

Department of Community Health Sciences
College of Applied Medical Sciences
King Saud University

Ms. Mezna AlMarzooqi
CHS 456 Nutrition Edu.
Date: March. 27, 2011

Midterm Exam

Name:

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I. Circle (T)rue or (F)alse:

Each (0.75 point)

1. **T** **F** Individuals are unlikely to be able to directly control many of the determinants of health
2. **T** **F** Construct is the primary elements of theory
3. **T** **F** Behavioral capability is a personal regulation of goal-directed behavior or performance; provide opportunities for self-monitoring, goal setting, problem solving, and self-reward
4. **T** **F** Self efficacy is knowledge and skill to perform a given behavior; Promote mastery learning through skills training
5. **T** **F** In low-income settings, people spend all their income on food
6. **T** **F** In the USA, \$26 billion/yr is spent on healthy food advertising
7. **T** **F** The personal psychological factors can change or overcome external factors
8. **T** **F** Developing motivation-phase, action-phase and environmental support strategies is part of the outputs component of the logic model planning tool.
9. **T** **F** Reciprocal determinism is empirically tested and provides a nice out.

II. Choose only one answer in each of the following questions:

Each (0.75 point)

- A. Conducting nutrition education requires:
- a. Time
 - b. Money
 - c. People
 - d. Only (a) & (c)
 - e.** All of the above

B. Which of the following have better quality diet:

- a. Singles
- b. Widows
- c. Single parents
- d.** Married couples
- e. Divorced
- f. None of the above

C. Many factors combine together to affect the health of individuals and communities. Whether people are healthy or not, is determined by their:

- a. Environment
- b. Circumstances
- c. Temperature
- d.** Only (a) & (b)
- e. All of the above

D. may utilize a number of theories to help people understand a specific problem in a particular setting

- a. Behavior
- b. Subjective Norm
- c.** Model
- d. Attitude
- e. intention

E. is a process that involves influencing positively behavior, attitudes, skills, knowledge, related to individuals, community, and environmental health

- a.** Health Education
- b. Health Behavior
- c. Health Promotion
- d. Health prevention
- e. Nutrition Education

III. Define theory. Give three reasons why theory is considered important in nutrition education? (2.5 points)

IV. Briefly explain the relationship of health education and health promotion.
(2 points)

V. Draw and describe the key features of the logic model. **(2.5 points)**

V. Nutrition education is delivered through multiple channels and involves activities at the individual, community and policy levels. Briefly explain one of these activities. (2 points)

V. Why the Social Cognitive Theory has become the most widely used theory for designing nutrition education and health promotion program? (1 point)

-The End-

All the Best ☺