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M.SC. IN NUTRITION & FOOD SCIENCE
EXAMINATION : NOVEMBER / DECEMBER - 2025
FIRST SEMESTER

Sub. : Basic Principles of Nutrition Science (MSC24N-112TH)

Date: 26/11/2025

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. Marasmus is caused to the deficiency of _____.
 - a) Protein- energy
 - b) Fat only
 - c) Vit-B Complex
 - d) None of the above
2. Which of the following is a good source of iron?
 - a) Meat
 - b) Green leafy vegetables
 - c) Fortified Cereals
 - d) All of the above
3. _____ is the simplest amino acid.
 - a) Leucine
 - b) Tyrosine
 - c) Glycine
 - d) Methionine
4. _____ is also known as table sugar.
 - a) Glucose
 - b) Sucrose
 - c) Lactose
 - d) Maltose
5. 1 gm of fat gives _____ Kcals.
 - a) 4
 - b) 9
 - c) 15
 - d) 2
6. Deficiency of Iodine leads to _____.
 - a) Goiter
 - b) Scurvy
 - c) Spina bifida
 - d) Anemia
7. _____ is a rich source of omega fatty acids.
 - a) Peanuts
 - b) Fatty fish
 - c) Butter
 - d) Pork
8. Which enzyme breaks down proteins in the stomach?
 - a) Amylase
 - b) Lactase
 - c) Pepsin
 - d) Lipase
9. _____ the primary role of vitamins in the body.
 - a) Provide energy
 - b) Aid in chemical reactions
 - c) Maintain muscle mass
 - d) Store fat

10. _____ is essential for blood clotting.

- a) Vit D
- b) Calcium
- c) Vit K
- d) Both b & c

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

1. Give the classification of dietary fiber. Also elaborate on its functions & dietary sources.
2. What are proteins? Give its classification & functions.
3. What are fat soluble vitamins? Give their classification, functions & dietary sources.

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

1. Importance of essential fatty acids in the diet
 2. Differentiate between Kwashiorkor & Marasmus
 3. Functions & dietary sources of VitC
 4. Factors affecting BMR
 5. Beriberi
 6. Ca-functions, dietary sources & RDA
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