

B.Sc (Hons) FNS Sem.-5 Examination**FNS-313****Nutrition Education & Counselling****December-2024****Time : 2-30 Hours]****[Max. Marks : 70**

Instructions: Illustrate your answers with neat diagrams wherever necessary.

Q. 1 Write the following

- (i) Who are dietitians? Describe its classification in detail. (7 Marks)
- (ii) What is IDA ? Explain the objectives and milestones of IDA. (7 Marks)

OR

- (i) Who are Clinical Dietitians? What are their roles and responsibilities in hospital. (7 Marks)
- (ii) Explain diet counselling? What are its objectives and tips for effective counselling. (7 Marks)

Q. 2 Write the following

- (i) What is Tyrosinemia and State symptoms of Type-1 Tyrosinemia ? (7 Marks)
- (ii) Note Thyroid Function Tests along with their reference range, purpose and interpretations. (7 Marks)

OR

- (i) Provide a brief explanation of food-drug interactions, along with how drugs can affect nutritional status? (7 Marks)
- (ii) Write a brief note on Galactosemia. (7 Marks)

Q. 3 Write the following

- (i) Enlist the different models of communication and explain any three of it with suitable examples. (7 Marks)
- (ii) Discuss the importance of feedback in the communication process. (7 Marks)

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OR

- (i) Describe various theories of communication and their practical applications. (7 Marks)
- (ii) Explain the key components or elements of the communication process and how they interact. (7 Marks)

Q. 4 Write the following

- (i) Write a note on: Characteristics to focus on while developing messages for Nutrition Education Program. (7 Marks)
- (ii) Explain techniques used for diet counseling and activities that facilitate change. (7 Marks)

OR

- (i) A short note on the goal of nutrition education and the factors influencing food choices that should be considered in designing a Nutrition Education program. (7 Marks)
- (ii) Write down guidelines and requirements for establishing a diet counseling centre. (7 Marks)

Q 5. Attempt any seven out of twelve

(14 Marks)

- (i) Osteopenia puts one at risk for a more serious condition called ____
- (ii) Which test is performed for the assessment of the mean glycemic blood level and chronic diabetes.
- (iii) Give factors which influence food choices of people.
- (iv) Give an example each for Nutrition Education program and Nutrition Intervention program.
- (v) Write first two stages of change from Transtheoretical model
- (vi) Define Vulnerable group in context of Nutrition Education Program.
- (vii) Enlist any three advantages of oral communication.
- (viii) Define "public speaking".
- (ix) Explain the steps of Berlo's Liner model in reverse form.
- (x) Give only name of 7 Cs in communication ?
- (xi) A dietitian who focuses on nutrition related to cancer treatment and prevention is known as ____.
- (xii) The process of diet counselling requires ____ basic skills namely ____, ____ and ____.