

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN  
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)  
Chromepet, Chennai - 600 044.

B.Sc. NFSMD - END SEMESTER EXAMINATIONS APRIL - 2024

SEMESTER - VI

**21UFMET6003 - Diet Counseling and Patient Care**

Total Duration : 2 Hrs. 30 Mins.

Total Marks : 60

**Section B**

Answer any **SIX** questions ( $6 \times 5 = 30$  Marks)

1. Explain the differences between individual counselling and group counselling.
2. Interpret the potential consequences of emotional involvement for both the counsellor and the client.
3. How would you apply specific ethical codes and guidelines in a practical diet counselling scenario?
4. Explain the importance of personalized dietary plans for obese individuals during counselling sessions.
5. Describe the significance of open-ended questions in uncovering dietary preferences during counselling.
6. Relate the importance of the counsellor as a role model in fostering positive client outcomes.
7. Explain why maintaining client confidentiality is crucial in diet counselling.
8. Why is early intervention through diet counselling important for establishing lifelong healthy habits? Justify it.

**Section C**

Answer any **THREE** questions ( $3 \times 10 = 30$  Marks)

9. Classify the various counselling techniques commonly employed in the process of diet counselling.
10. Classify the types of counselling skill used during counselling.
11. Justify the importance of maintaining boundaries and limits in counselling practice, especially in relation to the client's progress and well-being.
12. Apply strategies for managing and mitigating dual relationships in diet counselling.
13. Evaluate the impact of diet counselling on improving maternal and child nutritional status and health outcomes.

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