



MCQ on Diet Counselling and Advanced Dietetics

AUTHOR

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Unit I

Diet Counselling

1. What is the primary focus of a dietitian's responsibilities?

- A) Patient diagnosis
- B) Menu planning
- C) Medication prescription
- D) Exercise routines

Answer: B) Menu planning

2. What is the primary purpose of the code of ethics for dietitians?

- A) Ensuring profit maximization
- B) Protecting patient confidentiality
- C) Promoting competitive practices
- D) Encouraging self-promotion

Answer: B) Protecting patient confidentiality

3. How do dietitians use computers in their practice?

- A) Personal gaming
- B) Dietary computations
- C) Social media management
- D) Graphic design

Answer: B) Dietary computations

4. What is a crucial aspect of dietetic management?

- A) Financial planning
- B) Team building
- C) Disease prevention
- D) Strategic marketing

Answer: C) Disease prevention

5. In the context of computer applications, what is information storage used for by dietitians?

- A) Storing personal photos
- B) Storing patient records

- C) Entertainment purposes
- D) Social networking

Answer: B) Storing patient records

6. Which computer application is commonly used by dietitians for education and training purposes?

- A) Video editing software
- B) Social media platforms
- C) Educational software
- D) Graphic design tools

Answer: C) Educational software

7. What are teaching aids commonly used by dietitians for patient education?

- A) Virtual reality games
- B) Interactive quizzes
- C) Charts, leaflets, posters
- D) Augmented reality simulations

Answer: C) Charts, leaflets, posters

8. Which of the following is NOT a responsibility of a dietitian?

- A) Conducting research on nutrition
- B) Monitoring patient progress
- C) Diagnosing medical conditions
- D) Providing dietary recommendation

Answer: C) Diagnosing medical conditions

9. What role does computer application play in dietetic management?

- A) Tracking patient progress
- B) Automating financial tasks
- C) Entertainment purposes
- D) Personal fitness coaching

Answer: A) Tracking patient progress

10. What is the purpose of preparation of teaching material for patients by dietitians?

- A) Promoting self-medication
- B) Enhancing patient understanding

- C) Encouraging non-compliance
- D) Creating confusion

Answer: B) Enhancing patient understanding

11. Which of the following is an example of a teaching aid used by dietitians?

- A) Cooking utensils
- B) Social media accounts
- C) Educational software
- D) Gardening tools

Answer: A) Cooking utensils

12. What is the significance of the classification of dietitians?

- A) Determining their social status
- B) Establishing a hierarchy
- C) Defining their scope of practice
- D) Encouraging competition

Answer: C) Defining their scope of practice

13. How do dietitians use computers in information administration?

- A) Sending personal emails
- B) Managing patient data
- C) Playing online games
- D) Creating digital art

Answer: B) Managing patient data

14. Which of the following is a responsibility of dietitians in the context of computer applications?

- A) Software development
- B) Data entry
- C) Graphic design
- D) Network administration

Answer: B) Data entry

15. What is the primary purpose of dietary computations?

- A) Entertainment
- B) Research

- C) Menu planning
- D) Social networking

Answer: C) Menu planning

16. In dietetic management, what is the role of education and training?

- A) Ensuring job security
- B) Promoting self-promotion
- C) Enhancing professional skills
- D) Encouraging unethical practices

Answer: C) Enhancing professional skills

17. How do dietitians use teaching aids in patient education?

- A) Creating artistic masterpieces
- B) Enhancing communication
- C) Conducting physical exercises
- D) Promoting self-medication

Answer: B) Enhancing communication

18. Which of the following is a computer application used for dietetic management?

- A) Virtual reality games
- B) Social media platforms
- C) Electronic health records
- D) Augmented reality simulations

Answer: C) Electronic health records

19. What is the primary focus of the code of ethics for dietitians?

- A) Promoting personal interests
- B) Ensuring profit maximization
- C) Protecting patient welfare
- D) Encouraging competition

Answer: C) Protecting patient welfare

20. How do dietitians use computers in administrative tasks?

- A) Creating digital art
- B) Financial planning

- C) Entertainment purposes
- D) Personal fitness coaching

Answer: B) Financial planning

21. What is the purpose of preparation of teaching material for patients by dietitians?

- A) Promoting self-medication
- B) Enhancing patient understanding
- C) Encouraging non-compliance
- D) Creating confusion

Answer: B) Enhancing patient understanding

22. What is the role of charts, leaflets, and posters in patient education?

- A) Entertainment
- B) Decoration
- C) Enhancing communication
- D) Promoting self-medication

Answer: C) Enhancing communication

23. What is the primary purpose of the classification of dietitians?

- A) Establishing a hierarchy
- B) Determining their social status
- C) Defining their scope of practice
- D) Encouraging competition

Answer: C) Defining their scope of practice

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- A) Sending personal emails
- B) Playing online games
- C) Managing patient data
- D) Creating digital art

Answer: C) Managing patient data

25. What is the primary focus of dietetic management?

- A) Financial planning
- B) Disease prevention

- C) Team building
- D) Strategic marketing

Answer: B) Disease prevention

26. What is the primary purpose of the classification of dietitians?

- A) Determining their social status
- B) Establishing a hierarchy
- C) Defining their scope of practice
- D) Encouraging competition

Answer: C) Defining their scope of practice

27. Which document outlines the ethical principles for dietitians?

- A) Charter of Rights
- B) Code of Ethics
- C) Constitution
- D) Legal Code

Answer: B) Code of Ethics

28. What is a fundamental responsibility of a dietitian?

- A) Financial planning
- B) Menu planning
- C) Public relations
- D) Event management

Answer: B) Menu planning

29. In the context of computer applications, what is information storage used for by dietitians?

- A) Storing personal photos
- B) Storing patient records
- C) Entertainment purposes
- D) Social networking

Answer: B) Storing patient records

30. What role do computers play in dietary computations?

- A) Gaming
- B) Social media management

- C) Research
- D) Menu planning

Answer: D) Menu planning

31. What is the primary focus of dietetic management?

- A) Financial planning
- B) Disease prevention
- C) Team building
- D) Strategic marketing

Answer: B) Disease prevention

32. Which teaching aid is commonly used by dietitians for patient education?

- A) Virtual reality simulations
- B) Interactive websites
- C) Charts, leaflets, posters
- D) Augmented reality applications

Answer: C) Charts, leaflets, posters

33. What is the purpose of preparing teaching material for patients by dietitians?

- A) Promoting self-medication
- B) Enhancing patient understanding
- C) Encouraging non-compliance
- D) Creating confusion

Answer: B) Enhancing patient understanding

34.Which of the following is a computer application used for information storage by dietitians?

- A) Social media platforms
- B) Electronic health records
- C) Graphic design tools
- D) Video editing software

Answer: B) Electronic health records

35. What is a key component of the code of ethics for dietitians?

- A) Maximizing profits
- B) Ensuring competition

C) Protecting patient confidentiality

D) Promoting self-interest

Answer: C) Protecting patient confidentiality

36. How do dietitians use computers for education and training?

A) Playing online games

B) Social media management

C) Educational software

D) Graphic design tools

Answer: C) Educational software

37. What is the role of charts, leaflets, and posters in teaching aids used by dietitians?

A) Entertainment

B) Decoration

C) Enhancing communication

D) Promoting self-medication

Answer: C) Enhancing communication

38. Which of the following is NOT a responsibility of a dietitian?

A) Conducting research on nutrition

B) Monitoring patient progress

C) Diagnosing medical conditions

D) Providing dietary recommendations

Answer: C) Diagnosing medical conditions

39.How do dietitians use computers in administrative tasks?

