

- Q.22 Write the difference between fortification and enrichment.
- Q.23 Write a brief note on hypercholesterolemia foods.
- Q.24 Give the difference between soluble and insoluble fibers.
- Q.25 Write a brief note on high energy foods.
- Q.26 Give a brief note on probiotic foods.
- Q.27 Write a brief note on anti-carcinogenic foods.
- Q.28 What type of food is advised for diabetic and obesity prevention?
- Q.29 Write a brief note on antioxidants.
- Q.30 Define geriatric food and give its importance.
- Q.31 What do you understand about non-nutrients foods?
- Q.32 Write the source and benefits of high energy foods.
- Q.33 What are dietary fibers? Explain their importance as functional foods.
- Q.34 What are the scopes of health and functional foods in India.
- Q.35 Write a brief note on organic food.

SECTION-D

- Note:** Long answer type questions. Attempt any two questions out of three questions. (2x10=20)
- Q.36 Write a detailed note on artificial sweeteners.
- Q.37 Define fortification of foods. Also give its importance and need.
- Q.38 Write the ingredients and procedure for making high fiber biscuits. Also give its health benefits.

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5th Sem / Food Technology Subject:- Health and Functional Foods

Time : 3Hrs. M.M. : 100

SECTION-A

Note: Multiple choice questions. All questions are compulsory (10x1=10)

- Q.1 Which of the following statements is true about probiotics?
- promote efficient functioning of digestion
 - beneficial bacteria which colonized in the intestinal tract
 - Stimulate and maintain natural immunity
 - All of the above
- Q.2 Which one of the following foods is not the functional food?
- Dietary fiber
 - Probiotics
 - Omega-3 polyunsaturated fatty acids
 - None of the above
- Q.3 _____ in the diet are starches
- Carbohydrates
 - Protein
 - Vitamin
 - None of the above
- Q.4 Probiotics are a combination of live _____ bacteria that naturally live in your body.

- Q.5 a) Beneficial b) harmful
 c) Essential d) None of the above
 Which of the following components are major nutrients in our food?
 a) Carbohydrates
 b) Lipids and proteins
 c) Vitamins and Minerals
 d) All of the above
- Q.6 Which of the following food items provides dietary fiber?
 a) Pulses
 b) Wholegrain
 c) Fruits and vegetables
 d) All of the above
- Q.7 Which of the following food components does not provide any nutrients?
 a) Milk b) Water
 c) Fruit Juice d) Vegetable soup
- Q.8 "F" Logo stands for?
 a) Food fortification
 b) Organic food
 c) Genetically modified food
 d) None of the above
- Q.9 Food fortification affects
 a) Appearance of food
 b) Smell of the food
 c) Taste of food
 d) No effect on organoleptic properties

- Q.10 Term used for live bacteria found in yogurt.
 a) Antibiotics b) Adjuvant
 c) Prebiotics d) Probiotics

SECTION-B

- Note:** Objective type questions. All questions are compulsory. (10x1=10)
- Q.11 Give full form of GMO.
 Q.12 Give full form of PUFA.
 Q.13 A product in which a probiotic and a prebiotic are combined is called _____. (Symbiotic/Antibiotics)
 Q.14 Fortified milk is a good source of vitamins A and D. (True/False)
 Q.15 Write the name of any two anti-carcinogenic foods.
 Q.16 Artificial sweeteners are helpful to diabetic and obese people. (True/False)
 Q.17 Give the name of any two common fermented foods that naturally contain probiotics.
 Q.18 Write one example of iron biofortification of food crops.
 Q.19 Omega 3 fatty acids reduce risk of heart disease, cancer, diabetes. (True/False)
 Q.20 Give the name of any two types of high protein foods.

SECTION-C

- Note:** Short answer type questions. Attempt any twelve questions out of fifteen questions. (12x5=60)
- Q.21 Describe the importance of dietary fiber in food.