

- Q.25 What is the role of anti-caking agents? Name any two anti-caking agents.
- Q.26 What are food additives and why they are required?
- Q.27 What is infant food? How it is formulated?
- Q.28 Why juices and health drinks are enriched?
- Q.29 Which foods are not recommended in kidney stones and why?
- Q.30 Why bodybuilders are recommended high protein foods. Give example of high protein foods from animal sources.
- Q.31 What is nutrigenomics?
- Q.32 What is the function of anti-oxidants in foods? Give examples of foods rich in anti-oxidants.
- Q.33 What is the difference between fortification and enrichment?
- Q.34 What do you understand by Genetically Modified (GM) foods? Give examples.
- Q.35 Give the importance of four nutraceuticals.

SECTION-D

- Note:** Long answer type questions. Attempt any two questions out of three questions. (2x10=20)
- Q.36 Why nutraceuticals are important? Explain different types of nutraceuticals with their applications.
- Q.37 What is the importance of dietary fiber in promoting health and prevention of diseases?
- Q.38 What do you mean by organic and Genetically Modified (GM) foods? What are their health benefits and disadvantages?

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Roll No.

5th Sem / Food Tech.

Subject:- Health and Functional Foods

Time : 3Hrs.

M.M. : 100

SECTION-A

Note: Multiple choice questions. All questions are compulsory (10x1=10)

- Q.1 Probiotics are
- Micro-organism that cause disease
 - Micro-organism such as bacteria and yeast that are believed to improve health
 - Vitamin
 - Proteins
- Q.2 Example of artificial sweetness are
- Benzene and toluene
 - Saccharine and aspartame
 - Protein and Carbohydrates
 - Fat and Vitamin
- Q.3 Fibre or roughage is important
- For good eyesight
 - For healthy joints
 - For healthy bones
 - To have a healthy digestive system and proper bowel function

- Q.4 Two broad type of fibre are
 a) Solid and liquid fibre
 b) Soluble and insoluble fibre
 c) Large and small fibre
 d) None of the above
- Q.5 Disease associated with iodine deficiency is
 a) Hypertension b) Goiter
 c) Fever d) Rickets
- Q.6 Write full form of GM food
 a) Generally good foods
 b) Genetically modified foods
 c) Germ modified food
 d) All of the above
- Q.7 Cooking oil is fortified with
 a) Vitamin C b) Vitamin B
 c) Vitamin A d) None of the above
- Q.8 WHO stands for
 a) Whole health organisation
 b) World Health organisation
 c) World Health organism
 d) world head organisation
- Q.9 Food enrichment is defined as
 a) Addition of micro-nutrients to a food which are last during processing
 b) Addition of microbes to the food
 c) Addition of oil to food
 d) Addition of soil to food

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- Q.10 Prebiotics are
 a) Viruses
 b) Bacteria
 c) Several fibrous elements that occur naturally in the foods such as insulins and fructo-oligosaccharides
 d) All of the above

SECTION-B

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

- Q.11 Who said these words "Let food be thy medicine."
 Q.12 What is Hypercholesterolemia?
 Q.13 What are Anti-oxidants?
 Q.14 Define Hypoglycemic foods.
 Q.15 What are Probiotics?
 Q.16 What is Gluten intolerance?
 Q.17 What are Anti foaming agents?
 Q.18 What is Lycopene?
 Q.19 Name two fruits rich in Vitamin-C.
 Q.20 What are Stabilizers?

SECTION-C

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

- Q.21 What is PUFA? Explain its health benefit.
 Q.22 What is Beta -Carbonate ?Why it is required in human body?
 Q.23 Why thiamin is important for human beings?
 Q.24 What are Bulking Agents and why they are used in food?

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