



## Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD (now MoE)

Re-accredited with 'A++' Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

### Continuous Internal Assessment Test I – February 2025

#### Semester-II

**Class: I PG**

**Major: Food Service Management and Dietetics**

**23MFDC08 Nutraceuticals and Nutrigenomics**

**Max Marks: 60 marks**

**Time : 2 hours**

Course Outcome:

1. Identify Nutraceuticals in food and supplements for health and diseased conditions
2. Comprehend nutrient gene interactions and their impact on health
3. Apply knowledge gained in designing diets incorporating functional foods and Nutraceuticals
4. Undertake research in role of nutraceuticals in medical nutrition therapy (MNT) and product development
5. Offer counselling in the use of nutraceutical rich foods in disease management and prevention

#### Part – A

**6x1 = 6 marks**

##### Choose the correct answer

1. The term nutraceuticals was coined by \_\_\_\_\_ CO2K2  
a. Dr. Jeffery K. Aronson    b. Hippocrates  
c. Dr. Sochi Arai            d. Dr. Stephen L. DeFelice
2. Curcumin is CO2K1  
a. Terpenoid    b. Anthocyanin    c. Diaryl heptanoid    d. Flavonoid
3. Identify the functional ingredient which improves the gastrointestinal health and also calcium absorption CO4K3  
a. Fructo-oligosaccharides    b. Daidzein    c. Sterols    d. PUFA
4. Lignin is present in CO2K1  
a. Cereals and millets    b. Fruits and vegetables    c. Woody plants    d. Legumes
5. The different versions of a gene is called CO1K1  
a. Codon    b. Genome    c. Allele    d. DNA
6. The most bioavailable group of flavonoids are CO2K2  
a. Isoflavones    b. flavanols    c. flavonols    d. flavanonoies

#### Part B

**3x6 = 18 marks**

##### Answer ALL Questions

**Each answer should not exceed 400 words or two pages**

- 7.a. Explain the amino acids and its role in human system. CO3K4  
or
- 7.b. Write a note on designer foods in the market. CO2K2
- 8.a. Distinguish between food fortification and enrichment with examples. CO2K4  
or
- 8.b. Brief on synbiotics. CO2K2
- 9.a. Explain the characteristics of medical foods with examples CO2K4  
or
- 9.b. Write a note on the functional properties of green tea. CO3K3

#### Part - C

**3x12=36**

##### Answer ALL questions

**Each answer should not exceed 800 words or four pages**

- 10.a. Elaborate the functional foods from plant sources. CO4K4  
or
- 10.b. Discuss the inter relationship between foods, nutrients and health. CO1K4
- 11 a. How has the probiotics and prebiotics influenced the health sector? CO2K5  
or
11. b.Explain the role of antioxidants in the prevention and treatment of different types of cancer. CO4K3
- 12.a. Elucidate on the growth of nutraceuticals in the health care sector. CO2K2  
or
- 12.b.Detail on how spices and condiments serve as functional foods with examples. CO3K4

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