

SECTION-C

Note: Long answer type questions. Attempt any three questions. 3x10=30

- Q.3 What is the importance and scope of health foods in India?
- Q.4 What are the properties of health and functional foods? Explain the types and importance of health and functional foods.
- Q.5 What is the difference between fortification and enrichment? Give examples of different fortified and enriched foods.
- Q.6 Why nutraceuticals are important? Explain different types of nutraceuticals with their applications.
- Q.7 What are dietary fibers? Explain their importance in disease prevention and health promotion.

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Roll No.

121153/31153

5th Sem. / Food Technology

Subject : Health and Functional Foods

Time : 3 Hrs.

M.M. : 100

SECTION-A

Note: Very Short Answer type questions. Attempt any 15 parts. (15x2=30)

- Q.1
- a) Anti-Carcinogenic.
 - b) Hypocholesterolemic foods.
 - c) Hyperglycemic foods.
 - d) Prebiotic.
 - e) Celiac disease.
 - f) Obesity.
 - g) Name two fruits rich in Ascorbic Acid.
 - h) Symbiotic.
 - i) Beta-Glucans.
 - j) Geriatric food.
 - k) Oligosaccharides.

- l) Diabetic patient.
- m) Riboflavin.
- n) Glycemic Index.
- o) MUFA.
- p) Niacin.
- q) Name any two phytochemical used as nutraceutical.
- r) Emulsifiers.

SECTION-B

Note: Short answer type questions. Attempt any ten parts 10x4=40

- Q.2
- i) Why athletes and sportsperson need high protein foods? Give example of high protein foods from plant sources.
 - ii) Name the herbs and their function as nutraceutical.
 - iii) What are the health benefits of olive oil?
 - iv) What are low sodium foods? Why are these required?

- v) Why are high energy foods recommended of some patients? Give example of high energy foods.
- vi) Heart patients are given which type of diet and why?
- vii) What do you mean by organic foods? Are they really important for us?
- viii) What is Daily Value (DV) of foods? Why this is required?
- ix) Why phytochemicals are important?
- x) What are Omega-3 Fatty acids What is their significance in body?
- xi) What is RDAs? Explain.
- xii) Why poly unsaturated fatty acids are important?
- xiii) What are the health uses of Choline and Lecithin?
- xiv) Define nutraceuticals and functional foods? Differentiate between these two.
- xv) What is food guide pyramid? Why it is important to follow?