

BOWEN UNIVERSITY, IWO
COLLEGE OF HEALTH SCIENCES
NUTRITION AND DIETETICS PROGRAM
NTD 212 —INTRODUCTION TO NUTRITION EDUCATION
SAQs Online Exam 2019/2020 Second Semester
INSTRUCTION: ANSWER ALL QUESTIONS

Section A

1. Nutrition education learning varies across age groups. Give 5 recommendations for age appropriate nutrition education. (5 marks)
2. Successful nutrition education programs influence children's eating behaviors. You have been invited to give nutrition education to a set of children. Write out the message you will give that can make them change their eating behaviors and state how to achieve it. (5 marks)
3. For older adults, learning is enhanced when it is immediately applicable to real life contexts. Give 5 recommendations for older learners to Bola who is trying to educate her Grandmother along with her friend who is coming to visit. (5 marks)
4. There are several teaching aids or media that can be used in nutrition education. Mention 2 types of such aid/media, 3 advantages and 2 disadvantages each.(5 marks)
5. There are eight stages in behavior change that will help people change from being uniformed person to becoming someone who may even be able to teach or influence others about their behavior. List the eight and explain steps 1, 2 and 3 using exclusive breastfeeding behavior as an example. (5 marks)
6. a. Nutrition education aims at increasing awareness or knowledge while BCC targets change of behavior or practice. (2 marks)
b. BCC is an interactive process with communities to develop tailored messages and approaches using a variety of communication channels to develop positive behaviors; promote and sustain individual, community and societal behavior change; and maintain appropriate behaviors. (3 marks)
7. Write briefly on the negative sides of adverts. (5 marks)

Section B

8. Describe the model 1 (core and complementary food model) of the cultural and food habits. (5 marks)
9. Discuss verbal communication. (5 marks)
10. Describe the Dale's cone of learning, highlighting the defining concepts and applications. (5 marks)
11. What is Acculturation, Biculturation and Assimilation (5 marks)
12. Highlight the techniques of active learning. (5 marks)
13. Describe Props as an approach to nutrition education. (5 marks)
14. Mention 5 goals of nutrition education. (5 marks)