

- Q.21 Define fortification and enrichment and explain their importance in improving nutritional quality.
- Q.22 Describe how foods like salt, atta (flour), and oil are fortified to address nutrient deficiencies.

No. of Printed Pages : 4
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Section-D

Note: Long answer questions. Attempt any two question out of three Questions. (2x8=16)

- Q.23 Define organic foods and describe the health benefits of consuming organic foods.
- Q.24 Define the terms probiotics, prebiotics, and symbiotics foods with their example and health benefits.
- Q.25 Explain the concept of genetically modified (GM) Foods and their potential health risks.

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

Time : 3 Hrs.

M.M. : 60

SECTION-A

Note: Multiple Choice Questions. All Questions are compulsory. (6x1=6)

- Q.1 What is the primary goal of health and functional foods?
- a) To replace pharmaceuticals
 - b) To enhance overall health and prevent diseases
 - c) To increase energy levels only
 - d) To replace natural food ingredients
- Q.2 Health foods in India are regulated by which authority?
- a) FDA
 - b) FSSAI
 - c) WHO
 - d) FAO
- Q.3 Nutraceuticals are important for health because they:
- a) Cure all diseases
 - b) Provide essential nutrients & prevent chronic diseases
 - c) Replace all dietary needs
 - d) Are consumed as snacks

- Q.4 What is the primary function of antioxidants in the body?
- Increase energy production
 - Protect cells from damage caused by free radicals
 - Add flavor to food
 - Increase fat accumulation
- Q.5 Which of the following is an example of a nutraceutical?
- White bread
 - Omega-3 supplements
 - Candy
 - Carbonated beverages
- Q.6 Which food is an example of a functional food with anti-carcinogenic properties?
- Green tea
 - French fries
 - Soft drinks
 - Ice cream

Section-B

Note: Objective/Completion type questions. All questions are compulsory. $(6 \times 1 = 6)$

- Q.7 Fiber is important for maintaining digestive health and preventing constipation. (True/False)
- Q.8 Enrichment involves adding back nutrients that were lost during food processing. (True/False)
- Q.9 Fortified foods are always healthier than non fortified foods. (True/False)
- Q.10 Health drinks and juices can be enriched to increase

- their nutritional value. (True/False)
- Q.11 Genetically modified foods are always harmful to human health. (True/False)
- Q.12 Organic foods typically contain more nutrients than conventionally grown foods. (True/False)

Section-C

Note: Short answer type Question. Attempt any eight questions out of Ten Questions. $(8 \times 4 = 32)$

- Q.13 Discuss the properties of various functional foods available in the India market.
- Q.14 Give examples of functional foods that are commonly consumed in India.
- Q.15 Summarize the effects to hypoglycemic foods on managing diabetes.
- Q.16 How do antioxidants contribute to maintaining good health?
- Q.17 Differentiate between fortified and enriched foods.
- Q.18 Give example of geriatric food designed for the elderly population.
- Q.19 Describe the importance of dietary fiber in disease prevention.
- Q.20 Explain the different types of fiber and how they impact digestion and overall health.