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## BRAINWARE UNIVERSITY

Term End Examination 2024-2025

Programme – B.Sc.(FND)-Hons-2022

Course Name – Nutritional Management and Counselling

Course Code - BFNDE603A

( Semester VI )

Full Marks : 60

Time : 2:30 Hours

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

### Group-A

(Multiple Choice Type Question)

1 x 15=15

1. Choose the correct alternative from the following :

- (i) What is the primary goal of counselling?
  - a) To impose decisions
  - b) To provide emotional support
  - c) To help individuals make informed choices
  - d) To criticize behavior
- (ii) Which area of counselling is focused on guiding students academically?
  - a) Health counselling
  - b) Educational counselling
  - c) Family counselling
  - d) Community counselling
- (iii) Behaviour Change Communication (BCC) is aimed at:
  - a) Dictating lifestyle changes
  - b) Encouraging informed decision-making
  - c) Eliminating all unhealthy foods
  - d) Promoting one-size-fits-all diet plans
- (iv) In diet counseling, who is responsible for making the final dietary decisions?
  - a) The dietitian
  - b) The client
  - c) The medical team
  - d) The counselor
- (v) Which of the following is a basic sequence in diet counseling?
  - a) Establish rapport, gather information, set goals, provide advice, evaluate progress
  - b) Set goals, establish rapport, provide advice, evaluate progress
  - c) Providing advice, setting goals, gathering information, evaluating progress
  - d) Provide advice, set goals, gather information, evaluate progress
- (vi) Which of the following is an example of a technique used to gather relevant information during a counseling session?
  - a) Open-ended questioning
  - b) Providing nutrition facts
  - c) Offering meal plans
  - d) Giving dietary supplements
- (vii) What is an essential component of Stage I skills?
  - a) Advanced empathy
  - b) Immediacy
  - c) Respect
  - d) Brainstorming
- (viii) Which skill helps in confronting discrepancies in a client's words and actions?
  - a) Immediacy
  - b) Concreteness

- c) Confrontation  
(ix) Which approach views humans as inherently good and growth-oriented?  
a) Behaviouristic  
c) Humanistic  
(x) Which foodborne pathogen causes botulism?  
a) E. coli  
c) Clostridium botulinum  
(xi) Which of the following is a chemical hazard in food?  
a) Nails  
c) Pesticide residues  
(xii) Which agency is responsible for food safety regulations?  
a) NASA  
c) FDA  
(xiii) Which disease requires a low-sodium diet for management?  
a) Cancer  
c) Osteoporosis  
(xiv) Which approach is effective in managing dyslipidemia?  
a) Consuming high trans-fat foods  
c) Encouraging fiber-rich diets  
(xv) Which of the following is a key component of obesity management?  
a) Crash diets  
c) Skipping meals
- d) Empathy  
b) Psychoanalytic  
d) Cognitive  
b) Salmonella  
d) Listeria  
b) Glass  
d) Bacteria  
b) WHO  
d) UNESCO  
b) Hypertension  
d) Depression  
b) Increasing saturated fat intake  
d) Eliminating all fats  
b) Balanced diet and physical activity  
d) High processed food intake

**Group-B**

(Short Answer Type Questions)

3 x 5=15

2. Determine three major objectives of a dietary counseling plan. (3)  
3. Discuss the psychoanalytic theory of personality. (3)  
4. Indicate three characteristics of a good counselor. (3)  
5. Describe the role of audio-visual aids in nutrition counseling. (3)  
6. Evaluate the process how chemical hazards affect food safety. (3)

OR

Justify physical hazards in food and provide two examples. (3)

**Group-C**

(Long Answer Type Questions)

5 x 6=30

7. Explain the process through which dietary counseling help in the management of obesity and diabetes. (5)  
8. Discuss the importance of counseling in different areas such as education, family, health, and community. (5)  
9. Justify the behavioristic approach to counseling and discuss its key techniques. (5)  
10. Justify the ethical principles for counseling in the field of nutrition. (5)  
11. Express the communication challenges are commonly seen in nutritional counseling. (5)  
12. Explain the process by which biological hazards in food impact human health and tell the measures to control them. (5)

OR

Explain the key factors affecting food safety, and how can they be managed effectively. (5)

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