

- Q.27 What is Omega-3 fatty acid? What is its significance in body?
- Q.28 Define nutraceuticals and functional foods. Differentiate between these two.
- Q.29 What is the health uses of Choline and Lecithin?
- Q.30 Name the herbs and their function as nutraceutical.
- Q.31 Heart patients are given which type of diet and why?
- Q.32 Why phytochemicals are important?
- Q.33 What do you mean by organic foods? Are they really important for us?
- Q.34 Why PUFAs are important?
- Q.35 Why are high energy food recommended to some patients? Give example of high energy food.

SECTION-D

- Note:** Long answer type questions. Attempt any two questions out of three questions. (2x10=20)
- Q.36 What are dietary fibers? Explain their importance in disease prevention and health promotion.
- Q.37 What are the properties of health and functional foods? Explain the types and importance of health and functional foods.
- Q.38 What is the difference between fortification and enrichment? Give example of different fortified and enriched foods.

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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 What is the full form of FOSHU?
 a) Food for specified health use
 b) Food for special health use
 c) Food for special hand use
 d) None of the above
- Q.2 What is full form of FSSAI?
 a) Food safety and standards authority of India
 b) Food soil and sand authority of India
 c) Food soap and standard authority of India
 d) None of the above
- Q.3 Example of Nutraceuticals are
 a) Beta-carotene and lycopene
 b) Cholesterol and fats
 c) Protein and carbohydrates
 d) None of the above
- Q.4 Fish oil is significant source of
 a) Omega-3 fatty acid b) Protein
 c) Vitamins d) All of the above

- Q.5 Eating nuts reduce the risk of
 a) Liver Disease b) Heart Disease
 c) Eye Disease d) Infections Disease
- Q.6 Most dairy products are rich source of
 a) Vitamin K b) Vitamin C
 c) Vitamin D d) All of the above
- Q.7 Low density Lipo-protein (LDL)is popularly called as
 a) Mix Cholesterol b) Bad Cholesterol
 c) Low Cholesterol d) High Cholesterol
- Q.8 Hypoglycemic foods are _____ food
 a) Which increase the blood glucose level
 b) Which help reduce blood glucose level
 c) Which reduce fever
 d) Which cause fever
- Q.9 Antioxidants are substances
 a) Which cause pain
 b) Which cause nausea
 c) Which retards / prevent deterioration, damage or destruction caused by oxidation
 d) Which cause diabetes
- Q.10 Food fortification involves
 a) Addition of bacteria to foods
 b) Addition of nutrients to foods
 c) Addition of poison to food
 d) Removal of nutrients from foods

SECTION-B

- Note:** Objective type questions. All questions are compulsory. (10x1=10)
- Q.11 Define Anti-Carcinogenic substances.
 Q.12 What are Hypocholesterolemic foods?
 Q.13 Define Hyperglycemic food.
 Q.14 What is a Prebiotic?
 Q.15 Why Celiac disease happens?
 Q.16 Define Obesity.
 Q.17 Name two fruits rich in Ascorbic Acid.
 Q.18 What is Symbiosis?
 Q.19 Why Beta-Glucans are included in health food?
 Q.20 Name any two phytochemicals used as nutraceutical.

SECTION-C

- Note:** Short answer type questions. Attempt any twelve questions out of fifteen questions. (12x5=60)
- Q.21 What are Oligosaccharides? How they are beneficial to health?
 Q.22 What is Diabetes? Explain.
 Q.23 What is Riboflavin? Why is it important in maintaining good health?
 Q.24 Explain Glycemic index (GI). Why is it important to consider GI of a particular food for diabetic patient?
 Q.25 Explain the importance of MUFA.
 Q.26 Why athletes and sportsperson need high protein foods? Give example of high protein foods from plant sources.