

Q.31 Why polyunsaturated fatty acids are important?

Q.32 What are benefits of Nutraceuticals?

### SECTION-D

**Note:** Long answer type questions. Attempt any three questions out of four questions. (3x10=30)

Q.33 What is difference between fortification and enrichment? Give example of different fortified and enriched foods?

Q.34 Write a note on antioxidant providing foods and artificial sweetners?

Q.35 Why nutraceuticals are important? Explain different types nutraceuticals with their applications?

Q.36 What do you mean by organic and GM foods? What are their health benefits and disadvantages?

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### 5th Sem. / Food Technology

#### Subject : Health and Functional Foods

Time : 3 Hrs.

M.M. : 100

### SECTION-A

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

Q.1 Name two hypoglycemic foods.

Q.2 HDL stands for\_\_\_\_\_.

Q.3 Name a prebiotic food.

Q.4 Oil is enriched with\_\_\_\_\_.

Q.5 Name the health promising pigment present in tomato.

Q.6 MUFA stands for\_\_\_\_\_.

Q.7 Define Obesity?

Q.8 Define Beta-glucans?

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Q.9 Name two artificial sweeteners.

Q.10 Define oligosaccharides?

### SECTION-B

**Note:** Very Short answer type questions. Attempt any ten questions out of twelve questions (10x2=20)

Q.11 What is health food?

Q.12 Define symbiotics?

Q.13 What do you understand by organic foods?

Q.14 What are limitations of processed food from health point of view?

Q.15 What health benefits are associated with green leafy vegetable?

Q.16 What are health benefits of spices?

Q.17 Define Stabilizers?

Q.18 Define fortified atta?

Q.19 Define the term Gluten intolerance?

Q.20 Define anti-oxidants?

Q.21 Define hypocholesterolemia?

Q.22 Who is diabetic patient.

### SECTION-C

**Note:** Short answer type questions. Attempt any eight questions out of ten questions. (8x5=40)

Q.23 Write a note on prebiotics?

Q.24 Write a note on Saccharine?

Q.25 What are health benefits of consuming fish?

Q.26 Write a note on importance of health food?

Q.27 Why athletes and sports person need high energy food? Give examples of high protein food from plant sources.

Q.28 Write a note on anti-carcinogenic food?

Q.29 What are low Sodium foods? Why are they required?

Q.30 Why juices and health drinks are enriched?

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