

TILAK MAHARASHTRAVIDYAPEETH, PUNE
M.SC. IN NUTRITION & FOOD SCIENCE
EXAMINATION : DECEMBER - 2023
SECOND SEMESTER

Sub. : Basic Diet from Kshemkutuhal and Bhojankutuhal (M.Sc. CB-214)

Date: 09/12/2023

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. There are _____ types of Shaaka.
a) 16
b) 17
c) 18
d) 19
2. The food cooked in copper pot can cause _____.
a) Aruchi & Amlapitta
b) Arsha
c) Udara
d) Pandu
3. Eating excess '*Tambula*' can cause _____.
a) Increase and vitiation of Pitta Dosha
b) Increase and vitiation of Kapha Dosha
c) Increase and vitiation of Vata Dosha
d) Increase and vitiation of all three Dosha
4. Yava is _____.
a) Ruksha
b) Guru
c) Snigdha
d) Manda
5. Curd should not be consumed
a) During day time
b) At night
c) In winter
d) In Varsha rutu
6. Lajja (Perched grains) are _____ in property.
a) Laghu
b) Guru
c) Snigdha
d) Sthira
7. Buffalo milk causes
a) Weight gain
b) sleep
c) Heaviness in body
d) All
8. 'Kulmasha' can be prepared from _____.
a) Godhum, Chanak
b) Shali, mudga
c) Pruthuka
d) Saktu
9. _____ is a type of Trinadhanya.
a) Kangu
b) Godhum
c) Jwari
d) Bajari

10. Madhita, ati madhita are the types of _____ .
- a) Curd
 - b) Milk
 - c) Buttermilk
 - d) Butter

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

1. Write in detail about the ancient culinary treatises 'Kshemkutuhalam'
2. Write 'Dugdhavarga' (Milk & milk products) in detail.
3. Describe 'Jalavarga' in detail.

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

1. Properties of cow milk
 2. Types of Shali (Rice) in short
 3. Udhulan churna
 4. Mahanasa (Kitchen) according to Kshemkutuhalam
 5. Types of Buttermilk
 6. Types of Godhum
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