used to understand and influence dietary behaviour (6 marks)
4. You are a newly posted nutritionist in Mambo Leo Hospital. Describe the tools you will have ready before commencing your nutrition counseling sessions (15 marks)
5. Mr. Zoa, one of your obese patients is expected for a follow up in one week's time. Describe the aspects of the follow-up nutrition counselling session (7 marks)
6. Although note taking is not encouraged during a nutrition counselling session, some components of the session must be recorded. Discuss what must be recorded when counselling a diabetic client (10 marks)

SECTION B Attempt only TWO (2) Questions (20 marks)

7. Discuss the key nutrition counselling messages when counselling pregnant mothers in the context of HIV/AIDS (10 marks)
8. Discuss the direct outcomes that can be used to measure the effect of the nutrition counselling process (10 marks)
9. As nutrition counsellor discuss the advice you will give to your clients who are on sodium restriction (10 marks)