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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
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 animal 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 deficiency symptoms 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 functions of calcium in the human body.	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 lentils and wheat can be combined to form a complete protein diet for a vegetarian. Provide specific examples of foods and their amino acid contribution	CLO4, PLO1, C3	4
5.	a.	Select two food sources of folic acid 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