



Department of Food Technology

Roll No.

School of Interdisciplinary Sciences and Technology

Jamia Hamdard, New Delhi-110062

B.Tech.

4th Sem.

END SEM EXAMINATION

Paper Title: **Functional Foods & Nutraceuticals** Paper Code: **BFTC - 402**

Time allotted: 3Hr.

MM: 75

Section A (Answer all the following)

(15M)

- Q1 State the beneficial effects of honey.
- Q2. What is spirulina & how it affects health?
- Q3. Discuss health benefits of proteins & peptides.
- Q4. Define application of sugar alcohols in food.
- Q5. Define Functional Foods & Nutraceuticals.
- Q6. Identify an active non nutrient and outline its role in gut health.
- Q7. Identify an active non nutrient and outline its role in gut health
- Q8. What does the acronym DASH stand for in the context of the DASH diet?
 - a. Dietary and supplementary health
 - b. Daily Approach to sustained health
 - c. Dietary approaches to stop hypertension
 - d. Diet and activity for sustainable health

Section B (Answer Any Five Questions)

5*6=30

- Q9. Discuss nutraceutical intervention for the prevention/treatment of allergies.
- Q10. What foods are recommended for patients suffering with CVD
- Q11. Role of food fortification in correcting nutritional deficiencies.
- Q12. State the beneficial effects of spices & honey on health.
- Q13. Role of minerals & vitamins in regulating human health
- Q14. Illustrate the beneficial effects of PUFA and polyphenols in treating different diseases.
- Q15. Discuss the foods recommended & restricted in liver & pancreatic disturbances

Section C (Attempt any three questions)

3*10=30M

- Q16. "The health of pregnant and nursing mothers is of utmost importance. Argue with scientific reasoning. Also, enlist the important nutraceuticals for their health.
- Q17. Diabetes is one of the leading metabolic disorders. Explain the role of dietary interventions and nutraceuticals in the prevention of the disease.
- Q18. "Nutritional deficiencies can be corrected through fortification & supplementation of Foods". Comment.
- Q19. Explain genetically modified foods with some examples. What are the health benefits and social concerns associated with them?
- Q20. Describe the regulatory issues for the clinical testing of nutraceuticals