1. **What is the first step in preparing an Ayurvedic diet plan for a client?
a) Evaluating family medical history
b) Conducting a cooking demonstration
c) Offering a yoga session
d) Selecting supplements
Answer: a) Evaluating family medical history**
2. **When designing a diet plan, which three elements should be considered according to Ayurvedic principles?
a) BMI, caloric intake, and body temperature
b) Doshas (Vata, Pitta, Kapha), Desha (habitat), and Kala (season)
c) Age, activity level, and meal frequency
d) Weight, height, and exercise routine
Answer: b) Doshas (Vata, Pitta, Kapha), Desha (habitat), and Kala (season)**
3. **Which is a key factor in customizing an Ayurvedic diet plan?
a) Client’s occupation
b) Client’s belief systems and food habits
c) Local availability of ingredients
d) Cost of the diet
Answer: b) Client’s belief systems and food habits**
4. **What is essential to ensure effective communication during a diet counseling session?
a) Using only technical Ayurvedic terms
b) Communicating with sensitivity to cultural and religious beliefs
c) Focusing only on dietary restrictions
d) Limiting the session to 15 minutes
Answer: b) Communicating with sensitivity to cultural and religious beliefs**
5. **During client education, which method can be used to help clients understand Ayurvedic diet principles?
a) Playing a documentary on Ayurveda
b) Using visual aids and handouts
c) Recommending unrelated dietary supplements
d) Referring to advanced Ayurvedic texts
Answer: b) Using visual aids and handouts**
6. **What is an important topic to address with clients when modifying their diet?
a) Types of commercial diets available
b) Healthy cooking tips and lifestyle changes
c) Cost comparison of different foods
d) Recipes for all meals
Answer: b) Healthy cooking tips and lifestyle changes**
7. **Which tool is useful for assessing a client’s nutritional progress?
a) Online calorie calculator
b) Food and nutrient intake records
c) Fitness tracker
d) Daily horoscope
Answer: b) Food and nutrient intake records**
8. **What should be regularly monitored to evaluate the diet’s impact?
a) Client’s personal schedule
b) Client’s body mass index (BMI)
c) Client’s hobbies
d) Client’s sleep schedule
Answer: b) Client’s body mass index (BMI)**
9. **If a client reports no improvement after a diet plan, what is the recommended action?
a) Refer them to a different dietician
b) Revise the plan based on a nutritional assessment
c) Advise discontinuing the diet
d) Suggest intensive exercise
Answer: b) Revise the plan based on a nutritional assessment**
10. **Why is it important to maintain detailed dietetic records for clients?
a) To share with other clients as examples
b) For legal and follow-up purposes
c) To limit the need for future consultations
d) For marketing purposes
Answer: b) For legal and follow-up purposes**
11. **What should be done with diet records before a client’s follow-up appointment?
a) They should be updated and organized
b) They should be discarded
c) They should be summarized and mailed to the client
d) They should be posted publicly
Answer: a) They should be updated and organized**
12. **Confidentiality of client records is maintained to ensure:
a) Professionalism and client trust
b) Easier access for family members
c) Sharing with third-party vendors
d) Archiving in public databases
Answer: a) Professionalism and client trust**
13. **Client records should be organized in a way that:
a) Allows open access to all employees
b) Adheres to standardized formats for follow-ups
c) Is only accessible to clients
d) Allows multiple clients to view them
Answer: b) Adheres to standardized formats for follow-ups**
14. **Maintaining dietetic records involves documenting:
a) Daily activities unrelated to diet
b) Dietary intake and client progress
c) Personal details of the client’s friends
d) Shopping habits of the client
Answer: b) Dietary intake and client progress**
15. **What is a primary reason for storing dietetic records securely?
a) To ensure organizational confidentiality
b) To comply with Ayurveda principles
c) To prevent accidental sharing with clients
d) To minimize storage space
Answer: a) To ensure organizational confidentiality**