

**BOWEN UNIVERSITY, IWO
COLLEGE OF HEALTH SCIENCES
NUTRITION AND DIETETICS PROGRAM
2021/2022 SECOND SEMESTER EXAMINATION**

COURSE CODE: NTD 212

CREDIT UNIT: 2

TIME: 2HRS

**COURSE TITLE: INTRODUCTION TO NUTRITION
EDUCATION**

**INSTRUCTION: ANSWER FOUR QUESTIONS WITH
ATLEAST TWO FROM EACH SECTION**

Section A

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| 1 a. Highlight five goals of nutrition education. | 5 marks |
| b. What are the main emphases of the adult learning process? | 2.5 marks |
| c. Discuss the various communication processes. | 10.5 marks |
| 2 a. List the communication theories that you know and explain one | 6.5 marks |
| b. Explain the different principles of communication. | 6 marks |
| c. Mention the factors that determine an individual's ability to change a specific health behavior. | 5 marks |
| 3 a. Explain seven factors that affect food choices. | 14 marks |
| b. Define communication and mention the different types of communication | 3.5 marks |

Section B

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| 4. Behavior change is a very important aspect in health communication. Write on | |
| i) Behavioral Change Communication (BCC) | 2.5 marks |
| ii) impediments of BCC | 5 marks |
| iii) The eight stages in behavior change using an example to illustrate key points | 10marks |
| 5. a. As a nutrition officer assigned to give nutrition education to pupils within the age bracket of 6 – 12 years, write | |
| i) a draft of the nutrition education you intend to give that is appropriate for this age, | 7 marks |
| ii) including 5 characteristics peculiar to this age | 2.5 marks |
| iii) while explaining the nutrition education tools to be adopted. | 3 marks |
| b. Highlight 5 recommendations for age appropriate nutrition education | 5 marks |
| 6. Nutrition education (NE) employs different approaches in information dissemination. Write on the following aids for NE | |
| i) Radio | 3 marks |
| ii) Tape recorder | 3 marks |
| iii) Bulletin board | 3 marks |
| iv) Wall chart | 3 marks |
| v) Pamphlet | 3 marks |
| vi) Flannel graphs | 2.5 marks |