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Daffodil International University

Department of Nutrition and Food Engineering
Faculty of Health and Life Sciences
B.Sc. in Nutrition and Food Engineering
Midterm Examination Summer 2026

Course Code: 0511-1105 **Course Title:** Basic Human Nutrition
Level and Term: L-1, T-1 **Section:** 262 All **Course Teacher Initials:** AS, SIS, MS, MRH, FKS
Time: 1 hour 30 minutes **Total Marks:** 25

Maintaining the order of the questions is highly encouraged

				Marks
1	(a)	What is meant by nutrition and what are nutrients?	[CLO1,PLO1,C2]	2
	(b)	Illustrate the UNICEF Conceptual Framework of Malnutrition and analyze how immediate, underlying, and basic causes interact to affect child nutritional status.	[CLO1, PLO1,C1]	3
2	(a)	Apply the hierarchical order in human body organization along with examples for each level.	[CLO2,PLO1,C3]	2
	(b)	Analyze why collagen is considered both fibrous and elastic?	[CLO2,PLO1,C3]	3
3	(a)	Compare the nutrient composition of whole grains and refined grains, and explain how refining affects their nutrient composition.	[CLO2,PLO1,C4]	3 2
	(b)	A snacks item contains 35 g of carbohydrates, 15 g of fats and 10 g of proteins. Calculate the total number of Kacl of the snacks.	[CL23,PLO1,C3]	
4	(a)	Classify carbohydrates based on their structural unit.	[CLO3,PLO1,C1]	3
	(b)	Differentiate between Glycemic Load and Glycemic Index.	[CLO3,PLO1,C2]	2
5	(a)	Examine the consequences of consuming excessive empty calorie foods.	[CLO3,PLO1,C2]	2
	(b)	A nutritionist is comparing two foods for a diabetic patient. Food A is boiled brown rice providing 45 g of available carbohydrates with a Glycemic Index (GI) of 50, while Food B is fresh watermelon providing only 10 g of available carbohydrates but with a higher GI of 72. Calculate the GL for both foods and determine which food would be a better choice for a diabetic individual. Justify your answer based on your calculations.	[CLO3, PLO1,C1]	3