

Q.21 Define fortification and enrichment and explain their importance in improving nutritional quality.

Q.22 Describe how foods like salt, atta (flour), and oil are fortified to address nutrient deficiencies.

Section-D

Note: Long answer questions. Attempt any two questions out of three Questions. (2x8=16)

Q.23 Define organic foods and describe the health benefits of consuming organic foods.

Q.24 Define the terms probiotics, prebiotics, and synbiotics foods with their example and health benefits.

Q.25 Explain the concept of genetically modified (GM) Foods and their potential health risks.

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5th Sem.

Branch : Food Technology

Subject : Health & Functional Foods

Time : 3 Hrs.

M.M. : 60

SECTION-A

Note: Multiple Choice Questions. All Questions are compulsory. (6x1=6)

Q.1 What is the primary goal of health and functional foods?

- a) To replace pharmaceuticals
- b) To enhance overall health and prevent diseases
- c) To increase energy levels only
- d) To replace natural food ingredients

Q.2 Health foods in India are regulated by which authority?

- a) FDA
- b) FSSAI
- c) WHO
- d) FAO

Q.3 Nutraceuticals are important for health because they:

- a) Cure all diseases
- b) Provide essential nutrients & prevent chronic diseases
- c) Replace all dietary needs
- d) Are consumed as snacks

- Q.4 What is the primary function of antioxidants in the body?
- Increase energy production
 - Protect cells from damage caused by free radicals
 - Add flavor to food
 - Increase fat accumulation
- Q.5 Which of the following is an example of a nutraceutical?
- White bread
 - Omega-3 supplements
 - Candy
 - Carbonated beverages
- Q.6 Which food is an example of a functional food with anti-carcinogenic properties?
- Green tea
 - French fries
 - Soft drinks
 - Ice cream

Section-B

Note: Objective/Completion type questions. All questions are compulsory. (6x1=6)

- Q.7 Fiber is important for maintaining digestive health and preventing constipation. (True/False)
- Q.8 Enrichment involves adding back nutrients that were lost during food processing. (True/False)
- Q.9 Fortified foods are always healthier than non fortified foods. (True/False)
- Q.10 Health drinks and juices can be enriched to increase

their nutritional value. (True/False)

- Q.11 Genetically modified foods are always harmful to human health. (True/False)
- Q.12 Organic foods typically contain more nutrients than conventionally grown foods. (True/False)

Section-C

Note: Short answer type Question. Attempt any eight questions out of Ten Questions. (8x4=32)

- Q.13 Discuss the properties of various functional foods available in the India market.
- Q.14 Give examples of functional foods that are commonly consumed in India.
- Q.15 Summarize the effects to hypoglycemic foods on managing diabetes.
- Q.16 How do antioxidants contribute to maintaining good health?
- Q.17 Differentiate between fortified and enriched foods.
- Q.18 Give example of geriatric food designed for the elderly population.
- Q.19 Describe the importance of dietary fiber in disease prevention.
- Q.20 Explain the different types of fiber and how they impact digestion and overall health.