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Daffodil International University
Department of Nutrition and Food Engineering
Faculty of Health and Life Sciences
BSc. in Nutrition and Food Engineering
Midterm Examination Fall 2025

Course Code: 0511-1105 **Course Title:** Basic Human Nutrition
Level and Term: L-1, T-1 **Section: 253 All** **Course Teacher Initials: FA, MMS, TA**
Time: 1.30 hours **Total Marks: 25**

Splitting any answer is strictly prohibited

			Marks
1	(a) Classify foods based on their function and provide one example for each category.	[CLO1,PLO1,C3]	2
	(b) Using the WHO conceptual framework of malnutrition, draw a framework for good nutrition.	[CLO1,PLO1,C2]	3
2	(a) Explain the steps involved in calculating the Glycemic Index (GI) of a food.	[CLO2,PLO1,C4]	2
	(b) Food A is ripe banana 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.	[CLO2,PLO1,C3]	3
3	(a) Differentiate between soluble, insoluble and functional fiber.	[CLO1,PLO1,C2]	2
	(b) Use a diagram to explain the role of dietary fiber in reducing the risk of cardiovascular diseases.	[CLO1,PLO1,C4]	3
4	(a) Define lactose intolerance and mention its primary cause.	[CLO1,PLO1,C1]	2
	(b) Classify carbohydrates based on releasing characteristics and provide one example of a food source for each category.	[CLO1,PLO1,C3]	3
5	(a) State the main functions of the skeletal, cardiac and smooth tissues.	[CLO1,PLO2,C1]	2
	(b) Identify the cell organelle that acts as the site for most cellular metabolic activities and write four of its functions.	[CLO1,PLO2,C3]	3