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NUTRITION AND DIETETICS LEVEL 6

MED/OS/NUD/CR/07/6

Conduct Nutrition Education and Counselling

November/December 2025



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

WRITTEN ASSESSMENT

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INSTRUCTIONS TO CANDIDATE

1. This paper consists of **TWO** sections: **A** and **B**.
2. Answer ALL questions in section **A** and **ANY THREE** (3) questions in section **B**.
3. Marks for each question are indicated in the brackets.
4. Candidates are provided with a separate answer booklet
5. Do not write on the question paper.

This paper consists of FOUR (4) printed pages

**Candidates should check the question paper to ascertain that all
pages are printed as indicated and that no questions are missing.**

SECTION A (40 MARKS)

Attempt ALL the questions in this section.

1. Counselling is guided by structured approaches for the desired results to be achieved. State FOUR counselling techniques that are commonly applied in workplace nutrition counselling procedures. (4 Marks)
2. In workplace settings, the environment in which counselling is conducted plays a vital role in determining the effectiveness of the counselling process. Outline FOUR features of a conducive counselling environment in a workplace setting. (4 Marks)
3. Professional ethics underpin quality counselling. List FOUR ethical principles that should be observed during nutrition counselling. (4 Marks)
4. Monitoring compliance is critical in dietary management. Give FOUR ways of assessing a client's dietary compliance according to workplace procedures. (4 Marks)
5. During nutrition counselling, it is important to assess whether clients have clearly understood the diet recommendations provided. Mention FOUR methods that can be used to evaluate a client's knowledge and understanding of their prescribed diet plan. (4 Marks)
6. In nutrition counselling, continuous follow-up is essential to ensure that set objectives are achieved. Name FOUR strategies that should be employed to monitor counselling goals in line with workplace policy. (4 Marks)
7. Nutritional care involves specific professional actions. State FOUR critical nutrition actions that must be observed during workplace counselling. (4 Marks)
8. When offering nutrition services, accurate interpretation of nutrition assessment results is critical for effective decision-making, planning interventions, and ensuring clients receive appropriate care. Interpreting results requires adherence to established workplace procedures to maintain consistency, accuracy, and professionalism. List FOUR workplace procedures involved in interpreting results of a nutrition assessment. (4 Marks)
9. The success of a nutrition care plan depends not only on its scientific soundness but also on how well the client accepts and adheres to it. State FOUR issues that may lead to poor acceptance or tolerance of nutrition care plan by a client. (4 Marks)
10. Client feedback is an important tool for evaluating the effectiveness of nutrition interventions and guiding necessary adjustments. Give FOUR types of feedback that should be communicated to dietitians concerning a client's nutrition care. (4 Marks)

SECTION B (60 MARKS)***Attempt Any THREE Questions in This Section***

11. Excessive consumption of sodium is associated with electrolyte and acid-base imbalance in the body resulting to conditions such as oedema, poor cardiac output and elevated blood pressure.
- a. As a dietitian, discuss FIVE dietary guidelines that should be followed when implementing a salt-restricted diet. (10 Marks)
 - b. Describe FIVE key steps you would take when conducting a counselling session with a client on reducing sodium intake. (10 Marks)
12. Patient M, a 52-year-old woman recently diagnosed with hypertension, visits a nutrition clinic for guidance on dietary modifications. She appears anxious and reluctant to discuss her eating habits. During the counselling session, the nutritionist struggles to build rapport because the patient feels judged and defensive about her food choices. The counsellor realizes that the effectiveness of the session depends not only on the nutrition knowledge provided but also on the counselling approach used.
- a. Discuss FOUR actions that should be considered when conducting this counselling session. (8 Marks)
 - b. Patient M also informs you that she has added a lot of weight in the last few months. She has tried to lose the weight by following some tips that she found on the internet, but it has not worked for her. Explain SIX key nutrition counselling interventions you would apply to support Patient M in managing her weight effectively. (12 Marks)
13. Promoting good health across the life cycle requires different approaches at various stages. During adolescence, counsellors and health workers need specific skills and knowledge to address the unique developmental, nutritional, and social challenges faced by young people. Similarly, in early life, breastfeeding is a critical practice that supports infant growth and immunity, and its success depends on well-designed initiatives and community support systems.
- a. Explain FIVE skills and knowledge requirements needed when working with adolescents. (10 Marks)
 - b. Describe FIVE initiatives that promote good breastfeeding practices. (10 Marks)

14. Mr. YY, a financial analyst at a petroleum corporation, works in a high-stress environment. To unwind, he frequently joins his colleagues for drinks after work. Lately, he has been experiencing gastrointestinal discomfort, including nausea and difficulty retaining food after meals. He has also observed lightening of his skin, persistent weakness, and reduced productivity. On seeking medical attention, his doctor recommended that he undergo liver function tests.

- a. Apart from those mentioned above, Outline THREE other symptoms of liver disorders. (6 Marks)
- b. Describe FIVE nutritional considerations that should be taken into account when prescribing a diet for a client with a liver disorder. (10 Marks)
- c. Discuss FOUR actions taken during follow up sessions for a patient with liver disease. (4 Marks)