

**TELANGANA UNIVERSITY
SSR Degree & PG College**

M.Sc NUTRITION

INTERNAL ASSESSMENT -II

QUESTION BANK

SEM – IV

PAPER : DIET AND PSYCHOLOGY COUNSELLING SKILLS

1) CHOOSE THE CORRECT ANSWERS:

1. The primary role of counselling in hospitals is to

- a) Increase hospital fees
- b) Provide emotional and dietary guidance
- c) Reduce number of patients
- d) Conduct surgeries

Answer: b) Provide emotional and dietary guidance

2. Community counselling mainly helps in

- a) Promoting public health awareness
- b) Selling medicines
- c) Building hospitals
- d) Conducting operations

Answer: a) Promoting public health awareness

3. Health camps are organized mainly to

- a) Entertain people
- b) Create advertisements
- c) Provide health screening and education
- d) Conduct sports

Answer: c) Provide health screening and education

4. Patient feedback in hospitals is important to

- a) Increase patient bills
- b) Improve healthcare services
- c) Reduce staff
- d) Close departments

Answer: b) Improve healthcare services

5. Community health camps help in

- a) Early disease detection
- b) Increasing pollution
- c) Decreasing awareness
- d) Avoiding treatment

Answer: a) Early disease detection

6. Diet counselling for obese people mainly focuses on

- a) Increasing junk food intake
- b) Balanced low-calorie diet

- c) Avoiding exercise
- d) High sugar intake

Answer: b) Balanced low-calorie diet

7. Obese individuals are advised to consume more

- a) Fried foods
- b) Soft drinks
- c) Fiber-rich foods
- d) Sugary snacks

Answer: c) Fiber-rich foods

8. Diet counselling for diabetics emphasizes control of

- a) Protein intake only
- b) Blood glucose levels
- c) Water intake only
- d) Sleep duration

Answer: b) Blood glucose levels

9. Diabetic patients should avoid

- a) Whole grains
- b) Green vegetables
- c) Excess sugar intake
- d) Pulses

Answer: c) Excess sugar intake

10. CVD stands for

- a) Cardio Vascular Disease
- b) Central Venous Disorder
- c) Chronic Viral Disease
- d) Cardiac Vitamin Deficiency

Answer: a) Cardio Vascular Disease

11. Diet counselling for CVD patients recommends reducing

- a) Fruits
- b) Saturated fats
- c) Water
- d) Fiber

Answer: b) Saturated fats

12. Mother and child care counselling mainly promotes

- a) Proper nutrition and health
- b) Fast food intake
- c) Irregular feeding
- d) Skipping vaccinations

Answer: a) Proper nutrition and health

13. Exclusive breastfeeding is recommended for

- a) 1 month
- b) 3 months
- c) 6 months
- d) 12 months

Answer: c) 6 months

14. Adolescents require increased intake of

- a) Nutrients for growth
- b) Junk foods
- c) Alcoholic drinks
- d) Preserved foods only

Answer: a) Nutrients for growth

15. Iron deficiency during adolescence may lead to

- a) Obesity
- b) Anemia
- c) Hypertension
- d) Diabetes

Answer: b) Anemia

16. Patient follow-up mainly helps to

- a) Ignore patient progress

- b) Monitor recovery and compliance
- c) Increase medicine cost
- d) Reduce communication

Answer: b) Monitor recovery and compliance

17. Home visits are useful for

- a) Assessing patient environment
- b) Increasing hospital crowd
- c) Avoiding patient interaction
- d) Delaying treatment

Answer: a) Assessing patient environment

18. Counselling improves patient

- a) Non-cooperation
- b) Treatment adherence
- c) Stress levels
- d) Disease spread

Answer: b) Treatment adherence

19. One important component of health camp organization is

- a) Community participation
- b) Ignoring local needs
- c) Avoiding publicity

d) Reducing awareness

Answer: a) Community participation

20. A balanced diet for diabetics should include

a) High refined sugar

b) Controlled carbohydrate intake

c) Excess fats

d) Only liquids

Answer: b) Controlled carbohydrate intake

II) FILL IN THE BLANKS:

1. Psychology is the scientific study of _____ and behavior.

Answer: mind

2. The scope of psychology includes study of human _____.

Answer: behavior

3. Focusing the mind on a particular object is called _____.

Answer: attention

4. The process of interpreting sensory information is known as _____.

Answer: perception

5. One type of attention is _____ attention.

Answer: selective

6. The tendency to group similar objects together is called the principle of _____.

Answer: similarity

7. Hallucination is an abnormality of _____.

Answer: perception

8. Learning through observation is called _____ learning.

Answer: observational

9. The ability to store and recall information is called _____.

Answer: memory

10. Short-term memory retains information for a _____ duration.

Answer: short

11. Loss of memory retention is known as _____.

Answer: forgetting

12. Lack of practice is one cause of _____.

Answer: forgetting

13. A biological need that directs behavior is called a _____.

Answer: motive

14. Happiness, fear, and anger are types of _____.

Answer: emotions

15. The outward display of feelings is called emotional _____.

Answer: expression

16. Personality refers to the unique pattern of an individual's _____.

Answer: behavior

17. Heredity and environment are factors influencing _____.

Answer: personality

18. The psychoanalytic theory of personality was proposed by _____.

Answer: Freud

19. One important goal of counselling is problem _____.

Answer: solving

20. Confidentiality is an important _____ principle of counselling.

Answer: ethical

III) ANSWER THE FOLLOWING QUESTIONS:

1)What is psychology?

Ans-1. Psychology is the scientific study of human behaviour and mental processes.

2)What is selective attention?

Ans-process of focusing on one stimulus while ignoring others.

3)Name any two types of memory.

Ans-Short-term memory and long-term memory.

4)State one characteristic of a good counsellor.

Ans- Empathy is one characteristic of a good counsellor.

5)What is meant by ethical principles in counselling?

Ans-Guidelines that ensure professional and moral behaviour in counselling.