

TILAK MAHARASHTRAVIDYAPEETH, PUNE
M.SC. IN NUTRITION & FOOD SCIENCE
EXAMINATION : NOVEMBER/DECEMBER - 2025
THIRD SEMESTER

Sub. : Hospital Catering Management & Diet Counseling (MSC24N-317TH)

Date: 28/11/2025

Total marks: 60

Time: 02.00 pm to 4.30 pm

Instructions:

- 1) All questions are compulsory and carry equal marks.
- 2) Any kind of misconduct is punishable.

Q. 1 Fill in the right answer (10)

1. The first step in the diet counseling process is _____.
 - a) Goal setting
 - b) Education and guidance
 - c) Assessment
 - d) Monitoring progress
2. Which of the following is a function of management?
 - a) Planning
 - b) Directing
 - c) Coordinating
 - d) All of the above
3. An organization chart represents:
 - a) Work schedules
 - b) Flow of communication
 - c) Who reports to whom
 - d) Menu planning
4. Which material is best suited for work surfaces in hospital kitchens?
 - a) Hardwood
 - b) Laminated plastics
 - c) Galvanized iron
 - d) Stainless steel
5. Informal communication is also referred to as _____.
 - a) Vertical communication
 - b) Grapevine communication
 - c) Horizontal communication
 - d) Downward communication
6. The communication technique of mirroring a patient's own language to build trust is used in _____.
 - a) Mindfulness
 - b) Psychoanalysis
 - c) Neuro-linguistic programming (NLP)
 - d) Transactional Analysis
7. Which is the most expensive resource in catering establishments?
 - a) Materials
 - b) Money
 - c) Space
 - d) Equipment
8. Which of the following is a correct example of using "inclusive language" in time management during a session?
 - a) "You have 20 minutes today."
 - b) "I will finish in 20 minutes."
 - c) "We have 20 minutes together."
 - d) "Your time ends in 20 minutes."

9. The aim of hospital catering is:
- a) Aid in patient recovery
 - b) Provide safe, hygienic and nutritionally adequate meals
 - c) Both a & b
 - d) None of the above
10. A capital budget is an example of _____.
- a) Fixed budget
 - b) Flexible budget
 - c) Operating budget
 - d) Sales budget

Q. 2 Answer the following questions (Any 2) (30)

1. Explain the Principles of management. Discuss their application in hospital catering management with examples.
2. Describe in detail the Assessment Techniques in Diet Counseling.
3. Describe the importance of communication in hospital catering in detail.

Q. 3 Write Short Note (Any 4) (20)

1. Role of a Chief Dietitian in hospital catering management
 2. Cognitive Behavioral Therapy (CBT)
 3. Leadership Style
 4. Importance of Hygiene and Sanitation in Hospital Kitchens with suitable examples
 5. Therapeutic diets in hospital catering.
 6. 6 stages of change in diet counseling
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