A) Creating digital art

B) Financial planning

C) Entertainment purposes

D) Personal fitness coaching

Answer: B) Financial planning

40. What is the primary purpose of dietary computations?

A) Entertainment

B) Research

- C) Menu planning
- D) Social networking

Answer: C) Menu planning

41. In dietetic management, what is the role of education and training?

- A) Ensuring job security
- B) Promoting self-promotion
- C) Enhancing professional skills
- D) Encouraging unethical practices

Answer: C) Enhancing professional skills

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- A) Creating artistic masterpieces
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- C) Conducting physical exercises
- D) Promoting self-medication

Answer: B) Enhancing communication

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- A) Creating digital art
- B) Financial planning
- C) Entertainment purposes

D) Personal fitness coaching

Answer: B) Financial planning

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A) Establishing a hierarchy

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D) Encouraging competition

Answer: C) Defining their scope of practice

49. How do dietitians use computers in dietary computations?

A) Sending personal emails

B) Playing online games

C) Managing patient data

D) Creating digital art

Answer: C) Managing patient data

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A) Financial planning

B) Disease prevention

C) Team building

D) Strategic marketing

Answer: B) Disease prevention



Unit II

1. What is the primary focus of diet counseling?

- A) Medication prescription
- B) Menu planning
- C) Behavioral changes
- D) Physical therapy

Answer: C) Behavioral changes

2. Why is diet counseling considered significant in healthcare?

- A) Maximizing profits
- B) Promoting self-interest
- C) Facilitating behavioral changes
- D) Enhancing physical fitness

Answer: C) Facilitating behavioral changes

3. What is the essential process in diet counseling?

- A) Prescription of medications
- B) Goal setting
- C) Menu planning
- D) Conducting physical examinations

Answer: B) Goal setting

4. In which type of counseling are dietary goals discussed with an individual client?

- A) Group counseling
- B) Family counseling
- C) Individual counseling
- D) Community counseling

Answer: C) Individual counseling

5. What is the primary goal of family counseling in the context of dietary practices?

- A) Individual behavior change
- B) Enhancing family relationships
- C) Maximizing profits
- D) Socializing with other families

Answer: B) Enhancing family relationships

6. What is the basic sequence in diet counseling?

- A) Assessment, diagnosis, prescription
- B) Diagnosis, intervention, evaluation
- C) Menu planning, exercise routine, medication
- D) Goal setting, implementation, evaluation

Answer: D) Goal setting, implementation, evaluation

7. In the communication process in diet counseling, what role does active listening play?

- A) Conveying information only
- B) Providing feedback
- C) Responding emotionally
- D) Listening attentively without judgment

Answer: D) Listening attentively without judgment

8. What is the role of linguistics in clinical dietary practices?

- A) Prescribing medications
- B) Menu planning
- C) Communication and language use
- D) Conducting physical examinations

Answer: C) Communication and language use

9. Which counseling type involves addressing dietary goals with a group of individuals simultaneously?

- A) Family counseling
- B) Individual counseling
- C) Group counseling
- D) Community counseling

Answer: C) Group counseling

10. What is the significance of setting clear goals in the diet counseling process?

- A) Enhancing physical fitness
- B) Facilitating behavioral changes
- C) Maximizing profits
- D) Providing entertainment

Answer: B) Facilitating behavioral changes

11. What is the primary focus of individual counseling in dietetic practices?

- A) Enhancing family relationships
- B) Promoting self-interest
- C) Addressing dietary goals with an individual client
- D) Socializing with other individuals

Answer: C) Addressing dietary goals with an individual client

12. What is the primary goal of community counseling in the context of dietetic practices?

- A) Enhancing community relationships
- B) Promoting self-interest
- C) Maximizing profits
- D) Improving community health and nutrition

Answer: D) Improving community health and nutrition

13. What is the role of linguistics in clinical dietary practices?

- A) Prescribing medications
- B) Menu planning
- C) Communication and language use
- D) Conducting physical examinations

Answer: C) Communication and language use

14. In the communication process in diet counseling, what is the purpose of providing feedback?

- A) Conveying information only
- B) Listening attentively without judgment
- C) Responding emotionally
- D) Assessing understanding and promoting dialogue

Answer: D) Assessing understanding and promoting dialogue

15. What type of counseling involves addressing dietary goals within a family unit?

- A) Individual counseling
- B) Group counseling
- C) Family counseling
- D) Community counseling

Answer: C) Family counseling

16. What is the primary focus of goal setting in diet counseling?

- A) Maximizing profits
- B) Enhancing physical fitness
- C) Facilitating behavioral changes
- D) Conducting physical examinations

Answer: C) Facilitating behavioral changes

17. What are the common types of problems in communication during diet counseling?

- A) Over communication and under communication
- B) Medication and dietary conflicts
- C) Misunderstanding and language barriers
- D) Financial disputes and emotional conflicts

Answer: C) Misunderstanding and language barriers

18. How does group counseling differ from individual counseling in the context of dietetic practices?

- A) Group counseling involves only one participant
- B) Group counseling addresses dietary goals with multiple participants simultaneously
- C) Individual counseling involves addressing dietary goals within a family unit
- D) Individual counseling focuses on enhancing family relationships

Answer: B) Group counseling addresses dietary goals with multiple participants simultaneously

19. Why is the communication process crucial in the success of diet counseling?

- A) Maximizing profits
- B) Enhancing physical fitness
- C) Facilitating behavioral changes
- D) Promoting self-interest

Answer: C) Facilitating behavioral chan

20. What is the primary focus of community counseling in dietetic practices?

- A) Enhancing community relationships
- B) Promoting self-interest
- C) Maximizing profits

D) Improving community health and nutrition

Answer: D) Improving community health and nutrition

21. How does the communication process in diet counseling contribute to problem-solving?

A) By avoiding dialogue

B) By creating conflicts

C) By promoting misunderstanding

D) By facilitating effective understanding and resolution

Answer: D) By facilitating effective understanding and resolution

22. What is the primary goal of family counseling in the context of dietary practices?

A) Individual behavior change

B) Enhancing family relationships

C) Maximizing profits

D) Socializing with other families

Answer: B) Enhancing family relationships

23. What is the purpose of linguistics in clinical dietary practices?

A) Prescribing medications

B) Menu planning

C) Communication and language use

D) Conducting physical examinations

Answer: C) Communication and language use

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A) Maximizing profits

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Answer: C) Facilitating behavioral changes

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A) Maximizing profits

B) Promoting self-interest

C) Facilitating behavioral changes

D) Enhancing financial stability

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C) Family counseling

D) Community counseling

Answer: C) Family counseling

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D) Individual counseling focuses on enhancing family relationships

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A) Maximizing profits

B) Enhancing physical fitness

C) Facilitating behavioral changes

D) Promoting self-interest

Answer: C) Facilitating behavioral changes

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A) Enhancing community relationships

B) Promoting self-interest

- C) Maximizing profits
- D) Improving community health and nutrition

Answer: D) Improving community health and nutrition

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- A) By avoiding dialogue
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- C) By promoting misunderstanding
- D) By facilitating effective understanding and resolution

Answer: D) By facilitating effective understanding and resolution

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- A) Individual behavior change
- B) Enhancing family relationships
- C) Maximizing profits
- D) Socializing with other families

Answer: B) Enhancing family relationships

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- A) Prescribing medications
- B) Menu planning
- C) Communication and language use
- D) Conducting physical examinations

Answer: C) Communication and language use

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- A) Conveying information only
- B) Providing feedback
- C) Responding emotionally
- D) Listening attentively without judgment

Answer: D) Listening attentively without judgment

50. What is the primary focus of individual counseling in dietetic practices?

- A) Enhancing family relationships
- B) Promoting self-interest

C) Addressing dietary goals with an individual client

D) Socializing with other individuals

Answer: C) Addressing dietary goals with an individual client



Unit III

1. What is the primary focus of obtaining retrospective information in nutritional assessment?

- A) Predicting future dietary trends
- B) Understanding past dietary behaviors
- C) Assessing real-time nutrient intake
- D) Monitoring daily physical activity

Answer: B) Understanding past dietary behaviors

2. In dietary diagnosis, what is the purpose of assessing food and nutrient intakes?

- A) Identifying areas of need
- B) Setting short-term goals
- C) Evaluating dietary trends
- D) Establishing long-term objectives

Answer: C) Evaluating dietary trends

3. How does one assess lifestyles in the process of obtaining relevant information for nutritional care?

- A) Examining past dietary behaviors
- B) Evaluating physical activity patterns
- C) Assessing stress levels
- D) Identifying short-term goals

Answer: B) Evaluating physical activity patterns

4. What is an essential step in the process of correlating relevant information for nutritional assessment?

- A) Setting short-term goals
- B) Identifying areas of need
- C) Assessing food and nutrient intakes
- D) Establishing long-term objectives

Answer: B) Identifying areas of need

5. What is the primary purpose of assessing nutritional status in the process of obtaining relevant information?

- A) Evaluating dietary trends
- B) Identifying areas of need

- C) Setting short-term goals
- D) Determining the individual's current state of health

Answer: D) Determining the individual's current state of health

The Care Process:

