



Daffodil International University

Department of Nutrition and Food Engineering

Faculty of Health and Life Sciences

BSc. in Nutrition and Food Engineering

Final Examination Spring 2025

Course Code: 0511-1105

Level and Term: L-2, T-1

Time: 2 hours

Section: 252 All

Course Title: Basic Human Nutrition

Course Teacher Initials: FA, TT,

Total Marks: 40

Splitting any answer is strictly prohibited

		Marks
1. a.	List four major food sources of Vitamin A from both <u>animal</u> and plant origins.	CLO3, PLO1, C1 4
b.	Explain how Vitamin D deficiency contributes to rickets in children	CLO3, PLO1, C2 4
2. a.	Name four <u>deficiency symptoms</u> of Vitamin C (scurvy).	CLO3, PLO1, C1 4
b.	Calculate the total protein content in a meal consisting of 100g of chicken (25g protein/100g) and 50g of lentils (9g protein/100g). Determine if this meal meets the daily protein requirement for a 25-year-old man, assuming a requirement of 0.8g protein/kg body weight and a body weight of 70kg.	CLO3, PLO1, C3 2
c.	Analyze the role of iodine deficiency in human health	CLO4, PLO1, C4 2
3. a.	Name two major food sources of Vitamin D	CLO3, PLO1, C1 2
b.	Describe three <u>functions</u> of calcium in the human body. <i>blind clothing</i>	CLO3, PLO1, C2 3
c.	Describe three deficiency symptoms of iodine.	CLO3, PLO1, C2 3
4. a.	Compare the functions of calcium and phosphorus in bone development.	CLO4, PLO1, C4 4
b.	Demonstrate how incomplete proteins from <u>lentils</u> and wheat can be combined to form a complete protein diet for a <u>vegetarian</u> . Provide specific <u>examples of foods</u> and their amino acid contribution	CLO4, PLO1, C3 4
5. a.	Select two food sources of <u>folic acid</u> and two food sources of Vitamin B12 and justify how they support the nutritional needs of an pregnant woman.	CLO4, PLO1, C3 4
b.	Differentiate between the deficiency symptoms of Vitamin C and Vitamin B3 (Niacin) based on their effects on gums versus skin.	CLO4, PLO1, C4 4