

BOWEN UNIVERSITY, IWO
COLLEGE OF HEALTH SCIENCES
NUTRITION AND DIETETICS PROGRAMME
2023/2024 SECOND SEMESTER EXAMINATION

COURSE CODE: NTD 212

**COURSE TITLE: INTRODUCTION TO NUTRITION
EDUCATION**

CREDITS: 2 UNITS

**INSTRUCTION: ANSWER AT LEAST TWO
FROM EACH SECTION**

TIME: 2 HOURS

SECTION A: ANSWER ANY TWO FROM THIS SECTION

1. a. Define the term nutrition education and state five of its goals **7.5marks**
b. Discuss the four pillars of successful communication process in nutrition education program **10marks**
2. a. List three importance of communication theory for effective Nutrition education program **4.5marks**
b. Explain the four phases involved in conducting an effective nutrition education programme **10marks**
c. Discuss nutrition education programme in school **3marks**
3. a. Food choice are key determinant of dietary habits and pattern. Explain. **2.5marks**
b. Discuss the five determinants of food choices **10marks**
c. Explain the culture aspects of food choices **5marks**

SECTION B: ANSWER ANY TWO FROM THIS SECTION

4. a. Why is it important to train professionals in other fields on nutrition knowledge? **2.5marks**
b. Mention 3 benefits of incorporating nutrition knowledge into the following fields of practice?
 - i. Healthcare professionals **3marks**
 - ii. Educators **3marks**
 - iii. Food service workers **3marks**
 - iv. Fitness and wellness professionals **3marks**
 - v. Community workers **3marks**
5. a. Highlight three criteria used in developing audio-visuals in nutrition education. **1.5marks**
b. Develop nutrition education strategy for **any TWO** of the following age group:
 - i. School children **8marks**
 - ii. Adolescents **8marks**
 - iii. Adults **8marks**
 - iv. Elderly **8marks**
6. Discuss the following:
 - i. Behaviour change communication **5marks**
 - ii. Advocacy **5marks**
 - iii. Three ways to integrate behavioural change communication (BCC) strategies with advocacy efforts to enhance the effectiveness of public health campaigns **7.5mark**