

TILAK MAHARASHTRAVIDYAPEETH, PUNE
M.SC. IN NUTRITION & FOOD SCIENCE
EXAMINATION : APRIL/MAY - 2024
SECOND SEMESTER

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

Date: 25/04/2024

Total marks: 60

Time: 10.00 am to 12.30 pm

Instructions:

- 1) All questions are compulsory.
- 2) Figures to the right indicate full marks.

SECTION A

Q. 1 Select the correct alternative. (5)

1) Food preparation having more food grains and less liquid content is known as _____

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|-----------|----------------------|
| a) Manda | b) Peya |
| c) Vilepi | d) None of the above |

2) Yusha is prepared from _____

- | | |
|-----------------|----------------------|
| a) Shukadhanya | b) Shamidhanya |
| c) Both a and b | d) None of the above |

3) Chemical composition in tea are _____

- | | |
|-----------------|------------------|
| a) Theobromine | b) Caffeine |
| c) Theophylline | d) All the above |

4) Sauvarcala comes under _____

- | | |
|-----------------|-----------------|
| a) Lavana varga | b) Shakha varga |
| c) Shukavarga | d) Shimbi varga |

5) Mudga comes under _____

- | | |
|----------------|----------------|
| a) Shuka varga | b) Shami varga |
| c) Phala varga | d) Mamsa varga |

Q. 2 Answer the following questions. (Any Two) (10)

- 1) Write about Preserved food and bakery products.
- 2) Write about Shukadhanya varga.
- 3) Write about lavana varga.

Q. 3 Answer the following questions. (Any One) (15)

- 1) Write in detail about Shaka varga and Taila varga.
- 2) Write in detail about Manda, Peya, Vilepi, Yavagu.

SECTION B

Q. 1 Select the correct alternative. (5)

- 1) What is the primary goal of diet counseling?
 - a) Weight loss
 - b) Building muscle
 - c) Improving overall health
 - d) Enhancing taste preferences
- 2) _____ is a retrospective method of diet recall
 - a) FFQ
 - b) Food diary
 - c) Anthropometry
 - d) None of the above
- 3) Cognitive Behavioral therapy emphasizes mainly on _____
 - a) Positive attitude
 - b) Personality development
 - c) Affirmative mindset
 - d) None of these
- 4) A thorough _____ increases the effectiveness of nutrition intervention, education and counselling
 - a) Nutritional assessment
 - b) Knowledge
 - c) Counselling
 - d) None of these
- 5) _____ is a listening, accepting, clarifying and helping the client to form plan of action
 - a) Counselling
 - b) Interviewing
 - c) Detecting
 - d) Giving a diet

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

- 1) Write in detail about concepts which are important to consider in facilitating dietary changes.
- 2) Write about the nutritional assessment of obese people with effective diet counseling.

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

- 1) How to assess current eating behavior?
 - 2) Effective psychological counselling.
 - 3) What is the motivational intervention Algorithm?
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