

- Q.25 Write a brief note on symbiotic food.
 Q.26 Describe the role of organic foods in relation to health.
 Q.27 Write a brief discussion on various factors for obesity.
 Q.28 Give definition of nutraceuticals and role of nutraceuticals.
 Q.29 Define dietary fibers and why dietary fibers are important for gut health.
 Q.30 Write a brief note on biofecic food.
 Q.31 Write definitions of artificial sweeteners and its health.
 Q.32 Give a relationship between food, nutrition, health and disease.
 Q.33 Write a brief note on GM foods.
 Q.34 What type is required for anemic patients and a sports person.
 Q.35 Give a brief note on high energy foods.

SECTION-D

- Note:** Long answer type questions. Attempt any two questions out of three questions. (2x10=20)
 Q.36 Define prebiotic foods and its health benefits.
 Q.37 Write a detailed note on enrichment and fortification of food and its importance.
 Q.38 Define and classify nutraceuticals with examples.

No. of Printed Pages : 4 181153/121153/031153
 Roll No.

5th Sem / Branch : Food Tech.
Sub.: Health & 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 food items is the best source of plant proteins?
 a) Milk b) Egg
 c) Legumes d) Cheese
 Q.2 Goiter and the enlarged thyroid gland are with deficiencies of which of the following minerals?
 a) Iron b) Iodine
 c) Calcium d) None of the above
 Q.3 Name a food which is not considered as Prebiotic?
 a) Onion b) Garlic
 c) Potato d) Barley
 Q.4 Which of the following terms is used to refer to beneficial bacteria?
 a) Antipests b) Probiotics
 c) Antiviral d) Antibody
 Q.5 Which of the following does not contain antioxidants?
 a) Chocolate b) Coffee
 c) Nuts d) None of the above

- Q.6 Which of the following drinks has the highest antioxidant activity?
- Orange Juice
 - Milk
 - Red Wine
 - Black Tea (no milk or sugar)
- Q.7 Which of the following does not have antioxidant qualities?
- Vitamin E
 - Vitamin K
 - Calcium
 - All of the above
- Q.8 _____ is the medical term for low blood sugar.
- Antibiotics
 - Hypoglycemia
 - Genetically modified food
 - Probiotics
- Q.9 Which of the following is a type of artificial sweetener?
- Aspartame
 - Sucralose
 - Acesulfame potassium
 - All of the above
- Q.10 Nutraceutical is a food or food component that has been shown to?
- Curative effect on disease
 - Beneficial effect on health beyond basic nutrition
 - Preventive effect on diseases
 - Anti Aging effect

SECTION-B

- Note:** Objective type questions. All questions are compulsory. (10x1=10)
- Q.11 Dietary fiber is a type of nutraceutical. (True/False)
- Q.12 Full form of GM foods.
- Q.13 The most successful example of a bio fortified crop is _____. (Golden Rice/Apple).
- Q.14 Give the name of any two artificial sweeteners.
- Q.15 Give the full form of GMO _____.
- Q.16 Spinach protects gut health and is an outstanding source of prebiotic. (True/False)
- Q.17 Write one disadvantage of fortification of food.
- Q.18 What fruit is highest in antioxidants? (Blue berries/ Aspartame)
- Q.19 Write one example of zinc bio fortification of food crops.
- Q.20 Give the name of any two low protein foods.

SECTION-C

- Note:** Short answer type questions. Attempt any twelve questions out of fifteen questions. (12x5=60)
- Q.21 Write a brief note on hypoglycemic foods and their importance.
- Q.22 Define functional foods and different types of functional foods.
- Q.23 Give definition of anti-oxidants and importance of antioxidants.
- Q.24 Write the source and benefits of high protein foods.