

- Q.20 Summarize the effects of hypoglycemic foods on managing diabetes.
- Q.21 Explain briefly the functional food constituents that help lower cholesterol levels (hypcholesterolemic foods).
- Q.22 Differentiate between nutraceuticals and conventional dietary supplements.

### **SECTION-D**

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

- Q.23 Describe the current status and scope of health and functional food in India.
- Q.24 Define the terms fortified, enriched and biofortified foods with their example and health benefits.
- Q.25 Describe in brief the role of anti-carcinogenic foods in cancer prevention.

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### **5th Sem / Food Technology**

#### **Subject : Health and Functional Foods**

Time : 3 Hrs.

M.M. : 60

### **SECTION-A**

**Note:** Multiple choice questions. All questions are compulsory (6x1=6)

- Q.1 Hypoglycemic foods are important because they:
- a) Lower blood pressure
  - b) Reduce cholesterol levels
  - c) Help in lowering blood sugar levels
  - d) Increase calorie intake
- Q.2 Anti-carcinogenic foods are known for:
- a) Increasing the risk of cancer
  - b) Reducing the risk of cancer development
  - c) Containing high fat
  - d) Increasing blood sugar levels
- Q.3 Which of the following is considered a hypcholesterolemic food?
- a) Oats
  - b) White bread
  - c) Soft drinks
  - d) Chocolate

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- Q.4 Which of the following is a rich source of antioxidants?
- a) Blueberries
  - b) French fries
  - c) Soda
  - d) Processed meat
- Q.5 Which of the following describes a probiotic food?
- a) Food with added sugar
  - b) Food containing live beneficial bacteria for gut health
  - c) High-fat processed food
  - d) Food low in protein
- Q.6 Which of the following is an example of a nutraceutical?
- a) Caffeine
  - b) Vitamin D supplement
  - c) Chips
  - d) Artificial Sweeteners

## SECTION-B

**Note:** Objective/ Completion type questions. All questions are compulsory.  $(6 \times 1 = 6)$

- Q.7 Fortification refers to the addition of nutrients to food that normally do not contain them. (True/False)
- Q.8 Salt, flour (atta), and cooking oil can be fortified with vitamins and minerals. (True/False)

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- Q.9 Organic foods are grown without the use of synthetic pesticides or fertilizers. (True/False)
- Q.10 Whole grains, fruits, and vegetables are good sources of dietary fiber. (True/False)
- Q.11 Soluble fiber can help lower cholesterol levels and regulate blood sugar. (True/False)
- Q.12 Most people consume enough fiber in their diet. (True/False)

## SECTION-C

**Note:** Short answer type questions. Attempt any eight questions out of ten questions.  $(8 \times 4 = 32)$

- Q.13 Summarize the importance of nutraceuticals in promoting overall health.
- Q.14 How does fiber contribute to reducing the risk of chronic diseases like heart disease?
- Q.15 Differentiate between soluble and insoluble fiber in terms of their health benefits.
- Q.16 Differentiate between probiotics and prebiotics foods.
- Q.17 Discuss about high-protein foods consumed in India.
- Q.18 Discuss the benefits of enriched food like juices and health drinks.
- Q.19 Differentiate between organic foods and genetically modified foods

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