

Class : II PG
Major : Food Science and Nutrition

Time: 3 hours
Max. Marks: 60

12MFNC18 Functional foods and Nutraceuticals (Self study)

Part A

10 x 1/2 = 5

Choose the correct answer

1. What is functional foods _____
 - a) One that provide high levels of nutrients above and beyond the daily recommendations
 - b) One that is convenient and easily prepared
 - c) One that protects against a number of potentially serious diseases or ailments
 - d) One that has a positive effect on health beyond providing basic nutrients
2. Creatine, caffine, anabolic steroids, and growth hormones are all examples of what
 - a) Functional foods
 - b) Health claims
 - c) Illicit substance
 - d) Ergogenic aids
3. Lycopene present in tomatoes watermelons and pink grape fruit have _____
 - a) Vit.D value
 - b) Vit C value
 - c) Vit A value
 - d) None
4. Plant sterols, yogurt, oat fiber, sunflower oil, and soy protein are examples of functional foods, also known as _____
 - a) nutraceuticals.
 - b) phytochemicals.
 - c) herbal remedies.
 - d) antioxidants.
5. Phytochemicals are _____
 - a) Available only in vitamin and mineral supplements.
 - b) Absolutely required parts of a diet.
 - c) Chemical found mostly in animal products
 - d) Substances in foods that probably provide health benefits.
6. Which of the following affect microbial growth _____
 - a) nutrients
 - b) antimicrobial
 - c) both
 - d) none
7. Yellow fruits contain _____
 - a) Chlorophyll
 - b) Carotenoids
 - c) anthocyanins
 - d) none
8. Which of the following continent has the largest market for nutraceuticals _____
 - a) European union
 - b) US
 - c) Asia of pacific
 - d) none of these
9. Natural milk is _____ in nature
 - a) Acidic
 - b) basic
 - c) Highly acidic
 - d) neutral
10. Fruits like mangoes, papaya, peaches and apricots are rich in _____
 - a) Carbohydrate
 - b) Vitamin C
 - c) Vitamin A
 - d) None

Part B

(5x4=20)

Answer ALL questions

Answer should not exceed 200 words or one page

11(a) What are functional foods?

(or)

(b) What are the components of functional foods?

12(a) Write about isoprenoid?

(or)

(b) What are the isoflavones?

13(a) Write about the probiotic microflora and its functions?

(or)

(b) What are role of probiotics in health and disease?

14(a) Define nutraceuticals and give th sources of functional food?

(or)

(b) What are FOSHU foods?

15(a) Write the National regulatory aspects of functional foods?

(or)

(b) What are the ICMR guidelines for probiotics?

Part-C

5x7=35

Answer ALL questions

Answer should not exceed 600 words or three pages

16(a) Define functional foods? Describe about designer and pharma foods?

(or)

(b) Explain in detail about the history functional and traditional foods?

17(a) Describe the classification of Nutraceuticals?

(or)

(b) Explain on carbohydrates based derivatives?

18(a) Describe in detail about the probiotic microflora and its functions?

(or)

(b) write in detail about the probiotics and prebiotics with examples?

19(a) write about the sources, dietary supplements of functional foods?

(or)

(b) Describe the role of nutraceuticals in health and disease management?

20(a) Write in detail about the International regulatory aspects of functional foods?

(or)

(b) Write in about the research frontiers in functional foods?
