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Question Bank

B.sc Home Science (Food Science & Nutrition)

Class: TY Subject: Human Nutrition

Unit- I

Vitamins: Fat Soluble Vitamins

Short Answer Question:

1. What is vitamin?
2. Deficiency symptoms of vitamin A.

Long Answer Question:

1. What is vitamin? Give history and its classification briefly.
2. State forms, sources, functions and deficiency symptoms of vitamin A.

Unit- II

Water Soluble Vitamins

Short Answer Question:

1. Sources of folic acid
2. Deficiency of vitamin C
3. Deficiency of Thiamin
4. Deficiency of Riboflavin

Long Answer Question:

1. What are the sources of vitamin c? State requirements, functions and deficiency symptoms of vitamin c.
2. What are the sources of folic acid? State requirements, functions and deficiency symptoms of folic acid.

Unit- III

Macro Minerals

Short Answer Question:

1. Give sources of sodium.
2. Give sources of Potassium.

Long Answer Question:

1. State the sources, RDA, functions and deficiency symptoms of calcium.
2. State the sources, RDA, functions and deficiency symptoms of phosphorus.

Unit- IV

Micro Minerals & Trace Elements

Short Answer Question:

1. RDA and toxicity of iron.
2. Toxicity of selenium.

Long Answer Question:

1. Write a note on sources, RDA and toxicity of iron.
2. Write a note on sources, RDA and toxicity of selenium.
3. Write a note on functions of zinc.
4. Write a note on deficiency of iodine.