



Technical University of Mombasa

Faculty of Applied and Health Sciences

DEPARTMENT OF ENVIRONMENT AND HEALTH SCIENCES

DIPLOMA IN NUTRITION AND HEALTH
(DNH 12J)

ANH 2303 : NUTRITION AND HEALTH COUNSELING

SUPPLEMENTARY/SPECIAL: EXAMINATIONS

SERIES: MARCH 2014

TIME: 2 HOURS

INSTRUCTIONS:

You should have the following for this paper

- *Answer booklet*

This paper consists of **FIVE** questions.

Answer Question **ONE (compulsory)** and any other **TWO** questions

This paper consists of 3 PRINTED pages

QUESTION ONE

- a) (i) State five barriers to listening (5 marks)
- (ii) List five types of psychology specialization (5 marks)
- b) State the opposing characteristics of the following
 - (i) Flexible (1 mark)
 - (ii) Composed (1 mark)
 - (iii) Dormant (1 mark)
 - (iv) Stable (1 mark)
 - (v) Independent (1 mark)
- c) (i) Outline three forces that determine what we do (3 marks)
- (ii) State the different of open-ended and closed questions (2 marks)
- d) Define the following terms
 - (i) Counselling (2 marks)
 - (ii) Personality (2 marks)
 - (iii) Behaviour (2 marks)
 - (iv) Experience (2 marks)
 - (v) Psychology (2 marks)

QUESTION TWO

- a) Explain five benefits of active listening (5 marks)
- b) Explain in details the ways to describe personality (10 marks)

QUESTION THREE

- a) Briefly explain the three stages in counseling process (5 marks)
- b) Briefly explain how maintaining eye contact is important skills in communication (5 marks)
- c) Explain the common counseling mistakes (5 marks)

QUESTION FOUR

- a) Describe the guidelines to problem solving (10 marks)
- b) Explain in details different ways people learn (5 marks)

QUESTION FIVE

- a) Explain the qualities of a nutrition counselor (5 marks)
- b) Describe factors contributing to learning and memory (remembering) (10 marks)