Nutrition Counseling and Education Skill Development 4th edition Bauer Test Bank

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Name:_____ Class:_____ Date:_____

Chapter 01- Preparing to Meet Your Clients

1. What is defined as a supportive process aimed at guiding a client toward nutritional health and well-being?
   a. Goal setting
   b. Counseling relationship
   c. Nutrition education
   d. Nutrition counseling
   e. Both nutrition education and counseling

ANSWER: d

2. What is defined as a combination of educational strategies, accompanied by environmental support, designed to facilitate voluntary adoption of food choices and nutrition-related behaviors conducive to health and well-being?
   a. Goal setting
   b. Counseling relationship
   c. Nutrition education
   d. Nutrition counseling
   e. Both nutrition education and counseling

ANSWER: c

3. What should you consider when thinking about how sensory appeal affects food behavior?
   a. Taste is generally the least important determinant of food choices.
   b. Biological taste preferences evolve from childhood based on availability and societal norms.
   c. Taste preferences cannot be modified, making dietary behavior change difficult.
   d. Illness does not modify food preferences.
   e. Generally, young children favor sourer tastes compared to adults.

ANSWER: b

4. Your client tells you that eating donuts for breakfast is a habit for him because his wife always buys a dozen donuts and leaves them on the counter by the coffeepot. He typically eats what is left after his wife and kids eat. What advice could you offer your client to help him improve his eating habits?
   a. Put the donuts in the pantry or cabinet.
   b. Only buy 1/2 dozen donuts and leave them on the counter by the coffeepot.
   c. Leave 1 donut out on the counter by the coffeepot.
   d. Put a large bowl of fruit on the counter by the coffeepot each morning.
   e. Leave a serving of fruit by the coffeepot each morning.

ANSWER: e

5. Monica stopped eating lunch at her favorite fast-food restaurant in an attempt to lower her saturated fat intake. Monica modified her food choices due to
   a. health concerns.
   b. habit.
   c. convenience and time.
   d. social influences.

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e. media and physical environment.

ANSWER: a

6. Shahad started packing her lunch instead of eating take-out after her friend started packing her lunch. Shahad modified her food choices at lunch due to

a. health concerns.
b. habit.
c. convenience and time.
d. social influences.
e. media and physical environment.

ANSWER: d

7. Food behavior in response to stress results from what type of factor?

a. Social influences
b. Media and physical environment
c. Economics
d. Availability and variety
e. Psychological

ANSWER: e

8. Which statement is true regarding nutrition knowledge and food behaviors?

a. Disseminating nutrition information alone is effective at changing food behaviors among most individuals.
b. Increasing nutrition knowledge is not a valuable education strategy for most individuals.
c. Individuals who have higher levels of knowledge lose the same amount of weight compared to individuals with lower levels of knowledge.
d. Individuals who have higher levels of knowledge lose less weight compared to individuals with lower levels of knowledge.
e. Individuals who have higher levels of knowledge are more likely to have better quality diets.

ANSWER: e

9. Veda is a college student and only has a 45-minute break to eat lunch. She often goes to a drive thru to pick up a cheeseburger, medium French fry, and medium soft drink for lunch. What likely influences Veda to go to a drive thru for lunch?

a. Sensory appeal
b. Nutrition knowledge
c. Convenience and time
d. Social influences
e. Media and physical environment

ANSWER: c

10. Which of the following is an example of how culture and religion can affect food choices?

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Chapter 01- Preparing to Meet Your Clients

a. Going out for ice cream to celebrate an academic achievement helps make special experiences festive.
b. All-day eating at weekly family gatherings or daily coffee breaks with sweet rolls are rituals that do much more than satisfy the appetite.
c. Commercials can have powerful influences on the quantity and quality of food consumed.
d. Biological taste preferences evolve from childhood based on availability and societal norms, but research shows that preferences can be altered by experiences and age.
e. Research indicates that consumers who use cues such as time of day as a trigger to eat are more likely to seek healthful food choices.

