

- Q.24 Name three types of healthy and functional foods and describe their properties.
- Q.25 Define anti-carcinogenic foods? Provide examples.
- Q.26 Explain the concept of hypocholesterolemia foods.
- Q.27 How do hypoglycemic foods contribute to managing blood sugar levels?
- Q.28 Define antioxidants, and why are they important for health?
- Q.29 Give the difference between fortified and enriched foods?
- Q.30 Define biofedic foods and discuss their significance.
- Q.31 Discuss the importance of high protein foods in the diet.
- Q.32 Define probiotic foods, and how do they benefit health?
- Q.33 Explain the role of prebiotics in gut health.
- Q.34 Differentiate between high and low energy foods.
- Q.35 Explain the importance of dietary fiber in maintaining health and preventing diseases.

Section-D

Note: Long answer questions. Attempt any two question out of three Questions. $(2 \times 10 = 20)$

- Q.36 Define organic foods. Explain the principles of organic farming practices and how they differ from conventional agriculture.
- Q.37 Discuss the role of artificial sweeteners in the food industry and their impact on health. Provide examples and explain their potential benefits and risks.
- Q.38 Define antioxidants. Give name, sources, and importance of antioxidants.

No. of Printed Pages : 4
Roll No.

181153/121153/031153

**5th Sem., Branch : Food Tech.
Subject : Health & Functional Foods**

Time : 3 Hrs. M.M. : 100

SECTION-A

Note: Multiple type Questions. All Questions are compulsory. $(10 \times 1 = 10)$

- Q.1 Which of the following food constituents is responsible for anti-carcinogenic effects?
 a) Vitamin C b) Omega 3 fatty acids
 c) Antioxidants d) Phytochemicals
- Q.2 Which type of food is specifically beneficial for preventing high cholesterol levels?
 a) High protein foods
 b) Hypoglycemic foods
 c) Hypocholesterolemic foods
 d) High energy foods
- Q.3 What is the primary role of fiber in promoting health?
 a) Regulating blood sugar levels
 b) Providing essential vitamins & minerals
 c) Preventing constipation
 d) Enhancing muscle growth and repair
- Q.4 Which term describes the process of adding essential nutrients to foods?
 a) Enrichment b) Fortification
 c) Fermentation d) Preservation

- Q.5 Which food item is commonly fortified with essential nutrients such as iodine?
- Rice
 - Sugar
 - Salt
 - Flour
- Q.6 Why is fiber important in geriatric foods?
- It helps with weight gain
 - It aids in digestion and prevents constipation
 - Increases the risk of cardiovascular disease
 - It leads to rapid energy spikes
- Q.7 Which mineral is often supplemented in geriatric foods to prevent anemia?
- Iron
 - Zinc
 - Magnesium
 - Potassium
- Q.8 Which of the following is a potential benefit of consuming organic foods?
- Reduced exposure to pesticide residues
 - Increased risk of food borne illnesses
 - Higher levels of synthetic additives
 - Lower cost compared to conventionally grown foods
- Q.9 What is the primary concern associated with genetically modified (GM) Foods?
- Allergic reactions
 - Increased nutrient content
 - Enhanced crop yield
 - Potential health and environmental risks
- Q.10 Organic foods are produced without the use of:
- Synthetic pesticides and fertilizers
 - Genetic engineering techniques
 - Natural fertilizers and pesticides
 - Chemical preservatives & additives

Section-B

Note: Objective type questions. All questions are compulsory.
(10x1=10)

- Q.11 Antioxidants help in neutralizing free radicals in the body. (True/False)
- Q.12 Fortified foods are those that have essential nutrients added to them during processing. (True/False)
- Q.13 Enriched foods typically have nutrients removed during processing. (True/False)
- Q.14 Probiotic foods contain beneficial bacteria that promote gut health. (True/False)
- Q.15 Enrichment refers to the process of removing nutrients from foods during processing. (True/False)
- Q.16 GM foods have been genetically altered to enhance their nutritional value. (True/False)
- Q.17 Organic foods are produced using synthetic pesticides and fertilizers. (True/False)
- Q.18 High protein foods are beneficial for muscle repair and growth. (True/False)
- Q.19 Biofertilic foods are those that promote biodiversity in agriculture. (True/False)
- Q.20 Probiotic foods are commonly found in dairy products such as yogurt. (True/False)

Section-C

Note: Short answer type Question. Attempt any twelve questions out of fifteen Questions.
(12x5=60)

Q.21 Define health and functional foods?

Q.22 Give the scope of health and functional foods in India?

Q.23 How do nutraceuticals differ from conventional pharmaceuticals?