

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

Sub. : Basic Diet from Bojankutuhala (MSC24N-314TH)

Date: 27/11/2025

Total marks: 60

Time: 2.00 pm to 4.30 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. Yava is -----.
a) Ruksha
b) Laghu
c) Shita
d) All
2. Wet or fresh 'chanaka' is -----.
a) Shita
b) Ushna
c) Both
d) None
3. Types of Sarshapa (Mustard) are -----.
a) 3
b) 2
c) 4
d) 1
4. ----- is a type of Trunadhanya.
a) Kangu
b) Gondhuma
c) Jwari
d) Bajari
5. Pruthuka are pacifying -----.
a) Vata
b) Pitta
c) Kapha
d) All
6. Cumin seeds help in
a) Digestion
b) Promote taste
c) Treat vomiting and diarrhea
d) All
7. Camel Milk is ----- in taste
a) Sweet
b) slight sour
c) slight salty
d) Slight astringent
8. During meal, $1/4^{\text{th}}$ part of stomach should remain empty for
a) vata
b) solid Food
c) Liquid food
d) None
9. According to the consistency, curd has ---types
a) 3
b) 5
c) 4
d) 8
10. Milk of Buffalo is ---

- a) Causes weight loss
- c) Stimulate digestion

- b) Beneficial in insomnia
- d) All

Q. 2 Answer the following questions. (30)

1. Explain the shakvarga in detail with special reference to Patrashaka and their role in current scenario to maintain health.
2. Write about the Dhanyavarga with special reference to Trinadhanya and its co relation with Millets
3. Describe the importance of traditional Text of Bhojan Kutuhalam and its role maintaining health and wellness.

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

1. Navneeta (Butter) - Properties and health benefits
 2. kanda shaka-Types and benefits
 3. Explain the properties of spices a .Jiraka (Cummin seeds), Lavang (Clove) Marich (paper), Ela (Cardmom)
 4. Types of Harita
 5. Kacharya
 6. Types of Takra (buttermilk)
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