1. **What is a primary responsibility of an Ayurveda Diet & Nutrition Assistant in client management?
a) Prescribing diet charts
b) Preparing and providing diet packets as per instructions
c) Diagnosing health conditions
d) Performing advanced therapeutic treatments
Answer: b) Preparing and providing diet packets as per instructions**
2. **To maintain client records, which of the following should be ensured?
a) Open access to all staff members
b) Confidentiality and secure storage
c) Sharing details with clients' families
d) Immediate disposal after each session
Answer: b) Confidentiality and secure storage**
3. **If a client’s needs are not met, the Assistant should:
a) Ignore the issue
b) Inform the Ayurveda Dietician
c) Make changes independently
d) Discuss it with the client directly
Answer: b) Inform the Ayurveda Dietician**
4. **What should be checked before starting food preparation?
a) Availability of entertainment facilities
b) Ventilation and temperature in the kitchen
c) Clients’ dietary preferences
d) Advanced cooking equipment availability
Answer: b) Ventilation and temperature in the kitchen**
5. **What is the appropriate action when a water spill is identified in the kitchen?
a) Continue working and ignore the spill
b) Wait for the cleaner to handle it
c) Plug the spill and notify the appropriate authority if needed
d) Leave the spill unattended
Answer: c) Plug the spill and notify the appropriate authority if needed**
6. **What waste disposal practice should be followed in an Ayurveda kitchen?
a) Mixing all types of waste
b) Segregating waste into recyclable, non-recyclable, and hazardous categories
c) Burning the waste immediately
d) Leaving waste in the kitchen for later disposal
Answer: b) Segregating waste into recyclable, non-recyclable, and hazardous categories**
7. **Why is it important to wash hands before and after handling food?
a) To avoid using gloves
b) To prevent cross-contamination
c) For personal relaxation
d) To ensure hands are cool
Answer: b) To prevent cross-contamination**
8. **Which personal protective equipment is recommended while handling food?
a) Aprons only
b) Face mask, gloves, and head cap
c) Safety shoes only
d) None
Answer: b) Face mask, gloves, and head cap**
9. **How should raw food materials be stored?
a) Randomly on any available shelf
b) Using inventory management practices like FIFO
c) In open containers for easy access
d) In personal storage units
Answer: b) Using inventory management practices like FIFO**
10. **When communicating with clients and colleagues, it is essential to:
a) Use complex medical jargon
b) Ensure cultural and gender sensitivity
c) Speak as quickly as possible
d) Avoid eye contact
Answer: b) Ensure cultural and gender sensitivity**
11. **What should you do if you encounter a problem with a team member?
a) Report it immediately to senior management
b) Ignore it
c) Take the initiative to resolve it
d) Publicly discuss the issue
Answer: c) Take the initiative to resolve it**
12. **Maintaining confidentiality is important because:
a) It builds trust with clients and colleagues
b) It is not a legal requirement
c) It prevents misunderstandings
d) It is optional depending on the situation
Answer: a) It builds trust with clients and colleagues**
13. **In case of an emergency, an Ayurveda Ahara & Poshana Sahayak should:
a) Immediately evacuate the premises
b) Provide Basic Life Support (BLS) if trained and necessary
c) Continue working and let someone else handle it
d) Ignore the emergency protocols
Answer: b) Provide Basic Life Support (BLS) if trained and necessary**
14. **What is the correct action if a breach in health and safety procedures is observed?
a) Address it privately
b) Report it to the designated authority
c) Ignore it if it seems minor
d) Handle it without informing anyone
Answer: b) Report it to the designated authority**
15. **To prevent infection, it is essential to:
a) Segregate biomedical waste as per protocols
b) Mix all waste in one container
c) Dispose of waste weekly
d) Avoid using PPE
Answer: a) Segregate biomedical waste as per protocols**