



# **GRETSA UNIVERSITY - THIKA**

## **UNIVERSITY EXAMINATIONS SEPTEMBER - DECEMBER 2021 SEMESTER**

### **CERTIFICATE IN NUTRITION AND DIETETICS**

**COURSE CODE: CIND 050**

**COURSE TITLE: BASIC NUTRITION EDUCATION AND  
COUNSELLING**

**DATE: 17 NOVEMBER 2021**

**TIME: 3:00 PM – 5:00 PM**

---

#### **INSTRUCTIONS TO CANDIDATES**

1. SECTION A IS **COMPULSORY**.
2. SECTION B: ANSWER ANY OTHER **THREE** QUESTIONS.
3. **DO NOT** WRITE ANYTHING ON THIS QUESTION PAPER AS IT WILL BE AN EXAM IRREGULARITY.
4. ALL ROUGH WORK SHOULD BE AT THE BACK OF YOUR ANSWER BOOKLET AND CROSSED OUT.

**CAUTION:** All exam rooms are under CCTV surveillance during the examination period.

**SECTION A: COMPULSORY**

**MULTIPLE CHOICE QUESTIONS [1-5]**

**[ONE MARK EACH]**

1. Which of the following is not role of nutrition counsellor?
  - A. To give food support
  - B. To educate client on the role of food in disease healing
  - C. To help client formulate appropriate diet
  - D. To assess and follow up on client progress
2. Which of the following is not a characteristic necessary for a nutrition counsellor?
  - A. Sympathetic
  - B. Empathetic
  - C. Brave
  - D. Patient
3. Who among the following is not among the vulnerable category
  - A. Vegetarian
  - B. Elderly
  - C. Adult
  - D. Refugees
4. Identify the plant sources of proteins
  - A. Dark green leafy vegetables
  - B. Dairy, meat eggs
  - C. Legumes and pulses
  - D. Cereals
5. Vitamin A deficiency symptoms include:
  - A. Rickets and osteomalacia.
  - B. Hemorrhaging and jaundice.
  - C. Night blindness and keratomalacia.
  - D. Fibrocystic breast disease and erythrocyte hemolysis.

**SHORT ANSWER QUESTIONS**

1. List the four steps of the nutrition care process **[4 marks]**
2. Explain four roles of nutrition counsellor **[4 marks]**
3. Highlight four major components of nutrition counselling **[4 marks]**

4. Outline five components of nutrition assessment [5 marks]
5. Highlight 4 characteristics of nutrition counselling objectives [4 marks]
6. Briefly elaborate the GATHER approach [6 marks]
7. Write an accurate nutrition diagnostic statement following the PES format [5 marks]
8. Outline dietary assessment tools [4 marks]

## **SECTION B: ANSWER ANY THREE QUESTIONS**

### **QUESTION ONE**

- a) Discuss nutrition intervention and nutrition monitoring and evaluation as critical steps in the nutrition care process [10 marks]
- b) Explain five methods which can be used to establish rapport with a client during counselling. [10 marks]

### **QUESTION TWO**

- a) Explain five principles of diet planning [10 marks]
- b) Explain any five tools that can be used during nutrition counselling [10 marks]

### **QUESTION THREE**

- a) Highlight five people who nutrition supplements can be prescribed for [5 marks]
- b) Discuss five methods which busy people can exercise during the day [10 marks]
- c) List five food sources of vitamin C [5 marks]

### **QUESTION FOUR**

- a) Discuss the major stages of HIV/AIDS infection [10 marks]
- b) Discuss any five critical nutrition practices in the context of HIV/AIDS. [10 marks]

### **QUESTION FIVE**

- a) Explain five easy ways in which people who are busy with their day can exercise [10 marks]
- b) Elaborate any five signs of active listening. [10 marks]