6. How does the care process contribute to nutritional assessment and intervention?

- A) By predicting future dietary trends
- B) By setting short-term and long-term goals
- C) By assessing food and nutrient intakes
- D) By evaluating lifestyles

Answer: B) By setting short-term and long-term goals

7. What is the primary focus of dietary prescription in the care process?

- A) Identifying areas of need
- B) Evaluating dietary trends
- C) Setting short-term goals
- D) Prescribing specific dietary recommendations

Answer: D) Prescribing specific dietary recommendations

8. In the context of the care process, what is the significance of setting short-term goals?

- A) Predicting future dietary trends
- B) Establishing dietary prescriptions
- C) Guiding the nutritional intervention over time
- D) Assessing food and nutrient intakes

Answer: C) Guiding the nutritional intervention over time

9. What is a key component of patient education in the care process?

- A) Identifying areas of need
- B) Evaluating dietary trends
- C) Providing information and guidance to patients
- D) Prescribing specific dietary recommendations

Answer: C) Providing information and guidance to patients

10. How does counselling fit into the care process in nutritional care?

- A) By predicting future dietary trends

- B) By setting short-term and long-term goals
- C) By assessing food and nutrient intakes
- D) By facilitating behavioral changes through communication

Answer: D) By facilitating behavioral changes through communication

Motivation:

11. What role does motivation play in the nutritional care of hospitalized patients?

- A) Assessing food and nutrient intakes
- B) Evaluating lifestyles
- C) Setting short-term goals
- D) Encouraging adherence to dietary recommendations

Answer: D) Encouraging adherence to dietary recommendations

12. In the context of motivation, what is the primary focus when dealing with outpatient nutritional care?

- A) Setting short-term goals
- B) Evaluating lifestyles
- C) Encouraging self-monitoring
- D) Identifying areas of need

Answer: C) Encouraging self-monitoring

13. How does the motivation of hospitalized patients differ from that of outpatients in nutritional care?

- A) Hospitalized patients are less motivated
- B) Hospitalized patients are more motivated
- C) Motivation levels are the same for both groups
- D) Motivation is not a factor in nutritional care

Answer: B) Hospitalized patients are more motivated

14. What is the primary goal of motivating patients in the context of nutritional care?

- A) Assessing food and nutrient intakes
- B) Promoting self-interest
- C) Facilitating behavioral changes
- D) Maximizing profits

Answer: C) Facilitating behavioral changes

15. Why is understanding the motivation of patients important in nutritional care?

- A) To predict future dietary trends
- B) To set short-term and long-term goals
- C) To tailor interventions to individual needs
- D) To evaluate dietary trends

Answer: C) To tailor interventions to individual needs

16. What is the primary focus of obtaining retrospective information in nutritional assessment?

- A) Predicting future dietary trends
- B) Understanding past dietary behaviors
- C) Assessing real-time nutrient intake
- D) Monitoring daily physical activity

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Answer: B) Identifying areas of need

20. What is the primary purpose of assessing nutritional status in the process of obtaining relevant information?

A) Evaluating dietary trends

B) Identifying areas of need

C) Setting short-term goals

D) Determining the individual's current state of health

Answer: D) Determining the individual's current state of health



Unit IV

Counselling Skills Approaches:

1. Which counselling approach emphasizes exploring unconscious thoughts and feelings to understand behavior?

- A) Behaviouristic
- B) Psychoanalytic
- C) Humanistic
- D) Cognitive

Answer: B) Psychoanalytic

2. The approach that focuses on observable behaviors and conditioning is known as:

- A) Humanistic
- B) Psychoanalytic
- C) Behaviouristic
- D) Cognitive

Answer: C) Behaviouristic

3. Which counselling approach emphasizes personal growth and self-actualization?

- A) Psychoanalytic
- B) Behaviouristic
- C) Humanistic
- D) Cognitive

Answer: C) Humanistic

4. What is the primary goal during the Rapport building skills phase?

- A) Setting goals
- B) Establishing a connection
- C) Identifying problems
- D) Creating action plans

Answer: B) Establishing a connection

5. Attending and listening skills in the pre-helping phase involve:

- A) Asking closed-ended questions
- B) Demonstrating empathy and focus
- C) Providing solutions
- D) Interrupting the client

Answer: B) Demonstrating empathy and focus

6 What is the primary focus of "Goal setting" in Stage III skills?

- A) Assessing client's problems
- B) Developing a detailed action plan
- C) Establishing short-term objectives
- D) Identifying potential brainstorming ideas

Answer: B) Developing a detailed action plan

7 The skill of "Action plan Programme" involves:

- A) Identifying goals and strategies
- B) Rapport building
- C) Concreteness in communication
- D) Advanced empathy techniques

Answer: A) Identifying goals and strategies

8. What does "Brainstorming" in Stage III skills refer to?

- A) Evaluating progress
- B) Generating creative solutions or ideas
- C) Challenging client's thoughts
- D) Immediate confrontation

Answer: B) Generating creative solutions or ideas

9 Which counselling approach places emphasis on unconscious thoughts and feelings to understand behavior?

- A) Behaviouristic
- B) Psychoanalytic
- C) Humanistic
- D) Cognitive

Answer: B) Psychoanalytic

10. The approach that focuses on observable behaviors and conditioning is known as:

- A) Humanistic
- B) Psychoanalytic
- C) Behaviouristic
- D) Cognitive

Answer: C) Behaviouristic

11. What is the primary goal during the Rapport building skills phase?

- A) Setting goals
- B) Establishing a connection
- C) Identifying problems
- D) Creating action plans

Answer: B) Establishing a connection

12. Attending and listening skills in the pre-helping phase involve:

- A) Asking closed-ended questions
- B) Demonstrating empathy and focus
- C) Providing solutions
- D) Interrupting the client

Answer: B) Demonstrating empathy and focus

13.Which skill involves understanding and sharing the feelings of the client?

- A) Respect
- B) Empathy
- C) Genuineness
- D) Concreteness

Answer: B) Empathy

14. The skill that involves treating the client with positive regard and valuing them is:

- A) Empathy
- B) Respect
- C) Genuineness
- D) Concreteness

Answer: B) Respect

15. What does "Genuineness" in Stage I skills refer to?

- A) Expressing honest and open responses
- B) Demonstrating understanding
- C) Setting specific goals
- D) Using concrete examples

Answer: A) Expressing honest and open responses

16. Concreteness in Stage I skills involves:

- A) Creating a detailed action plan
- B) Focusing on specific behaviors or situations
- C) Advanced empathy techniques
- D) Immediate confrontation

Answer: B) Focusing on specific behaviors or situations

Stage II Skills:

17.Which skill involves the counsellor sharing personal experiences to enhance the therapeutic relationship?

- A) Advanced empathy
- B) Self-disclosure
- C) Immediacy
- D) Confrontation

Answer: B) Self-disclosure

18.. What does "Immediacy" in Stage II skills refer to?

- A) Prompt intervention in crisis situations
- B) Immediate confrontation of issues
- C) Expressing emotions openly
- D) Timely goal setting

Answer: B) Immediate confrontation of issues

19. The skill of "Confrontation" involves:

- A) Avoiding difficult topics
- B) Challenging inconsistencies or discrepancies
- C) Showing empathy
- D) Respecting the client's perspective

Answer: B) Challenging inconsistencies or discrepancies

Stage III Skills:

20. What is the primary focus of "Goal setting" in Stage III skills?

- A) Assessing client's problems
- B) Developing a detailed action plan

- C) Establishing short-term objectives
- D) Identifying potential brainstorming ideas

Answer: B) Developing a detailed action plan

21. The skill of "Action plan Programme" involves:

- A) Identifying goals and strategies
- B) Rapport building
- C) Concreteness in communication
- D) Advanced empathy techniques

Answer: A) Identifying goals and strategies

22. What does "Brainstorming" in Stage III skills refer to?

- A) Evaluating progress
- B) Generating creative solutions or ideas
- C) Challenging client's thoughts
- D) Immediate confrontation

Answer: B) Generating creative solutions or ideas



Unit V

1. What is a common teaching aid used by dietitians to visually represent nutritional information?

- A) Stethoscope
- B) Thermometer
- C) Chart
- D) Syringe

Answer: C) Chart

2. Which teaching aid is effective for providing concise information in a visually appealing manner?

- A) Leaflet
- B) Poster
- C) Brochure
- D) Booklet

Answer: A) Leaflet

3. What teaching aid is suitable for displaying detailed information and guidelines in a healthcare setting?

- A) Charts
- B) Leaflets
- C) Posters
- D) Booklets

Answer: D) Booklets

4. Which teaching aid is commonly used for quick reference and guidance in nutrition education?

- A) Charts
- B) Leaflets
- C) Posters
- D) Brochures

Answer: B) Leaflets

5. What is a large-format teaching aid often used for public awareness campaigns and

educational events?