ANSWER: b

11. Which is true of the relationship between the client and the counselor?
a. The theory or behavior change model used during the counseling session is the guiding force for change.
b. The counselor should allow their personality and culture to lead and influence the counseling session with the client.
c. The effect of the client-counselor relationship is most often cited as the reason for success or failure of a counseling interaction.
d. Successful clients identify their personal interaction with their counselor as the least important part of treatment.
e. The worldview of the counselor is regarded as the most important predictor of a client's success in the counseling session.

ANSWER: c

12. When a nutrition counselor's verbal and nonverbal behavior are consistent, they are said to have
a. congruence.
b. ethical integrity.
c. a solid foundation of knowledge.
d. a sense of humor.
e. both congruence and ethical integrity.

ANSWER: a

13. Understanding what people feel from their frame of reference is known as
a. sympathy.
b. congruence.
c. culture.
d. sensitivity.
e. empathy.

ANSWER: e

14. An effective nutrition counselor
a. has a sense of humor and views that align with ableism.

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b. is honest, genuine, and does not have congruence.
c. has a sense of gender and cultural awareness.
d. is pessimistic and hopeful.
e. has a solid foundation of knowledge and has undesirable ideologies.

ANSWER: c

15. Which is true about clients seeking nutrition counseling?
a. Clients generally have the same goals as the nutrition counselor.
b. Clients generally belong to few cultural groups, likely not complicating the counseling session.
c. Clients come into nutrition counseling with unique personalities, health care problems, and issues related to the counseling process.
d. Most clients come into nutrition counseling ready to make changes, that is, they are in the preparation and action stages.
e. The majority of clients seek to be self-sufficient at the end of nutrition counseling.

ANSWER: c

16. Jobe is half Italian and was born and raised in Louisiana. Jobe found out his blood pressure was slightly elevated and was referred to the nutrition counselor. What assumptions can the nutrition counselor make about Jobe?
a. Jobe likely eats pizza and pasta because he is half Italian; this type of cuisine is generally high in sodium, which is likely raising his blood pressure.
b. Jobe likely eats Cajun food because he's from Louisiana; this type of cuisine is generally high in sodium, which is likely raising his blood pressure.
c. Jobe likely has a family history of high blood pressure.
d. Jobe may totally, partially, or not at all embrace the standards of the Italian or Louisiana culture he appears to represent.
e. Jobe is ready to make changes to his diet to improve his high blood pressure.

ANSWER: d

17. Tom was referred to nutrition counseling after he was recently diagnosed with type 2 diabetes. During the nutrition counseling session, Tom had his arms crossed, was tapping his foot, and appeared distracted. What was likely the reason for Tom's behavior?
a. Tom was excited to begin nutrition counseling.
b. Tom was disinterested to begin nutrition counseling.
c. Tom was anxious to begin nutrition counseling.
d. Tom was angry to begin nutrition counseling.
e. Tom was depressed to begin nutrition counseling.

ANSWER: c

18. Sally was referred to nutrition counseling by her doctor after she was recently diagnosed with irritable bowel syndrome (IBS). How could you begin to establish rapport?
a. Ask how the client would like to be addressed, ask how she is, and partake in small talk.

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b. Ask, "What brings you here today?"
c. Set the agenda for the session.
d. Ask, "What brings you here today?" and set the agenda for the session.
e. Ask the client how she would like to be addressed, set the agenda, and tell the client your goals for the session.

ANSWER: a

19. What step(s) should a nutrition counselor take to effectively build a relationship with a client?
a. A nutrition counselor should establish rapport, show empathy, and form a trusting relationship.
b. A nutrition counselor should help clients identify specific behaviors to alter, help them goal set, and develop an individualized action plan.
c. A nutrition counselor should be open and honest about what the counselor is willing and not willing to do.
d. A nutrition counselor should design realistic behavior change strategies to facilitate positive action.
e. A nutrition counselor should help clients identify specific behaviors to alter and design realistic behavior change strategies to facilitate positive action.

