

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

**COURSE CODE: NTD 324
CREDIT UNIT: 2
TIME: 2 HOURS**

**COURSE TITLE: DIETARY COUNSELLING
INSTRUCTION: ANSWER FOUR QUESTIONS IN ALL**

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| 1 | a. Write briefly on 10 concepts of dietary counseling | 10 marks |
| | b. Describe patient interviewing techniques | 7.5 marks |
| 2. | a. Discuss 8 barriers to dietary counseling | 8 marks |
| | b. Enumerate the impact of barriers on communication | 8 marks |
| | c. Define communication | 1.5 marks |
| 3 | a. List the steps in dietary counseling | 5 marks |
| | b. i. Define counseling | 1 mark |
| | ii. Define dietary counseling | 1.5 marks |
| | c. Write on 10 indices and their importance in dietary counseling | 10 marks |
| 4 | a. List the principles of counselor-client relationship | 8 marks |
| | b. List 6 steps in listening | 6 marks |
| | c. What are the roles of dietitians | 3.5 marks |
| 5 | a. Explain briefly verbal and non-verbal communication | 8 marks |
| | b. Write on three categories under listening | 6 marks |
| | c. Itemize methods to ensure effective communication | 3.5 marks |