



বিদ্যাসাগর বিশ্ববিদ্যালয়
VIDYASAGAR UNIVERSITY

Question Paper

B.Sc. Honours Examinations 2020

(Under CBCS Pattern)

Semester - VI

Subject: NUTRITION

Paper: CC - 13 (T + P) (Dietetics and Counselling – Theory + Practical)

Full Marks: 40 (Theory) + 20 (Practical) = 60

Time: 4 Hours

Candidates are required to give their answer in their own words as far as practicable.

Questions are of equal value.

Answer any **one question** [within 250 words] from each Part.

Part A: Dietetics and Counselling (Theory)

1. What do you mean about perception? Describe the various factors affecting attention? What do you mean by visual illusions that affects perception?
2. What are the characteristics of a good counsellor? Discuss the psychoanalytical approach of counselling.
3. What are the role of yoga in disease management? Write about biological determinates of food choice? State the objectives of nutrition communication?
4. “Dietician acts as a part of medical team and research team”-justify the statement. What are the goals of dietary counselling? What are the important roles of hospital counsellor?



5. What are the specific goals of medical Nutrition Therapy(MNT)?Write about effective nutrition therapy for prevention & treatment of CVD disease?What are the essential tips which maintain body fitness of young adults?
6. What exactly is the main purpose of leaflet for use of teaching aids by dieticians?What is software? Classification of software.What is mean & standard deviation?
7. Define of forgetfulness?What are the differences between Illusions & Hallucination?What is the importance of motivation?
8. Write about Humanistic approach in counselling?What is Empathy?What are the goals of counselling?
9. Write the importance of dietary advice? Benefits of Ayurveda Medicines in several purpose? What is naturopathy?
10. Write the difference between bar diagram and column diagram? What would be the appropriate diet counselling plans for dyslipidaemia patient? What are the challenges of dietary counselling for an individual suffering from anorexia?
11. How to management of vitamin & mineral deficiency for school going children? What are the challenges of geriatric counselling? How to improve your communication skills?
12. Write the functions of software in the field of nutrition and dietetics? What are the main purposes for using of computers by dietician? Write the names of few software package related to nutritional analysis with its onespecific application?

Part B: Dietetics and Counselling (Practical)

1. Prepare a poster in an A4 size paper on dietary awareness for a pregnant mother.
2. Prepare a poster in an A4 size paper on dietary awareness for type II diabetic patient.
3. Prepare a poster in an A4 size paper on dietary awareness for a Hypertension patient.
4. Formulate a questionnaire having 25 questions for planning a project on Diabetes.
5. Formulate Nutrition Counselling Planning sessions in relation to dietary changes for any one disease/disorder as per your syllabus.