ANSWER: a

20. Your client, Radika, is Hindu and does not eat beef for religious reason. You are a nutrition counselor from Oklahoma, and your family owns a cattle ranch. How can you work toward being culturally sensitive?
a. Ignore the fact that Radika does not eat beef and recommend she include small amounts in her diet.
b. Ask Radika what other protein sources she consumes.
c. Discuss the health benefits of including small amounts of red meat in the diet.
d. Ask if Radika would consider eating beef.
e. Ask Radika specifically why she avoids beef for religious reasons.

ANSWER: b

21. It is important NOT to make assumptions about what your clients eat. Consider you are working with a client originally from Greece. Which question or statement would be appropriate while obtaining a diet recall?
a. Do you eat olives daily?
b. Do you use a lot of olive oil?
c. Take me through a typical day of eating.
d. Do you like feta cheese?
e. Do you eat gyros for lunch or dinner?

ANSWER: c

22. Your client comes to a counseling session and complains about gastrointestinal issues. What might be a typical response from a novice counselor who is assuming the role of the expert?
a. I'm sorry to hear this. Have you brought this issue up to your doctor?
b. I'm sorry to hear this. Let's talk about a typical day to determine if your diet may be the cause.
c. How long have you been experiencing this issue? I really want to help you figure this out.
d. I'm sorry to hear this. Is there anything I can do to help you?

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e. You're not eating enough fiber. You need to eat more fruits, vegetables, and whole grains.

ANSWER: e

23. Assuming the role of expert or empathizer is common among
    a. health care providers.
    b. novice counselors.
    c. students.
    d. clients.
    e. both novice counselors and clients.

ANSWER: b

24. What is true of novice counselors?
    a. Novice counselors typically have concerns about their competency.
    b. Novice counselors generally feel confident to handle controversial nutrition issues.
    c. Novice counselors rarely give only partial answers and rarely ignore critical questions.
    d. Novice counselors are successful at balancing the role of expert and empathizer.
    e. Novice counselors often offend clients by giving clear, concise advice.

ANSWER: a

25. If your client asked you if drinking water before meals could help with weight loss, what would you reply?
    a. Some people find drinking water before meals to be helpful in losing weight.
    b. Drinking water before meals isn't always helpful for people.
    c. Drinking water before a meal can help you temporarily feel full. However, weight loss is complex. Would you like to discuss the other factors that can help with weight loss?
    d. Drinking cold water before meals can activate your metabolism, resulting in significantly more calories burned compared to not drinking water before meals. Would you like to discuss ways in which you can increase your water intake before meals?
    e. You can try drinking water before meals; it might help.

ANSWER: c

26. Effective nutrition counselors should have a sense of humor.
    a. True
    b. False

ANSWER: True

27. Taste preferences cannot be modified.
    a. True
    b. False

ANSWER: False

28. The physical environment can negatively affect consumers' food choices.
    a. True

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b. False

ANSWER: True

29. Nutrition counselors should seek to fulfill their own needs through the counseling relationship.
a. True
b. False

ANSWER: False

30. Most media messages encourage the consumption of low-calorie foods.
a. True
b. False

ANSWER: False

31. Explain the difference between nutrition education and nutrition counseling, as well as the relationship between the two services.

ANSWER: Nutrition education encompasses a variety of educational strategies (e.g., education, skill development, social support, etc.), which encourage the voluntary adoption of dietary changes and food and nutrition-related behaviors to support and improve health and well-being. Nutrition counseling is a therapeutic process between a client and nutrition counselor with the aim to identify food and nutrition-related problems, set goals, and develop individualized action plans to encourage clients to make food and nutrition-related changes that will foster health and well-being. Nutrition counselors provide appropriate nutrition education strategies during nutrition counseling. Strategies employed will vary depending on the client, assessment data, and goals set collaboratively between the client and the nutrition counselor.

32. Explain the most important determinant of food choices and provide two specific examples.

ANSWER: The most important determinant of food choices is sensory appeal. Young children generally enjoy sweeter and saltier foods compared to adults. Therefore, children may be less likely to eat vegetables. However, food preferences can evolve from experiences and age. Additionally, individuals with certain illnesses can experience changes in food preferences. For example, individuals undergoing chemotherapy may find their favorite foods taste differently, sometimes metallic, and/or they lose their desire to eat.

