## TILAK MAHARASHTRAVIDYAPEETH, PUNE

## M.SC. IN NUTRITION& FOOD SCIENCE

## **EXAMINATION : DECEMBER-2023 SECOND SEMESTER**

Sub.: Ayurvedic Food Science and Diet Counselling(M.Sc. CB-211)

Date	e: 05/12/2023	Total marks: 60	Time: 2.00 pm to 4.30 pm
Inst	ructions: 1) All questions are con	npulsory. 2) Figures to the right in	ndicate full marks.
		SECTION A	
Q. 1	Select the correct alternative.		(05)
_	1. Yava comes underVarga		
	a) Shami	b) Pushpa	
	c) Shuka	d) Lavana	
	2. For the preparation of Manda	parts of water is	added to one part of
	the grain.		
	a) 4	b)14	
	c) 12	d) 16	
	3. Chemical composition in tea a	re	
	a) ) Caffeine	b) Theobromine	
	c) Theophylline	d) All the above	
	4 comes under food preservation methods		
	a) Curing	b) Boiling	
	c) Confit	d) All the above	
	5. Kapittha comes under	varga	
	a) Shuka	b) Phala	
	c) Dugdha	d) None of the abo	ve
Q. 2	Answer the following questions	s. (Anv one)	(15)
	1. Write in detail about Yavagu,		( - )
	2. Write in detail about Shaaka v	• •	
Q. 3	Write a short note. (any two)		(10)
	1) Write about Siddhajala.		(10)
	2) Write about Mamsa varga.		
	3) Write about Yusha, Supa.		
	5) Write about Tusha, Supa.		
		SECTION B	
<b>Q</b> . 1	Select the correct alternative.		(05)
	1) A thorough increases the effectiveness of nutrition intervention,		
	education and counseling.		
	a) Nutritional assessment	b) Knowledge	
	c) ) Counselling	d) None of these	
	2) is required for	effective diet counselling	
	a) Team approach	b) doctor	
	c) Patient education	d) none of these	

	3) Diet counselling is a combination of	<del></del>		
	a) Nutrition expertise	b) psychological skills		
	c) Planning a diet d) both a) and b)	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.			