



- 3) Diet counselling is a combination of \_\_\_\_\_
- a) Nutrition expertise
  - b) psychological skills
  - c) Planning a diet
  - d) both a) and b)
- 4) Nutritional assessment is also called as \_\_\_\_\_
- a) Screening
  - b) Diagnosis
  - c) Intervention
  - d) none of the above
- 5) Cognitive behavioural therapy emphasizes mainly on \_\_\_\_\_
- a) Positive attitude
  - b) Personality development
  - c) Affirmative mindset
  - d) None of these

**Q. 2 Answer the following questions. (Any One) (15)**

- 1) Write a note on concepts which are important to consider in facilitating dietary changes.
- 2) Different types of techniques for dietary assessment along with its benefits and limitations.

**Q. 3 Write a Short note. (Any two) (10)**

- 1) How do you assess current eating behavior?
  - 2) Write a note on ADIME chart.
  - 3) Role of counselling in diet planning.
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