- A) Chart
- B) Leaflet
- C) Poster
- D) Brochure

Answer: C) Poster

6. For patients with digestive disorders, what teaching material would be most beneficial?

- A) Blood pressure chart
- B) Glycemic index guide
- C) Digestive system poster
- D) Physical activity leaflet

Answer: C) Digestive system poster

7. What aspect of teaching material is crucial for individuals with digestive disorders?

- A) Stress management techniques
- B) Portion control guidelines
- C) Information on dietary fiber sources
- D) Recommended fluid intake

Answer: C) Information on dietary fiber sources

8. Which teaching aid is valuable for educating patients with hypertension about sodium content in foods?

- A) Blood pressure chart
- B) Sodium level leaflet
- C) Mediterranean diet poster
- D) Protein-rich foods booklet

Answer: B) Sodium level leaflet

9. What is a key focus in teaching material for hypertension management?

- A) High-carbohydrate diet recommendations
- B) Low-sodium dietary strategies
- C) Omega-3 fatty acids guide
- D) Importance of vitamin supplementation

Answer: B) Low-sodium dietary strategies

10. Which teaching aid is beneficial for explaining carbohydrate counting to individuals with diabetes?

- A) Glycemic index chart
- B) Low-fat diet leaflet
- C) Insulin injection poster
- D) Portion control booklet

Answer: A) Glycemic index chart

11. What should be emphasized in teaching material for diabetes education?

- A) High-sugar snack ideas
- B) Importance of frequent large meals
- C) Regular blood glucose monitoring
- D) Low-protein diet recommendations

Answer: C) Regular blood glucose monitoring

12. What teaching aid can help illustrate the concept of healthy fats for patients with atherosclerosis?

- A) Saturated fat chart
- B) Low-carbohydrate leaflet
- C) High-protein diet poster
- D) Mediterranean diet brochure

Answer: D) Mediterranean diet brochure

13. What dietary aspect is crucial in teaching material for atherosclerosis management?

- A) Importance of cholesterol-rich foods
- B) Benefits of trans fats
- C) Role of antioxidants in the diet
- D) Limiting saturated and trans fats

Answer: D) Limiting saturated and trans fats

14. For patients with hepatitis and cirrhosis, what teaching aid may be useful in illustrating liver health?

- A) Digestive system poster
- B) Liver function leaflet
- C) Blood pressure chart

D) Protein-rich foods booklet

Answer: B) Liver function leaflet

15. What dietary information is critical in teaching material for hepatitis and cirrhosis patients?

A) High-sodium food recommendations

B) Importance of caffeine intake

C) Low-protein diet guidelines

D) Limiting alcohol consumption

Answer: D) Limiting alcohol consumption

16. For patients with digestive disorders, what teaching material would be most beneficial?

A) Blood pressure chart

B) Glycemic index guide

C) Digestive system poster

D) Physical activity leaflet

Answer: C) Digestive system poster

17. What aspect of teaching material is crucial for individuals with digestive disorders?

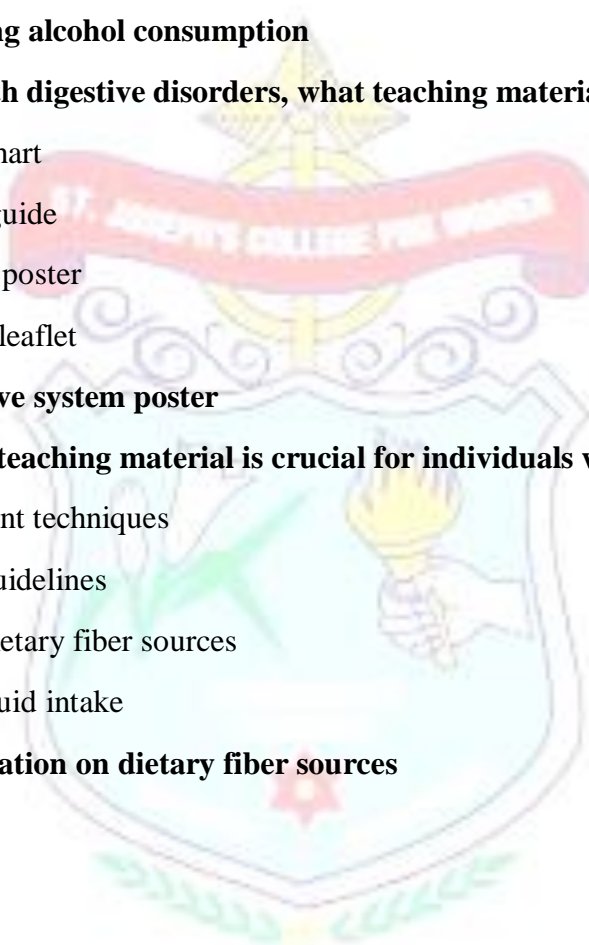
A) Stress management techniques

B) Portion control guidelines

C) Information on dietary fiber sources

D) Recommended fluid intake

Answer: C) Information on dietary fiber sources



UNIT I

ADVANCED DIETETICS

1. What is the primary focus of the growth and scope of dietetics?

- A) Studying the history of food
- B) Understanding the principles of therapeutic diets
- C) Analyzing the development of dietary guidelines
- D) Exploring the field's expansion and applications

Answer: D) Exploring the field's expansion and applications

2.Which term best describes the primary goal of therapeutic diets?

- A) Maximizing culinary diversity
- B) Enhancing nutritional variety
- C) Addressing specific health needs
- D) Promoting weight loss strategies

Answer: C) Addressing specific health needs

3.What are the fundamental principles underlying therapeutic diets?

- A) Flexibility and variety
- B) Personal preferences
- C) Customization and modification
- D) Consistency and rigidity

Answer: C) Customization and modification

4.In the context of diet therapy, what does the modification of normal diets refer to?

- A) Changing food textures
- B) Altering meal timings
- C) Adjusting nutrient quantities
- D) Introducing new cuisines

Answer: C) Adjusting nutrient quantities

5.Which factor is crucial for the classification of therapeutic diets?

- A) Cultural preferences
- B) Geographical location
- C) Medical conditions or needs
- D) Seasonal availability of food

Answer: C) Medical conditions or needs

6.Among the following, which best describes the purpose of therapeutic diets?

- A) Adhering strictly to dietary norms
- B) Nourishing and healing the body
- C) Reducing food intake
- d) Enhancing taste sensations

Answer: b) Nourishing and healing the body

7.What is the primary aspect that distinguishes therapeutic diets from regular diets?

- a) Flavor combinations
- b) Portion sizes
- c) Nutrient composition
- d) Cooking methods

Answer: c) Nutrient composition

8.Which aspect defines the significance of therapeutic diets in health management?

- a) Treating diseases exclusively
- b) Tailoring diets to individual needs
- c) Emphasizing fasting methods
- d) Relying on supplements alone

Answer: b) Tailoring diets to individual needs

9.Which principle guides the customization of therapeutic diets for patients?

- A) Uniformity in dietary intake
- B) Adherence to trendy diets

- C) Tailoring diets to suit needs
- D) Promoting strict fasting

Answer: C) Tailoring diets to suit needs

10.How are therapeutic diets helpful in managing chronic conditions?

- A) By disregarding dietary restrictions
- B) By solely relying on medications
- C) By alleviating symptoms through nutrition
- D) By advocating extreme weight loss diets

Answer: C) By alleviating symptoms through nutrition

11.Which factor is NOT typically considered in the modification of normal diets for therapeutic purposes?

- A) Allergies and intolerances
- B) Preferred taste profiles
- C) Nutrient deficiencies
- D) Caloric needs

Answer: B) Preferred taste profiles

12.What guides the adjustment of therapeutic diets for different medical conditions?

- A) Cultural beliefs
- B) Biochemical processes
- C) Economic status
- D) Political influences

Answer: B) Biochemical processes

13.What's the main aim of modifying diets for therapeutic purposes?

- A) Catering to global trends
- B) Fulfilling social expectations
- C) Meeting individual health needs
- D) Achieving uniform dietary habits

Answer: C) Meeting individual health needs

14.Which criterion is used to categorize therapeutic diets?

