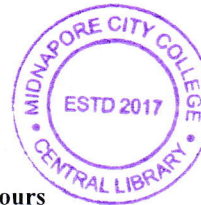


PG (CBCS)
M.Sc. Semester- IV Examination, 2026
NUTRITION & DIETETICS
PAPER: NUD 402
(NUTRITION COUNSELLING)



Full Marks: 20

Time: 1 Hours

The figures in the right-hand margin indicate full marks.
Candidates are required to give their answers in their own words as far as practicable

GROUP-A

Answer any **TWO** from the following questions: **2×2=4**

- *1. What do you mean by counseling environment?
2. What you mean by biological model of diet counseling?
3. Give some examples of food allergies.
4. Who is a clinical dietician?

GROUP-B

Answer any **TWO** from the following questions: **2×4=8**

5. Write down the ethical principle of dietary counselling.
6. What are the different factors to be considered during nutritional counselling of a hypertensive patient?
7. Write about the aesthetic attributes of diet with special reference to chemical component.
8. Briefly describe the SMART approach in counselling plan.

GROUP-C

Answer any **ONE** from the following questions: **1×8=8**

9. What is pre-test counselling? Write the importance of it. Discuss about trans-theoretical model of behaviour change. **2+2+4**
10. Write about the major steps adopted to conduct GATHER strategies. Briefly describe the techniques of medical history assessment. **4+4**

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