

091506T4NUT

NUTRITION AND DIETETICS LEVEL 6

MED/OS/NUD/CR/10/6

Conduct Nutrition Education and Counselling

March /April 2026



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

WRITTEN ASSESSMENT

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATE

1. This paper consists of **TWO** sections: **A** and **B**.
2. Attempt **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 THREE (3) printed pages

Candidate 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** questions in this section.

1. A counselling environment refers to the physical and psychological conditions in which nutrition counselling takes place. Identify FOUR characteristics of a good counselling environment. (4 Marks)
2. Ethical principles guide nutrition counsellors' decisions when dealing with clients. Give FOUR ethical principles applied during nutrition counselling. (4 Marks)
3. Nutrition counselling is a critical component of healthcare and wellness promotion. State FOUR reasons for nutrition counselling. (4 Marks)
4. Objectives for nutrition education and counseling are supposed to be specific, measurable, achievable, relevant, and time-bound. Identify FOUR objectives of nutrition education. (4 Marks)
5. Monitoring and evaluation involve the measurement and evaluation of nutrition care indicators. List FOUR reasons for monitoring and evaluation. (4 Marks)
6. Diet plans are made with the help of the client to increase acceptance. Identify FOUR factors that may hinder the efficacy of a diet plan. (4 Marks)
7. Nutrition counselling requires tailoring advice to the individual's needs. State FOUR factors a nutrition counsellor should consider when counselling an elderly person. (4 Marks)
8. A nutritional message is effective when it clearly communicates information that motivates and guides individuals to make healthier food choices. Give FOUR characteristics of a good nutritional message. (4 Marks)
9. Providing nutrition education materials, such as brochures, is an essential component of effective counselling and health education. State FOUR reasons for providing education materials to clients. (4 Marks)
10. Health promotion and nutrition education involve strategic interventions to improve the health and well-being of individuals and communities. List FOUR action areas commonly used in health promotion. (4 Marks)

SECTION B (60 MARKS)

Attempt **ANY THREE** (3) questions in this section.

11. Nutrition counselling is most effective when conducted by a skilled counsellor using appropriate techniques.
 - a) Explain FIVE qualities of an effective nutrition counsellor. (10 Marks)
 - b) Discuss FIVE counselling techniques used in nutrition counselling. (10 Marks)
12. Effective nutrition counselling and health promotion require structured approaches and guiding principles to ensure clients receive accurate information and adopt healthy behaviours.
 - a) Explain the GATHER approach as used in nutrition counselling. (12 Marks)
 - b) Discuss FOUR principles of nutrition counselling. (8 Marks)
13. You are a community nutritionist assigned to conduct a health promotion program in a local community. The program targets adults at risk of lifestyle-related diseases. You are required to organize group sessions and provide guidance to participants on adopting healthy habits.
 - a) Explain FIVE teaching methodologies that can be effectively used in group health promotion sessions. (10 Marks)
 - b) Discuss FIVE reasons for using counselling aids during sessions. (10 Marks)
14. Effective nutrition counselling requires understanding how individuals progress toward adopting healthier habits and ensuring that these changes are sustained over time.
 - a) Explain the SIX stages of behaviour change. (12 Marks)
 - b) Discuss FOUR components of follow-ups used to reinforce healthy behaviours. (8 Marks)