

**TELANGANA UNIVERSITY**  
**M.Sc NUTRITION**  
**IV- INTERNAL ASSESSMENT -I**  
**QUESTION BANK**  
**SEM – IV**

**PAPER : DIET AND PSYCHOLOGY COUNSELLING SKILLS**

**I) CHOOSE THE CORRECT ANSWERS:**

1. Diet counselling primarily aims to:

- a) Prescribe medicines
- b) Improve nutritional habits and health
- c) Perform surgery
- d) Conduct laboratory tests

Answer: b) Improve nutritional habits and health

2. The significance of diet counselling is to:

- a) Increase food cost
- b) Promote healthy lifestyle changes
- c) Reduce physical activity
- d) Avoid communication with patients

Answer: b) Promote healthy lifestyle changes

3. Which of the following is the first step in diet counselling?

- a) Follow-up
- b) Assessment of client
- c) Evaluation
- d) Termination

Answer: b) Assessment of client

4. Individual counselling involves:

- a) Counselling a single person
- b) Counselling a large audience
- c) Counselling only children
- d) Counselling through television

Answer: a) Counselling a single person

5. Group counselling is useful when:

- a) Only one patient is present
- b) People share similar health problems
- c) No communication is needed
- d) Medicines are distributed

Answer: b) People share similar health problems

6. Family counselling mainly focuses on:

- a) One family member only

- b) Nutritional management involving the entire family
  - c) Hospital administration
  - d) Laboratory diagnosis
- Answer: b) Nutritional management involving the entire family

7. One of the goals of counselling is to:
- a) Create fear in patients
  - b) Help clients make informed decisions
  - c) Avoid patient participation
  - d) Increase confusion
- Answer: b) Help clients make informed decisions

8. Which sequence is correct in counselling?
- a) Evaluation → Introduction → Assessment
  - b) Introduction → Assessment → Planning → Implementation → Evaluation
  - c) Planning → Evaluation → Introduction
  - d) Assessment → Termination → Introduction
- Answer: b) Introduction → Assessment → Planning → Implementation → Evaluation

9. Charts and posters used in counselling are examples of:
- a) Medicines
  - b) Teaching aids
  - c) Laboratory tools
  - d) Financial records
- Answer: b) Teaching aids

10. AV aids in counselling refer to:
- a) Audio-visual aids
  - b) Added vitamins
  - c) Artificial ventilation
  - d) Available values
- Answer: a) Audio-visual aids

11. Handouts are useful because they:
- a) Increase patient anxiety
  - b) Provide written information for reference
  - c) Replace counselling completely
  - d) Reduce communication
- Answer: b) Provide written information for reference

12. Communication in counselling is the process of:
- a) Ignoring the client
  - b) Exchange of information and ideas
  - c) Conducting surgery
  - d) Writing prescriptions only
- Answer: b) Exchange of information and ideas

13. Linguistics in clinical dietary practice mainly deals with:

- a) Food preparation
- b) Effective use of language in communication
- c) Laboratory testing
- d) Exercise training

Answer: b) Effective use of language in communication

14. Which is a common problem in communication during counselling?

- a) Clear language
- b) Active listening
- c) Language barriers
- d) Mutual understanding

Answer: c) Language barriers

15. Non-verbal communication includes:

- a) Written reports
- b) Gestures and facial expressions
- c) Telephone calls
- d) Printed handouts

Answer: b) Gestures and facial expressions

16. The counsellor's role is to:

- a) Force decisions on clients
- b) Guide and motivate clients
- c) Ignore patient concerns
- d) Provide unrelated advice

Answer: b) Guide and motivate clients

17. A counselee is the person who:

- a) Gives counselling
- b) Receives counselling
- c) Conducts surveys
- d) Prepares medicines

Answer: b) Receives counselling

18. Effective counselling requires:

- a) Poor listening skills
- b) Empathy and understanding
- c) Lack of interaction
- d) Strict punishment

Answer: b) Empathy and understanding

19. Which counselling aid helps in demonstrating food portions?

- a) Models
- b) Stethoscope

- c) Thermometer
  - d) Microscope
- Answer: a) Models

20. Evaluation in counselling is done to:

- a) End communication permanently
- b) Assess effectiveness of counselling
- c) Increase confusion
- d) Avoid follow-up

Answer: b) Assess effectiveness of counselling

### **II) FILL IN THE BLANKS:**

1. The method used to record all foods and beverages consumed in the previous 24 hours is called the \_\_\_\_\_ method.

Answer: 24 Hour Dietary Recall

2. A list of food likes and dislikes helps the dietician plan a \_\_\_\_\_ diet.

Answer: acceptable

3. Information about sleeping habits, exercise, and stress levels is included under \_\_\_\_\_ assessment.

Answer: lifestyle

4. The 24-hour dietary recall method is commonly used to assess a person's \_\_\_\_\_ intake.

Answer: dietary

5. Food preferences and aversions are identified through the list of food \_\_\_\_\_ and dislikes.

Answer: likes

6. Lifestyle assessment is important in understanding the risk of \_\_\_\_\_ diseases.

Answer: chronic

7. A dietician works with doctors, nurses, and other professionals as part of the \_\_\_\_\_ team.

Answer: medical

8. In hospitals, dieticians help prepare therapeutic diets for \_\_\_\_\_ care.

Answer: patient

9. A dietician involved in scientific studies is considered part of the \_\_\_\_\_ team.

Answer: research

10. Dietary surveys help in collecting relevant \_\_\_\_\_ about food habits.

Answer: information

11. The 24-hour recall method depends largely on the patient's \_\_\_\_\_.

Answer: memory

12. Healthy lifestyle changes can reduce the risk of many \_\_\_\_\_ disorders.

Answer: lifestyle

13. Counselling helps individuals improve their \_\_\_\_\_ habits.

Answer: dietary

14. In hospital case studies, diet counselling plays an important role in disease \_\_\_\_\_.

Answer: management

15. A dietician provides nutrition education to improve the patient's overall \_\_\_\_\_.

Answer: health

16. Regular counselling can improve patient compliance with the prescribed \_\_\_\_\_ plan.

Answer: diet

17. The medical team approach ensures \_\_\_\_\_ care of the patient.

Answer: comprehensive

18. Case studies in hospitals help evaluate the effectiveness of nutrition \_\_\_\_\_.

Answer: counselling

19. Unhealthy lifestyle practices may increase the incidence of \_\_\_\_\_ diseases.

Answer: non-communicable

20. The impact of counselling can be assessed through changes in a patient's health \_\_\_\_\_.

Answer: status

### **III) ANSWER THE FOLLOWING QUESTIONS:**

1) Define diet counselling.

Ans- Diet counselling is the process of giving dietary guidance to improve health and nutrition.

2) What is the significance of diet counselling?

Ans- Awareness

3) What is group counselling?

Ans- counselling provided to a group of people with similar problems or goals.

4) Define family counselling.

Ans- Helps family members improve communication and solve problems.

5) What is meant by follow-up in counselling?

Ans- Reviewing the client's progress after counselling sessions.