

BOWEN UNIVERSITY, IWO
COLLEGE OF HEALTH SCIENCES
NUTRITION AND DIETETICS PROGRAM
2019/2020 SECOND SEMESTER ONLINE EXAMINATION

COURSE CODE: NTD 324
CREDIT UNIT: 2

COURSE TITLE: DIETARY COUNSELLING
INSTRUCTION: ANSWER ALL QUESTIONS

1. Expatiate on the Sender-receiver barrier in communication (5 marks)
2. Explain reorientation and reassurance as objectives of dietary counselling. (5 marks)
3. What dietary counsels would you give to a mother who is about introducing complementary foods to her 6 months old baby? (5 marks)
4. Discuss briefly the first 5 steps of the behaviour change communication process. (5 marks)
5. Discuss the techniques by which the counselor's comprehension of a client's message can be enhanced. (5 marks)
6. Highlight the conditions that can increase the effectiveness of an interviewer. (5 marks)
7. Highlight the biochemical evaluation and clinical examination for nutrition assessment. (5 marks)
8. Explain antecedents and consequences as a technique for behaviour modification. (5 marks)
9. List 5 subjective data recorded during nutritional assessment. (5 marks)
10. Discuss briefly the non-directive counseling method. (5 marks)
11. Explain the behavioural and humanistic approach to counselling. (5 marks)
12. Discuss briefly ways through which the receivers' defensive reactions can be minimized. (5 marks)
13. Why is the diet sheet important during dietary counseling? (5 marks)
14. List 5 advantages of group counseling. (5 marks)