

- Q.28 Describe the role of organic foods in relation to health.
- Q.29 How to prepare high fiber biscuit?
- Q.30 What are the sources and functions of proteins as functional foods?
- Q.31 How to prepare malt based drink.
- Q.32 Define functional foods and also give their properties.
- Q.33 Write a note on health drinks and enriched juices.
- Q.34 How and why the oil and salt are fortified.
- Q.35 Give a brief note on high energy foods.

#### **SECTION-D**

**Note :** Long Answer type question. Attempt any two questions.  $(2 \times 10 = 20)$

- Q.36 Define artificial sweeteners and also explain different types of artificial sweeteners.
- Q.37 What are dietary fibers? Explain their importance as functional foods.
- Q.38 Define anti-oxidants. Give name, sources and importance of anti-oxidantents.

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

**Time : 3 Hrs.**

**M.M. : 100**

#### **SECTION-A**

Note : Multiple choice questions. All questions are compulsory.  $(10 \times 1 = 10)$

- Q.1 Which of the following in Non-Prebiotics foods?  
a) Tomato      b) Banana  
c) Chicory root      d) None of the above
- Q.2 Which of the following is high protein food?  
a) Grains      b) Fish and meat  
c) Citrus fruits      d) All of the above
- Q.3 Which of the following is defined as food, or parts of food, that provide medical or health benefits, including the prevention and treatment of disease?  
a) Nutraceuticals      b) Functional Foods  
c) Dietary supplement      d) Pharmaceuticals
- Q.4 The condition in which the body does not properly process food for use as energy.  
a) Heart disease      b) Diabetes  
c) Anemia      d) None of the above
- Q.5 Which of the following is an example of artificial sweetener?

- a) Aspartame      b) Dextrose  
 c) Both A & B      d) None of the above
- Q.6 Which of the following dietary faults are associated with obesity:  
 a) Excess fat      b) Too much sugar  
 c) Lack of fiber      d) All of the above
- Q.7 Fortification of edible oil is a form of oil manufactured with added \_\_\_\_\_ and \_\_\_\_\_.  
 a) Iron/Iodine      b) Vitamin A & D  
 c) Both A & B      d) None of the above
- Q.8 Which of the following does contain antioxidant?  
 a) Pizza      b) Berries  
 c) Chocolate      d) All of the above
- Q.9 Which of the following is the example of geriatric foods?  
 a) Oat Meal      b) Vegetables  
 c) Lean Meat      d) All of the above
- Q.10 Which of the following is the example of GM Foods?  
 a) Corn      b) Alfalfa  
 c) Both A & B      d) None of the above

### SECTION-B

- Note :** Objective type questions. All questions are compulsory. (10x1=10)
- Q.11 Anticarcinogens are chemical substances that work against the processes that lead to cancer. (True/False)

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- Q.12 Give full form of HDI.
- Q.13 \_\_\_\_\_ is where nutrients lost during food processing are replaced. (Substitution/Restoration)
- Q.14 \_\_\_\_\_ is a natural sugar. (Saccharin/Dextrose)
- Q.15 Give name of any two hypoglycemic foods.
- Q.16 Give full form of GRAS.
- Q.17 Name any two types of natural antioxidants.
- Q.18 Name any two types of fiber rich foods.
- Q.19 Give full form of FAO.
- Q.20 A “Mixture” between probiotics and prebiotics, which exert synergistic action on human health, it is called \_\_\_\_\_ food.

### SECTION-C

- Note :** Short answer type questions. Attempt any twelve questions out of fifteen questions. (12x5=60)
- Q.21 Write a brief note on hypocholesterolemic foods.
- Q.22 Define enrichment of food and also its importance.
- Q.23 Define prebiotics foods and its health benefits.
- Q.24 Write about nutraceuticals and dietary supplements used for the management of diabetics and high BP.
- Q.25 Give the difference between prebiotics and probiotics food.
- Q.26 Write a brief note on high protein foods.
- Q.27 Give the difference between soluble and insoluble fibers.

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