

- Q.27 What is Omega-3 fatty acid? What is its significance in body?
- Q.28 Define nutraceuticals and functional foods. Differentiate between these two.
- Q.29 What is the health uses of Choline and Lecithin?
- Q.30 Name the herbs and their function as nutraceutical.
- Q.31 Heart patients are given which type of diet and why?
- Q.32 Why phytochemicals are important?
- Q.33 What do you mean by organic foods? Are they really important for us?
- Q.34 Why PUFAs are important?
- Q.35 Why are high energy food recommended to some patients? Give example of high energy food.

#### SECTION-D

- Note:** Long answer type questions. Attempt any two questions out of three questions. (2x10=20)
- Q.36 What are dietary fibers? Explain their importance in disease prevention and health promotion.
- Q.37 What are the properties of health and functional foods? Explain the types and importance of health and functional foods.
- Q.38 What is the difference between fortification and enrichment? Give example of different fortified and enriched foods.

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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 What is the full form of FOSHU?
- Food for specified health use
  - Food for special health use
  - Food for special hand use
  - None of the above
- Q.2 What is full form of FSSAI?
- Food safety and standards authority of India
  - Food soil and sand authority of India
  - Food soap and standard authority of India
  - None of the above
- Q.3 Example of Nutraceuticals are
- Beta-carotene and lycopene
  - Cholesterol and fats
  - Protein and carbohydrates
  - None of the above
- Q.4 Fish oil is significant source of
- Omega-3 fatty acid
  - Protein
  - Vitamins
  - All of the above

- Q.5 Eating nuts reduce the risk of
- Liver Disease
  - Heart Disease
  - Eye Disease
  - Infections Disease
- Q.6 Most dairy products are rich source of
- Vitamin K
  - Vitamin C
  - Vitamin D
  - All of the above
- Q.7 Low density Lipo-protein (LDL) is popularly called as
- Mix Cholesterol
  - Bad Cholesterol
  - Low Cholesterol
  - High Cholesterol
- Q.8 Hypoglycemic foods are \_\_\_\_\_ food
- Which increase the blood glucose level
  - Which help reduce blood glucose level
  - Which reduce fever
  - Which cause fever
- Q.9 Antioxidants are substances
- Which cause pain
  - Which cause nausea
  - Which retards / prevent deterioration, damage or destruction caused by oxidation
  - Which cause diabetes
- Q.10 Food fortification involves
- Addition of bacteria to foods
  - Addition of nutrients to foods
  - Addition of poison to food
  - Removal of nutrients from foods

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## SECTION-B

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

- Q.11 Define Anti-Carcinogenic substances.
- Q.12 What are Hypocholesterolemic foods?
- Q.13 Define Hyperglycemic food.
- Q.14 What is a Prebiotic?
- Q.15 Why Celiac disease happens?
- Q.16 Define Obesity.
- Q.17 Name two fruits rich in Ascorbic Acid.
- Q.18 What is Symbiosis?
- Q.19 Why Beta-Glucans are included in health food?
- Q.20 Name any two phytochemicals used as nutraceutical.

## SECTION-C

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

- Q.21 What are Oligosaccharides? How they are beneficial to health?
- Q.22 What is Diabetes? Explain.
- Q.23 What is Riboflavin? Why is it important in maintaining good health?
- Q.24 Explain Glycemic index (GI). Why is it important to consider GI of a particular food for diabetic patient?
- Q.25 Explain the importance of MUFA.
- Q.26 Why athletes and sportsperson need high protein foods? Give example of high protein foods from plant sources.

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