- A) Age groups
- B) Personal preferences
- C) Medical conditions
- D) Geographical locations

Answer: C) Medical conditions

15.What role do therapeutic diets play in lifestyle diseases?

- A) They exacerbate the conditions
- B) They serve as the primary treatment
- C) They have no impact on these conditions
- D) They help manage and mitigate the conditions

Answer: D) They help manage and mitigate the conditions

16.What guides the modifications in therapeutic diets for children?

- A) Taste preferences
- B) Developmental needs
- C) Popular food trends
- D) Geographical factors

Answer: B) Developmental needs

17.What's the essential aspect of therapeutic diets in palliative care?

- A) Promoting restrictive diets
- B) Enhancing quality of life
- C) Focusing solely on nutrition
- D) Advocating aggressive treatments

Answer: B) Enhancing quality of life

18. What guides the design of therapeutic diets for specific medical procedures or surgeries?

- A) Religious beliefs
- B) Post-operative recovery needs
- C) Financial constraints
- D) Government regulations

Answer: B) Post-operative recovery needs

19. Which aspect isn't generally a consideration in therapeutic diets?

- A) Ethnic food preferences
- B) Nutritional deficiencies
- C) Psychological well-being
- D) Physical activity levels

Answer: A) Ethnic food preferences

20. What is the primary focus of therapeutic diets for diabetes management?

- A) Reducing carbohydrate intake
- B) Increasing sugar consumption
- C) Limiting protein intake
- D) Promoting high-fat diets

Answer: A) Reducing carbohydrate intake

21. What principle underlies the modification of therapeutic diets for cardiovascular diseases?

- A) Reducing saturated fats
- B) Increasing sodium intake
- C) Promoting high cholesterol diets
- D) Encouraging processed foods

Answer: A) Reducing saturated fats

22. What's the primary consideration in designing therapeutic diets for renal disorders?

- A) High potassium content
- B) High protein intake

C) High phosphorus content

D) High sodium intake

Answer: C) High phosphorus content

23.What's the primary focus of therapeutic diets for gastrointestinal disorders?

A) Increasing fiber intake

B) Reducing fiber intake

C) Promoting spicy foods

D) Encouraging high-fat diets

Answer: A) Increasing fiber intake

24.Which aspect is pivotal in therapeutic diets for malnutrition management?

A) Limiting calorie intake

B) Increasing nutrient density

C) Reducing protein consumption

D) Promoting fasting practices

Answer: B) Increasing nutrient density

25.What's the primary consideration in therapeutic diets for food allergies?

A) Avoiding allergenic foods

B) Increasing exposure to allergens

C) Encouraging experimental diets

D) Limiting protein intake

Answer: A) Avoiding allergenic foods

26.Which aspect is essential in therapeutic diets for celiac disease?

A) Avoiding gluten-containing foods

B) Increasing gluten consumption

C) Promoting high-fiber diets

D) Encouraging processed foods

Answer: A) Avoiding gluten-containing foods

27.What's the primary focus of therapeutic diets for obesity management?

- A) Promoting high-calorie diets
- B) Restricting physical activity
- C) Increasing portion sizes
- D) Controlling calorie intake

Answer: D) Controlling calorie intake

28.Which aspect guides therapeutic diets for lactose intolerance?

- A) Increasing dairy consumption
- B) Limiting dairy products
- C) Promoting high-lactose diets
- D) Encouraging fermented foods

Answer: B) Limiting dairy products

29.What's the primary consideration in therapeutic diets for dysphagia?

- A) Promoting hard-to-swallow foods
- B) Encouraging large food portions
- C) Modifying food textures
- D) Advocating for spicy foods

Answer: C) Modifying food textures



UNIT II
OBESITY

1.What is a common metabolic alteration associated with obesity?

- A) Decreased insulin sensitivity
- B) Reduced blood pressure
- C) Increased HDL cholesterol
- D) Lower triglyceride levels

Answer: A) Decreased insulin sensitivity

2.Which of the following is NOT a clinical symptom of obesity?

- A) Increased waist circumference
- B) Elevated BMI
- C) Decreased risk of cardiovascular diseases
- D) Presence of metabolic syndrome

Answer: C) Decreased risk of cardiovascular diseases

3.What is a primary indicator used in assessing obesity?

- A) Body weight
- B) Waist-to-hip ratio
- C) Dietary preferences
- D) Physical activity levels

Answer: B) Waist-to-hip ratio

4.Which lifestyle guideline is commonly recommended for managing obesity?

- A) Decreasing physical activity
- B) Consuming high-calorie foods
- C) Adopting regular exercise routines
- D) Emphasizing sedentary behavior

Answer: C) Adopting regular exercise routines

5.What type of surgery is specifically designed for managing severe obesity?

- A) Laparoscopic appendectomy
- B) Bariatric surgery
- C) Open-heart surgery
- D) Hip replacement surgery

Answer: B) Bariatric surgery

6.What metabolic change is often seen in obesity?

- A) Decreased insulin resistance
- B) Lower levels of cholesterol
- C) Elevated blood sugar levels
- D) Reduced blood pressure

Answer: C) Elevated blood sugar levels

7.What dietary guideline is commonly recommended for obese individuals?

- A) High sugar intake
- B) High saturated fat consumption
- C) High-fiber foods
- D) Low protein intake

Answer: C) High-fiber foods

8.Which surgery restricts food intake and decreases absorption in the digestive system?

- A) Gastric bypass
- B) Tonsillectomy
- C) Appendectomy
- D) Knee replacement

Answer: A) Gastric bypass

9.What is a common issue faced by individuals who are underweight?

- A) Increased risk of heart diseases
- B) High blood pressure
- C) Lower risk of metabolic syndrome

D) Decreased susceptibility to infections

Answer: A) Increased risk of heart diseases

10.Which factor is NOT typically associated with being underweight?

A) Low BMI

B) Reduced muscle mass

C) Elevated risk of osteoporosis

D) High metabolic rate

ANSWER : D) High metabolic rate

11.What is the primary etiology of diabetes mellitus?

A) High blood pressure

B) Elevated blood sugar levels

C) Low cholesterol levels

D) Reduced insulin resistance

Answer: B) Elevated blood sugar levels

12.What is a common chronic complication of diabetes mellitus?

A) Hypoglycemia

B) Neuropathy

C) Hyperglycemia

D) Increased insulin production

Answer: B) Neuropathy

13.Which indicator is used in the assessment of diabetes mellitus?

A) Blood pressure

B) Glycemic index

C) Fasting blood sugar levels

D) Waist circumference

Answer: C) Fasting blood sugar levels

14. What is a dietary guideline for managing diabetes mellitus?

- A) High sugar intake
- B) Consistent carbohydrate consumption
- C) Low-fiber foods
- D) Irregular meal timings

Answer: B) Consistent carbohydrate consumption

15. What is a primary use of food exchange lists in diabetes management?

- A) Monitoring water intake
- B) Calculating protein intake
- C) Planning balanced meals
- D) Identifying dietary fats

Answer: C) Planning balanced meals

16. Which medication is commonly used in diabetes management to lower blood sugar levels?

- A) Insulin
- B) Antibiotics
- C) Painkillers
- D) Antidepressants

Answer: A) Insulin

17. What is an essential consideration in carbohydrate counting for diabetes management?

- A) Limiting all carbohydrates
- B) Focusing only on sugars
- C) Counting net carbohydrates
- D) Ignoring fiber content

Answer: C) Counting net carbohydrates

18.What dietary principle is associated with the glycemic index?

- A) Slow absorption of carbohydrates
- B) Rapid increase in blood sugar levels
- C) High protein content
- D) Lowering cholesterol levels

Answer: B) Rapid increase in blood sugar levels

19.Which surgical intervention is often considered for severe diabetes cases?

- A) Bariatric surgery
- B) Knee replacement surgery
- C) Cosmetic surgery
- D) Heart bypass surgery

Answer: A) Bariatric surgery

20.What is the significance of understanding the glycemic load in diabetes management?

- A) It helps in monitoring insulin levels
- B) It aids in carbohydrate counting
- C) It indicates the speed of digestion
- D) It measures cholesterol levels

Answer: B) It aids in carbohydrate counting

21.Which of the following is a metabolic alteration associated with obesity?

- A) Increased insulin sensitivity
- B) Reduced adipose tissue
- C) Lower cholesterol levels
- D) Insulin resistance

Answer: D) Insulin resistance

22.What is a common clinical symptom of obesity?

