

TILAK MAHARASHTRAVIDYAPEETH, PUNE

M.SC. IN NUTRITION & FOOD SCIENCE

EXAMINATION : APRIL/MAY - 2025

SECOND SEMESTER

Sub. : Basic Diet from Kshemakutuhala (MSC24N-214TH)

Date: 02/05/2025

Total marks: 60

Time: 10.00 am to 12.30 pm

Instructions:

- 1) All questions are compulsory and carry equal marks.
- 2) Any kind of misconduct is punishable.

Q. 1 Fill in the right answer

(10)

1. According to *Kshemakutuhala*, eatable foods are of _____ types (according to consistency).
 - a) 4
 - b) 5
 - c) 3
 - d) 2
2. In Ancient times, following utensils were used for storage and cooking purposes.
 - a) Clay pot
 - b) Iron vessels
 - c) Wooden
 - d) All of above
3. *Kshemakutuhala* gives following directives regarding water drinking
 - a) One should not drink water when he is very much hungry.
 - b) Avoid drinking water before food.
 - c) Avoid drinking water in between meals.
 - d) All of the above
4. There are _____ Ritus (seasons) in a year.
 - a) 5
 - b) 4
 - c) 3
 - d) 6
5. Kapha gets aggravated in _____ Ritu.
 - a) sharad
 - b) Vasant
 - c) Grishma
 - d) Varsha
6. One should avoid _____ ahara (food) in Grishma Ritu.
 - a) Katu, Tikta
 - b) snigdha
 - c) madhur
 - d) laghu
7. The brush used for Teeth Cleaning should be _____ angula long in length.
 - a) 10
 - b) 12
 - c) 14
 - d) 16
8. There are _____ types of 'shaak'.
 - a) 2
 - b) 3
 - c) 4
 - d) 6

9. Which part of Amra tree is used for shaak preparation?
- a) Root
 - b) bark
 - c) Tender leaves
 - d) stem
10. _____ fruit and milk is an example of 'Viruddha Ahara'
- a) Sour
 - b) sweet
 - c) salty
 - d) bitter

Q. 2 Answer the following questions (Any 2) (30)

1. Write in detail about 'Bhojanvidhi' - Proper methods (Rules and Regulations) of eating meal.
2. Describe 'Rutucharya' with special reference to food Regime.
3. Write about 'Shakavarga' in detail.

Q. 3 Write Short Note (Any 4) (20)

1. Uddhulan Churna- Use, ingredients.
 2. Veshvar- Ingredients, method of preparation.
 3. Suranshakam- Types and benefits.
 4. Bharjitsundari- Benefits, preparation method.
 5. Maan Paribhasha (Measures of Quantity).
 6. Mahanas Structure and its importance
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