



**WEST BENGAL STATE UNIVERSITY**  
B.Sc. Honours 6th Semester Examination, 2021

**FNTADSE06T-FOOD AND NUTRITION (DSE3/4)**

**NUTRITIONAL MANAGEMENT AND COUNSELLING**

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.  
Candidates should answer in their own words and adhere to the word limit as practicable.*

**Answer any four questions from the following**

10×4 = 40

1. What is counseling? What are the goals of counseling? What are the skill sets a nutritional counselor should possess? 2+3+5
2. What are food likes and dislikes? What is food fad? How can the counselor influence behavior modification of a primary school going kid showing signs of being overweight? 3+2+5
3. What do you understand by community in the context of nutrition? How is it different from population? Can you go for community level counseling? Comment. How is nutritional counseling important for people living with HIV? 2+2+3+3
4. What do you understand by geriatric population? What is its special significance in our country at present? What are the special skills a counselor should possess while counseling geriatric population? 3+2+5
5. What is adolescence? What are special challenges for counseling an adolescent? What are the issues a counselor should keep in mind while going for nutritional counseling of an adolescent? 2+3+5
6. Who is a diabetic? Write a comprehensive note on counseling of diabetics. Also mention the soft skills required in this regard. 2+5+3
7. What do you understand by obesity? How do you propose to counsel in this regard an adolescent boy and a young adult female? 2+4+4

8. With the help of a case study explain the mode of counseling a mother and her child on: 2+2+2+  
2+2
- (i) results of child's growth assessment
  - (ii) feeding recommendation based on child's age
  - (iii) investigate causes of under nutrition by interviewing mother
  - (iv) advice to mother related to under nutrition
  - (v) cultural taboos.
9. Who is a hospital counselor? What is his/her primary role? What is the importance of counseling for rapid recovery of an ambulatory patient? What are the common nonverbal communications used in counseling? 2+2+3+3

**N.B. :** *Students have to complete submission of their Answer Scripts through E-mail / Whatsapp to their own respective colleges on the same day / date of examination within 1 hour after end of exam. University / College authorities will not be held responsible for wrong submission (at in proper address). Students are strongly advised not to submit multiple copies of the same answer script.*

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