- A) Low BMI
- B) Reduced waist circumference
- C) Elevated blood pressure
- D) Decreased risk of metabolic syndrome

Answer: C) Elevated blood pressure

23.What is a key indicator used in assessing obesity?

- A) Waist-to-hip ratio
- B) Blood type
- C) Eye color
- D) Shoe size

Answer: A) Waist-to-hip ratio

24.Which lifestyle guideline is commonly recommended for managing obesity?

- A) Sedentary behavior
- B) Regular exercise
- C) High-calorie diet
- D) Irregular sleep patterns

Answer: B) Regular exercise

25.What type of surgery is specifically designed for managing severe obesity?

- A) Tonsillectomy
- B) Bariatric surgery
- C) Rhinoplasty
- D) Appendectomy

Answer: B) Bariatric surgery



26. What is a common consequence of being underweight?

- A) Increased risk of heart diseases
- B) High BMI
- C) Elevated blood pressure
- D) Reduced risk of osteoporosis

Answer: A) Increased risk of heart diseases

27. What factor is NOT typically associated with being underweight?

- A) Low BMI
- B) Reduced muscle mass
- C) Increased risk of metabolic syndrome
- D) High metabolic rate

Answer: C) Increased risk of metabolic syndrome

28. What is often used as an indicator in assessing underweight individuals?

- A) Waist circumference
- B) BMI
- C) Hair color
- D) Blood type

Answer: B) BMI

29. Which lifestyle guideline is recommended for managing underweight conditions?

- A) Increasing physical activity
- B) Irregular meal timings
- C) High-calorie diet
- D) Excessive caffeine consumption

Answer: C) High-calorie diet

30. Which surgery is NOT associated with managing underweight conditions?

- A) Appendectomy
- B) Tonsillectomy
- C) Rhinoplasty
- D) Bariatric surgery

Answer: D) Bariatric surgery

31. What is the primary etiology of diabetes mellitus?

- A) Low blood sugar levels
- B) Elevated blood sugar levels
- C) High cholesterol levels
- D) Reduced insulin production

Answer: B) Elevated blood sugar levels

32. Which of these is a chronic complication of diabetes mellitus?

- A) Hyperglycemia
- B) Neuropathy
- C) Hypoglycemia
- D) Increased insulin sensitivity

Answer: B) Neuropathy

33. What indicator is typically used in assessing diabetes mellitus?

- A) Blood pressure
- B) Fasting blood sugar levels
- C) Waist-to-hip ratio
- D) Eye color

Answer: B) Fasting blood sugar levels

34.Which dietary guideline is often recommended for managing diabetes mellitus?

- A) Consistent carbohydrate consumption
- B) Irregular meal timings
- C) High-sugar intake
- D) Low-fiber diet

Answer: A) Consistent carbohydrate consumption

35.What is the primary use of food exchange lists in diabetes management?

- A) Monitoring water intake
- B) Calculating protein intake
- C) Planning balanced meals
- D) Identifying dietary fats

Answer: C) Planning balanced meals

36.Which medication is commonly used in diabetes management to lower blood sugar levels?

- A) Insulin
- B) Antibiotics
- C) Painkillers
- D) Antidepressants

Answer: A) Insulin

37.What is a crucial consideration in carbohydrate counting for diabetes management?

- A) Limiting all carbohydrates
- B) Focusing only on sugars
- C) Counting net carbohydrates
- D) Ignoring fiber content

Answer: C) Counting net carbohydrates

38.What dietary principle is associated with the glycemic index?

- A) Slow absorption of carbohydrates
- B) Rapid increase in blood sugar levels
- C) High protein content
- D) Lowering cholesterol levels

Answer: B) Rapid increase in blood sugar levels

39.Which surgical intervention is often considered for severe diabetes cases?

- A) Bariatric surgery
- B) Knee replacement surgery
- C) Cosmetic surgery
- D) Heart bypass surgery

Answer: A) Bariatric surgery

40.What is the significance of understanding the glycemic load in diabetes management?

- A) It helps in monitoring insulin levels
- B) It aids in carbohydrate counting
- C) It indicates the speed of digestion
- D) It measures cholesterol levels

Answer: B) It aids in carbohydrate counting

UNIT III

Diarrhea

1.What is a common cause of diarrhea?

- A) Increased fiber intake
- B) Reduced bacterial infection
- C) Excessive fluid absorption
- D) Bacterial or viral infection

Answer: D) Bacterial or viral infection

2.What is a primary indicator used in assessing diarrhea?

- A) Increased bowel movements
- B) Normal hydration levels
- C) Lower abdominal pain
- D) Reduced stool frequency

Answer: A) Increased bowel movements

3.Which lifestyle guideline is often recommended for managing diarrhea?

- A) Reduced fluid intake
- B) High-fat diet
- C) Hydration with electrolytes
- D) Sedentary behavior

Answer: C) Hydration with electrolytes

4.What is a distinctive symptom of dysentery?

- A) Normal stool consistency
- B) Bloody diarrhea
- C) Reduced abdominal pain
- D) Low fever

Answer: B) Bloody diarrhea

5. What is a crucial indicator in assessing dysentery?

- A) High fluid intake
- B) Increased appetite
- C) Presence of blood in stool
- D) Decreased bowel movements

Answer: C) Presence of blood in stool

6. What lifestyle guideline is commonly recommended for managing dysentery?

- A) Increased intake of fatty foods
- B) Hygiene and sanitation
- C) Reduced fiber intake
- D) High physical activity

Answer: B) Hygiene and sanitation

7. What is a common cause of constipation?

- A) Adequate fluid intake
- B) Increased fiber intake
- C) Regular exercise
- D) Reduced stress levels

Answer: B) Increased fiber intake

8. What is a primary indicator used in assessing constipation?

- A) Regular bowel movements
- B) Low fiber intake
- C) Difficulty in passing stools
- D) Increased stool frequency

Answer: C) Difficulty in passing stools

9. Which lifestyle guideline is often recommended for managing constipation?

- A) High fiber diet
- B) Low water intake
- C) Sedentary lifestyle
- D) Reduced fruit consumption

Answer: A) High fiber diet

10. What is a common symptom of peptic ulcers?

- A) Normal stomach acid levels
- B) Epigastric pain
- C) Reduced risk of bleeding
- D) Increased appetite

Answer: B) Epigastric pain

11. What is a crucial indicator used in assessing peptic ulcers?

- A) Reduced stomach acidity
- B) Presence of blood in stool
- C) Ulceration in the small intestine
- D) Endoscopic examination

Answer: D) Endoscopic examination

12. Which lifestyle guideline is recommended for managing peptic ulcers?

- A) Increased intake of spicy foods
- B) Avoiding stress
- C) Sedentary lifestyle
- D) Regular consumption of alcohol

Answer: B) Avoiding stress

13.What is a characteristic symptom of jaundice?

- A) Normal bilirubin levels
- B) Yellow discoloration of the skin
- C) Elevated liver enzymes
- D) Reduced hemoglobin levels

Answer: B) Yellow discoloration of the skin

14.What is a primary indicator used in assessing jaundice?

- A) Low bilirubin levels
- B) Yellowing of the sclera
- C) Normal liver function
- D) Reduced serum albumin levels

Answer: B) Yellowing of the sclera

15.Which lifestyle guideline is often recommended for managing jaundice?

- A) Low-fat diet
- B) Avoiding alcohol consumption
- C) Sedentary lifestyle
- D) Limited fluid intake

Answer: B) Avoiding alcohol consumption

16.What is a common symptom of hepatitis?

- A) Normal liver function
- B) Presence of jaundice
- C) Reduced liver enzymes
- D) Normal bilirubin levels

Answer: B) Presence of jaundice

17. What is a crucial indicator used in assessing hepatitis?

- A) High liver function tests
- B) Elevated bilirubin levels
- C) Absence of fatigue
- D) Decreased viral load

Answer: B) Elevated bilirubin levels

18. Which lifestyle guideline is recommended for managing hepatitis?

- A) Avoiding raw foods
- B) Increased alcohol consumption
- C) Limited rest
- D) Regular exposure to sunlight

Answer: A) Avoiding raw foods

19. What is a characteristic symptom of fatty liver disease?

- A) Normal liver function tests
- B) Absence of jaundice
- C) Elevated liver enzymes
- D) Reduced abdominal pain

Answer: C) Elevated liver enzymes

20. What is a primary indicator used in assessing fatty liver disease?

- A) High levels of serum albumin
- B) Increased liver fat content
- C) Normal triglyceride levels
- D) Reduced blood glucose levels

Answer: B) Increased liver fat content

21.Which lifestyle guideline is often recommended for managing fatty liver disease?

