

BOWEN UNIVERSITY, IWO
COLLEGE OF HEALTH SCIENCES
NUTRITION AND DIETETICS PROGRAMME
2022/2023 SECOND SEMESTER EXAMINATION

COURSE CODE: NTD 212
CREDIT UNIT: 2
TIME: 2HRS

**COURSE TITLE: INTRODUCTION TO NUTRITION
EDUCATION**
**INSTRUCTION: ANSWER FOUR QUESTIONS IN
ALL (TWO from each section)**

Section A

1. a. Discuss and analyze the Shannon-Weaver Model of communication stating the key components of the model and their roles in the communication process. 12marks
b. Explain the concept of noise in the context of communication and discuss its impact on the transmission and reception of messages. Use relevant examples to support your answer. 5.5 marks
2. a. Compare and contrast verbal and nonverbal communication methods. Provide a detailed explanation of each method, including its characteristics, advantages, and limitations. 12 marks
b. Write briefly on the importance of both verbal and non-verbal communication in interpersonal interactions, highlighting the situations where each method is most effective. Support your answer with suitable examples to illustrate your understanding. 5.5 marks
3. a. Define the following: 5marks
 - i. Satiety
 - ii. Palatability
 - iii. Energy density
 - iv. Neophobia
 - v. Conditioned aversion
- b. Discuss the following determinants of food choice with relevant examples 12.5 marks
 - i. Biological
 - ii. Economic
 - iii. Social

Section B

5. As a Senior Nutrition Officer, you have the obligation to orientate the new trainees attached to your unit on nutrition education aids.
 - a) State 4 necessary things to put in mind while preparing nutrition education materials while explaining the 3 components of nutrition education. 10marks
 - b) Mention 3 types of media with 2 advantages and disadvantages each. 7.5marks
6. a) What makes nutrition education effective? 2.5marks
 - b) i) Briefly discuss the concept of effective nutrition education 5marks
 - ii) Write on the following approaches for nutrition education
- Community based
- Conventional approach 10marks
7. a) i) List 7 factors to be considered for an effective change in nutrition education in different age groups 3.5 marks
ii) As a nutrition educator who has been assigned a task of educating adolescents on the reduction of the intake of CRAPS – Mention 2 age appropriate nutrition education tools that you would adopt, draft a message that you would use and describe the approach that you would employ to bring about a behavior change among the target group. 10marks
b) Mention step wisely the eight stages involved in behaviour change. 4marks