

- Q.22 Write the difference between fortification and enrichment.
- Q.23 Write a brief note on hypercholesterolemia foods.
- Q.24 Give the difference between soluble and insoluble fibers.
- Q.25 Write a brief note on high energy foods.
- Q.26 Give a brief note on probiotic foods.
- Q.27 Write a brief note on anti-carcinogenic foods.
- Q.28 What type of food is advised for diabetic and obesity prevention?
- Q.29 Write a brief note on antioxidants.
- Q.30 Define geriatric food and give its importance.
- Q.31 What do you understand about non-nutrients foods?
- Q.32 Write the source and benefits of high energy foods.
- Q.33 What are dietary fibers? Explain their importance as functional foods.
- Q.34 What are the scopes of health and functional foods in India.
- Q.35 Write a brief note on organic food.

SECTION-D

- Note:** Long answer type questions. Attempt any two questions out of three questions. (2x10=20)
- Q.36 Write a detailed note on artificial sweeteners.
- Q.37 Define fortification of foods. Also give its importance and need.
- Q.38 Write the ingredients and procedure for making high fiber biscuits. Also give its health benefits.

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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 Which of the following statements is true about probiotics?
- promote efficient functioning of digestion
 - beneficial bacteria which colonized in the intestinal tract
 - Stimulate and maintain natural immunity
 - All of the above
- Q.2 Which one of the following foods is not the functional food?
- Dietary fiber
 - Probiotics
 - Omega-3 polyunsaturated fatty acids
 - None of the above
- Q.3 _____ in the diet are starches
- Carbohydrates
 - Protein
 - Vitamin
 - None of the above
- Q.4 Probiotics are a combination of live _____ bacteria that naturally live in your body.

- a) Beneficial b) harmful
c) Essential d) None of the above
- Q.5 Which of the following components are major nutrients in our food?
a) Carbohydrates
b) Lipids and proteins
c) Vitamins and Minerals
d) All of the above
- Q.6 Which of the following food items provides dietary fiber?
a) Pulses
b) Wholegrain
c) Fruits and vegetables
d) All of the above
- Q.7 Which of the following food components does not provide any nutrients?
a) Milk b) Water
c) Fruit Juice d) Vegetable soup
- Q.8 "F" Logo stands for?
a) Food fortification
b) Organic food
c) Genetically modified food
d) None of the above
- Q.9 Food fortification affects
a) Appearance of food
b) Smell of the food
c) Taste of food
d) No effect on organoleptic properties

- Q.10 Term used for live bacteria found in yogurt.
a) Antibiotics b) Adjuvant
c) Prebiotics d) Probiotics

SECTION-B

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

- Q.11 Give full form of GMO.
Q.12 Give full form of PUFA.
Q.13 A product in which a probiotic and a prebiotic are combined is called _____. (Symbiotic/Antibiotics)
Q.14 Fortified milk is a good source of vitamins A and D. (True/False)
Q.15 Write the name of any two anti-carcinogenic foods.
Q.16 Artificial sweeteners are helpful to diabetic and obese people. (True/False)
Q.17 Give the name of any two common fermented foods that naturally contain probiotics.
Q.18 Write one example of iron biofortification of food crops.
Q.19 Omega 3 fatty acids reduce risk of heart disease, cancer, diabetes. (True/False)
Q.20 Give the name of any two types of high protein foods.

SECTION-C

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

- Q.21 Describe the importance of dietary fiber in food.