- A) High-fat diet
- B) Regular exercise
- C) Sedentary lifestyle
- D) Increased alcohol consumption

Answer: B) Regular exercise

22.What is a common symptom of cirrhosis?

- A) Normal liver function tests
- B) Reduced risk of liver failure
- C) Ascites
- D) Decreased risk of portal hypertension

Answer: C) Ascites

23.What is a crucial indicator used in assessing cirrhosis?

- A) High bilirubin levels
- B) Presence of jaundice
- C) Absence of esophageal varices
- D) Reduced risk of hepatic encephalopathy

Answer: A) High bilirubin levels

24.Which lifestyle guideline is recommended for managing cirrhosis?

- A) Limiting salt intake
- B) Increased alcohol consumption
- C) Sedentary lifestyle
- D) High protein diet

Answer: A) Limiting salt intake

25.What lifestyle factor should be avoided to prevent worsening of cirrhosis?

- A) Regular exercise
- B) Excessive alcohol consumption
- C) High-fiber diet
- D) Hydration with electrolytes

Answer: B) Excessive alcohol consumption

26.Which symptom is typical in diarrhea?

- A) Reduced bowel movements
- B) Dehydration
- C) Constipation
- D) Decreased thirst

Answer: B) Dehydration

27.What dietary recommendation is often suggested for managing diarrhea?

- A) High-fat diet
- B) Low-fiber diet
- C) Increased fluid intake
- D) Limiting water intake

Answer: C) Increased fluid intake

28.The presence of what symptom is significant in diagnosing dysentery?

- A) Bloody diarrhea
- B) Decreased appetite
- C) Low fever
- D) Normal stool color

Answer: A) Bloody diarrhea

29. What lifestyle advice is commonly given for managing dysentery?

- A) Hygiene and sanitation
- B) Increased sugar consumption
- C) High-fat diet
- D) Reduced fluid intake

Answer: A) Hygiene and sanitation

30. Which indicator is crucial in assessing constipation?

- A) Frequent bowel movements
- B) Difficulty passing stools
- C) Increased fiber intake
- D) Regular fluid intake

Answer: B) Difficulty passing stools

31. What dietary recommendation is typically suggested for managing constipation?

- A) Low-fiber diet
- B) High-fat diet
- C) Increased fiber intake
- D) Limiting water intake

Answer: C) Increased fiber intake

Hepatitis:

32. A common symptom of hepatitis is:

- A) Normal liver function
- B) Presence of jaundice
- C) Reduced liver enzymes
- D) Normal bilirubin levels

Answer: B) Presence of jaundice

33.What is a crucial indicator used in assessing hepatitis?

- A) High liver function tests
- B) Elevated bilirubin levels
- C) Absence of fatigue
- D) Decreased viral load

Answer: B) Elevated bilirubin levels

34.Which lifestyle guideline is recommended for managing hepatitis?

- A) Avoiding raw foods
- B) Increased alcohol consumption
- C) Limited rest
- D) Regular exposure to sunlight

Answer: A) Avoiding raw foods

35.A characteristic symptom of fatty liver disease is:

- A) Normal liver function tests
- B) Absence of jaundice
- C) Elevated liver enzymes
- D) Reduced abdominal pain

Answer: C) Elevated liver enzymes

36.A primary indicator used in assessing fatty liver disease is:

- A) High levels of serum albumin
- B) Increased liver fat content
- C) Normal triglyceride levels
- D) Reduced blood glucose levels

Answer: B) Increased liver fat content

37.Which lifestyle guideline is often recommended for managing fatty liver disease?

- A) High-fat diet
- B) Regular exercise
- C) Sedentary lifestyle
- D) Increased alcohol consumption

Answer: B) Regular exercise



UNIT IV

Atherosclerosis:

1.What is a primary cause of atherosclerosis?

- A) Reduced cholesterol levels
- B) Accumulation of plaque in arteries
- C) High-density lipoproteins (HDL)
- D) Normal blood pressure

Answer: B) Accumulation of plaque in arteries

2.Which symptom is typical in atherosclerosis?

- A) Reduced blood flow to the heart
- B) Low blood cholesterol levels
- C) Normal arterial stiffness
- D) Decreased risk of heart disease

Answer: A) Reduced blood flow to the heart

3.What lifestyle guideline is often recommended for managing atherosclerosis?

- A) High-sodium diet
- B) Regular physical activity
- C) Smoking
- D) Irregular sleep patterns

Answer: B) Regular physical activity

Hyperlipidemia:

4.Hyperlipidemia is characterized by:

- A) Low levels of cholesterol and triglycerides
- B) Abnormal levels of lipids in the blood
- C) Normal levels of LDL (low-density lipoprotein)

D) Reduced risk of atherosclerosis

Answer: B) Abnormal levels of lipids in the blood

5.The primary indicator used in assessing hyperlipidemia is:

A) High levels of HDL (high-density lipoprotein)

B) Low levels of triglycerides

C) Elevated levels of LDL

D) Normal cholesterol levels

Answer: C) Elevated levels of LDL

6.What dietary recommendation is typically suggested for managing hyperlipidemia?

A) High-cholesterol diet

B) Low-fat diet

C) Increased sugar intake

D) Irregular meal timings

Answer: B) Low-fat diet

Hypertension:

7.A common cause of hypertension is:

A) Low blood pressure

B) Normal blood vessel constriction

C) Elevated blood pressure

D) Reduced heart rate

Answer: C) Elevated blood pressure

8.Which symptom is typical in hypertension?

A) Normal blood pressure readings

B) High systolic and diastolic pressures

C) Reduced risk of heart disease

D) Decreased arterial stiffness

Answer: B) High systolic and diastolic pressures

9.What lifestyle guideline is often recommended for managing hypertension?

A) High-sodium diet

B) Regular physical activity

C) Smoking

D) Excessive alcohol consumption

Answer: B) Regular physical activity

10.Nephrotic syndrome is characterized by:

A) Normal kidney function

B) Elevated urine protein levels

C) Reduced edema

D) Decreased risk of kidney damage

Answer: B) Elevated urine protein levels

11.The primary indicator used in assessing nephrotic syndrome is:

A) Low levels of protein in the urine

B) Normal serum albumin levels

C) High blood pressure

D) Edema

Answer: D) Edema

12.What dietary recommendation is typically suggested for managing nephrotic syndrome?

A) High-protein diet

B) Low-sodium diet

C) Increased fluid intake

D) Irregular meal timings

Answer: B) Low-sodium diet

13.Nephrolithiasis is characterized by:

- A) Formation of kidney stones
- B) Normal kidney function
- C) Low urine calcium levels
- D) Reduced risk of kidney obstruction

Answer: A) Formation of kidney stones

14.The primary indicator used in assessing nephrolithiasis is:

- A) Normal urine pH levels
- B) Absence of renal colic
- C) Presence of kidney stones
- D) Low urinary oxalate

Answer: C) Presence of kidney stones

15.What dietary recommendation is typically suggested for managing nephrolithiasis?

- A) High-sodium diet
- B) Low-oxalate diet
- C) Increased calcium intake
- D) Irregular fluid intake

Answer: B) Low-oxalate diet

Acute and Chronic Renal Failure:

16.Acute renal failure is characterized by:

- A) Gradual loss of kidney function
- B) Sudden decline in kidney function
- C) Normal serum creatinine levels
- D) Reduced need for dialysis

Answer: B) Sudden decline in kidney function

17. Chronic renal failure is characterized by:

- A) Sudden loss of kidney function
- B) Gradual loss of kidney function over time
- C) Elevated serum keratinize levels
- D) Reduced risk of kidney damage

Answer: B) Gradual loss of kidney function over time

18. What dietary recommendation is typically suggested for managing acute and chronic renal failure?

- A) High-protein diet
- B) Low-phosphorus diet
- C) Increased sodium intake
- D) Irregular fluid intake

Answer: B) Low-phosphorus diet

19. Dialysis is primarily used for:

- A) Increasing blood pressure
- B) Filtering waste products from the blood
- C) Lowering serum keratinize levels
- D) Reducing potassium intake

Answer: B) Filtering waste products from the blood

20. The primary goal of dialysis is to:

- A) Restore normal kidney function
- B) Improve heart health
- C) Remove excess sodium from the body
- D) Reduce the need for medication

Answer: A) Restore normal kidney function

21.What lifestyle factor is typically associated with kidney stone formation?

