

- 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 prebotics 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. (2x10=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.

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### 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. (10x1=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?
- a) Rice                                      b) Sugar  
c) Salt                                        d) Flour
- Q.6 Why is fiber important in geriatric foods?
- a) It helps with weight gain  
b) It aids in digestion and prevents constipation  
c) It increases the risk of cardiovascular disease  
d) It leads to rapid energy spikes
- Q.7 Which mineral is often supplemented in geriatric foods to prevent anemia?
- a) Iron                                        b) Zinc  
c) Magnesium                              d) Potassium
- Q.8 Which of the following is a potential benefit of consuming organic foods?
- a) Reduced exposure to pesticide residues  
b) Increased risk of food borne illnesses  
c) Higher levels of synthetic additives  
d) Lower cost compared to conventionally grown foods
- Q.9 What is the primary concern associated with genetically modified (GM) Foods?
- a) Allergic reactions  
b) Increased nutrient content  
c) Enhanced crop yield  
d) Potential health and environmental risks
- Q.10 Organic foods are produced without the use of:
- a) Synthetic pesticides and fertilizers  
b) Genetic engineering techniques  
c) Natural fertilizers and pesticides  
d) 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 Biofedic 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?