

TILAK MAHARASHTRA VIDYAPEETH, PUNE
M.SC. IN NUTRITION & FOOD SCIENCE
EXAMINATION : APRIL/MAY - 2024
SECOND SEMESTER
Sub. : Basic Diet from Kshemkutuhul and Bhojankutuhul (M.Sc. CB-214)

Date: 30/04/2024

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. _____ dosha gets aggravated in vasanta ritu.
 - a) Kapha
 - b) Pitta
 - c) Vata
 - d) Tridosha
2. Ghee is beneficial in alleviating _____ dosha
 - a) Vata
 - b) Kapha
 - c) Pitta
 - d) All the above
3. Yava is _____
 - a) Ruksha
 - b) Sheeta
 - c) Svaadu
 - d) All the above
4. Water should be taken _____
 - a) Immediately after meal
 - b) During meal
 - c) Before meal
 - d) None of the above
5. Kushmanda is having _____ property
 - a) Sheeta
 - b) Guru
 - c) Brumhana
 - d) All the above
6. _____ rasa is taken first in diet.
 - a) Amla
 - b) Katu
 - c) Madhura
 - d) Lavana
7. _____ type of shali get riped in 60 days
 - a) Gaurashali
 - b) Raktashali
 - c) Shastikashali
 - d) Krishnashali
8. Buffalo milk causes _____
 - a) Heaviness in the body
 - b) Sleep
 - c) Weight gain
 - d) All the above
9. Eating food before digestion of prior meal is _____
 - a) Adhyashana
 - b) Atyashana
 - c) Vishamashana
 - d) None of the above

10. Bharjitasundari is a traditional recipe of _____
- a) Bilva
 - b) Bimbi
 - c) Kushmanda
 - d) Vrintaka

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

1. Write in detail about Shimbi varga.
2. Describe shakavarga in detail.
3. Write dugdhavarga (milk and milk products) in detail.

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

1. Types of shali and their properties.
 2. Wheat-properties and types.
 3. Rules of drinking water.
 4. Bhojana vidhi
 5. Spices (Sambhaara)
 6. Types of buttermilk.
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