- A) Low calcium intake
- B) Increased fluid intake
- C) Regular exercise
- D) Reduced sodium intake

Answer: B) Increased fluid intake

22.What type of kidney stone is most commonly formed?

- A) Uric acid stones
- B) Calcium oxalate stones
- C) Cysteine stones
- D) Struvite stones

Answer: B) Calcium oxalate stones

23.What dietary recommendation is typically suggested for managing kidney stones?

- A) High-oxalate diet
- B) Low-fluid intake
- C) Increased sodium intake
- D) Irregular calcium intake

Answer: A) High-oxalate diet

24.Atherosclerosis primarily involves:

- A) Thickening of arterial walls
- B) Reduced blood clotting
- C) Increased blood flow to the heart
- D) Lowered blood cholesterol levels

Answer: A) Thickening of arterial walls

25.What is a characteristic feature of atherosclerosis?

- A) Normal blood flow through arteries
- B) Presence of plaques in blood vessels
- C) Reduced risk of heart disease
- D) Elevated levels of HDL (high-density lipoprotein)

Answer: B) Presence of plaques in blood vessels

26.Hyperlipidemia is defined by:

- A) Abnormal levels of lipids in the blood
- B) Low levels of LDL (low-density lipoprotein)
- C) Reduced risk of heart disease
- D) Normal cholesterol levels

Answer: A) Abnormal levels of lipids in the blood

27.Which lipoprotein is often elevated in hyperlipidemia?

- A) HDL (high-density lipoprotein)
- B) VLDL (very low-density lipoprotein)
- C) LDL (low-density lipoprotein)
- D) Chylomicrons

Answer: C) LDL (low-density lipoprotein)

28.Hypertension is characterized by:

- A) Low blood pressure
- B) Normal systolic and diastolic pressures
- C) Elevated blood pressure
- D) Reduced arterial stiffness

Answer: C) Elevated blood pressure

29.What is a common indicator used to diagnose hypertension?

- A) Low systolic and diastolic pressures
- B) Normal heart rate
- C) High blood pressure readings
- D) Reduced risk of heart disease

Answer: C) High blood pressure readings

30.Acute renal failure results in:

- A) Gradual loss of kidney function
- B) Sudden decline in kidney function
- C) Normal serum creatinine levels
- D) Reduced need for dialysis

Answer: B) Sudden decline in kidney function

31.Chronic renal failure is marked by:

- A) Sudden loss of kidney function
- B) Gradual loss of kidney function over time
- C) Elevated serum creatinine levels
- D) Reduced risk of kidney damage

Answer: B) Gradual loss of kidney function over time

32.What is the primary goal of dialysis?

- A) To restore normal kidney function
- B) To improve heart health
- C) To remove excess sodium from the body
- D) To reduce the need for medication

Answer: A) To restore normal kidney function

33.Hypertension is characterized by:

- A) Low blood pressure
- B) Normal systolic and diastolic pressures
- C) Elevated blood pressure
- D) Reduced heart rate

Answer: C) Elevated blood pressure

44.What is a typical indicator for diagnosing hypertension?

- A) High systolic and diastolic pressures
- B) Normal heart rate
- C) Low blood pressure readings
- D) Reduced risk of heart disease

Answer: A) High systolic and diastolic pressures



UNIT V

1.Which infectious disease is characterized by symptoms such as high fever, abdominal pain, and diarrhea?

- A) Tuberculosis
- B) Typhoid
- C) HIV/AIDS
- D) Cancer

Answer: B) Typhoid

2.Which infectious disease is caused by the bacterium Mycobacterium tuberculosis?

- A) Typhoid
- B) Tuberculosis
- C) HIV/AIDS
- D) Cancer

Answer: B) Tuberculosis

3.Which virus attacks the immune system, causing a depletion of CD4 cells?

- A) Typhoid virus
- B) Tuberculosis virus
- C) HIV virus
- D) Cancer virus

Answer: C) HIV virus

4.Which type of cancer affects the lymphatic system?

- A) Leukemia
- B) Sarcoma
- C) Carcinoma
- D) Lymphoma

Answer: D) Lymphoma

5.Which of the following is a dietary recommendation for cancer survivors?

- A) High intake of processed meats
- B) Low intake of fruits and vegetables
- C) Moderate alcohol consumption
- D) Balanced diet rich in fruits and vegetables

Answer: D) Balanced diet rich in fruits and vegetables

6.What are the metabolic alterations commonly observed in cancer patients?

- A) Increased appetite
- B) Weight gain
- C) Cachexia
- D) Hypertension

Answer: C) Cachexia

7.What are the guidelines for the management of tuberculosis and infectious diseases?

- A) Isolation and no treatment
- B) Early diagnosis and prompt treatment
- C) Dietary restriction only
- D) No guidelines available

Answer: B) Early diagnosis and prompt treatment

8.Which of the following is NOT a type of cancer?

- A) Melanoma
- B) Osteoporosis
- C) Breast cancer
- D) Prostate cancer

Answer: B) Osteoporosis

9.Which of the following infectious diseases is caused by a bacterium?

- A) HIV/AIDS
- B) Tuberculosis
- C) Influenza
- D) Chickenpox

Answer: B) Tuberculosis

10.What is the primary mode of transmission for HIV/AIDS?

- A) Mosquito bites
- B) Sharing food and drinks
- C) Sexual contact
- D) Airborne droplets

Answer: C) Sexual contact

11.Which of the following is NOT a symptom of typhoid fever?

- A) Headache
- B) Rash
- C) High fever
- D) Diarrhea

Answer: B) Rash

13.What is the causative agent of tuberculosis?

- A) Virus
- B) Bacteria
- C) Fungus
- D) Parasite

Answer: B) Bacteria



14. What is the primary cause of cancer?

- A) Bacteria
- B) Virus
- C) Genetic mutations
- D) Parasites

Answer: C) Genetic mutations

15. Which of the following is NOT a common symptom of HIV/AIDS?

- A) Persistent cough
- B) Night sweats
- C) Enlarged lymph nodes
- D) Rapid weight gain

Answer: D) Rapid weight gain

16. What dietary recommendation is generally advised for cancer survivors to follow?

- A) High intake of processed foods
- B) Low intake of fruits and vegetables
- C) Balanced diet rich in nutrients
- D) High intake of saturated fats

Answer: C) Balanced diet rich in nutrients

17. How is tuberculosis primarily transmitted?

- A) Airborne droplets
- B) Contaminated food and water
- C) Sexual contact
- D) Blood transfusion

Answer: A) Airborne droplets

18.Which of the following is NOT a common type of cancer?

- A) Melanoma
- B) Sarcoma
- C) Pneumonia
- D) Carcinoma

Answer: C) Pneumonia

19.What dietary alterations are recommended for cancer patients undergoing treatment?

- A) High intake of sugary foods
- B) Low intake of protein
- C) Increased fluid intake
- D) Nutrient-dense foods

Answer: D) Nutrient-dense foods

20.What is the primary mode of transmission for typhoid fever?

- A) Contaminated food and water
- B) Mosquito bites
- C) Sexual contact
- D) Airborne droplets

Answer: A) Contaminated food and water

21.Which of the following is NOT a symptom of tuberculosis?

- A) Persistent cough
- B) Chest pain
- C) High fever
- D) Muscle weakness

Answer: D) Muscle weakness

22.Which of the following infectious diseases is caused by a virus?

- A) Tuberculosis
- B) Typhoid fever
- C) Influenza
- D) Salmonella poisoning

Answer: C) Influenza

23.What dietary advice is generally recommended for individuals with HIV/AIDS?

- A) High intake of alcohol
- B) High intake of raw meat
- C) Balanced diet rich in nutrients
- D) Fasting for prolonged periods

Answer: C) Balanced diet rich in nutrients

24.Which of the following is a dietary recommendation for cancer survivors?

- A) High intake of processed meats
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- C) Moderate alcohol consumption
- D) Balanced diet rich in fruits and vegetables

Answer: D) Balanced diet rich in fruits and vegetables

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Answer: C) Sexual contact

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- D) Diarrhea

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- A) Virus
- B) Bacteria
- C) Fungus
- D) Parasite

Answer: B) Bacteria



ABOUT THE AUTHOR

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