



**Daffodil**  
International  
University

**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	2
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