33. Does providing clients with nutrition knowledge create and sustain behavior change? Explain.

ANSWER: While increasing nutrition knowledge should not be devalued, increasing nutrition knowledge alone does not necessarily create and sustain behavior change. Historically, nutrition counselors perceived their role as disseminating nutrition information, but they found these strategies to be ineffective. The role of the nutrition counselor then expanded to include a variety of behavior change strategies to help clients change and sustain food and nutrition-related behaviors.

34. Explain what congruence is and why it's important for nutrition counselors to have congruence.

ANSWER: Having congruence means what an individual is aligns with what the individual is saying. Therefore, verbal and nonverbal behaviors should be unified. Nutrition counselors should have congruence to foster an open and caring environment. Oftentimes, clients will share sensitive information about their eating habits and they might be embarrassed about those behaviors. Therefore, it's important that the nutrition counselor communicates "I am not judging you and I am

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here to help" and their nonverbal behavior matches what they are saying.

35. Discuss two novice counselor issues.

ANSWER: Two novice counselor issues include (1) having concerns about their competency and (2) assuming the role of expert or empathizer. Novice counselors who have concerns about their competency generally give partial responses and do not take a stand on controversial issues. Novice counselors also tend to assume the role of expert by appearing that they have all of the answers and acting as an authority figure. Alternatively, some novice counselors assume the role of empathizer, which places too much focus on the client's problem. In this situation, the counselor does not give the client any direction on how to make changes.

36. Explain how the media and physical environment can influence food behaviors, and provide an example of how a nutrition counselor could help a client improve their eating habits.

ANSWER: The media and physical environment can negatively influence food behaviors. Media messages in North America typically encourage the consumption of high-calorie foods that are of low nutrition quality. For example, TV commercials and billboards frequently advertise unhealthy food products sold at fast-food companies. Additionally, individuals have continuous access to unhealthy foods and large portion sizes. For example, shopping centers often have food courts that sell unhealthy food options, and there are sodas, candy, and chips at the checkout counter of most retail stores. A nutrition counselor could help a client improve their eating habits despite the media and physical environment. For example, if a client reports that they typically eat fast food for dinner because they pass the restaurant on the way home from work, the nutrition counselor could suggest driving home via an alternative route. Alternatively, the nutrition counselor could recommend the client put a meal in a slow cooker in the morning, so it will be ready when the client gets home from work.

37. Why is it important for a nutrition counselor to understand their personality before entering a counseling relationship with a client, and what are some potential issues that could arise as a result of a nutrition counselor's personality?

ANSWER: It is important for a nutrition counselor to understand their personality before entering a counseling relationship because the counselor's personality could negatively affect the counseling relationship. Nutrition counselors should take an inventory of their personality characteristics to understand which ones they wish to modify. For example, some nutrition counselors seek to fulfill their own needs through the counseling relationship. This can result in nutrition counselors taking on an authoritarian role and being less likely to listen to their clients. This will likely result in the client receiving advice that is not individualized or applicable. Additionally, some nutrition counselors need to seek approval and fear rejection. These counselors tend to communicate the message "I want you to like me" rather than "I am here to help you." As a result, the nutrition counselor is likely to gloss over or hide difficult issues to only elicit positive feelings from the client. In turn, clients will not be able to learn new management skills, and behavior change will not occur.

38. What constitutes an individual's worldview, and what role does worldview play in the counseling relationship?

ANSWER: An individual's worldview, or cultural outlook, provides basic assumptions about the nature of reality and has both conscious and unconscious influences. Worldview is unique to the individual and is determined by one's culture and life experiences. Culture is shared history, which includes but is not limited to thoughts, actions, beliefs, values, and racial, religious, and societal groups (e.g.,

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age, sexual orientation, gender, etc.). Individuals typically identify with several cultural groups; therefore, no two individuals have the same worldview. It is important for a nutrition counselor to understand their worldview and the client's worldview, as they are likely different. This step provides a foundation for developing cultural sensitivity. Nutrition counselors must be aware of what constitutes their worldview to prevent their personal biases, values, or problems from interfering with their ability to work with clients who are culturally different from them.

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