

D 13363

(Pages : 3)

Name.....

Reg. No.....

FIFTH SEMESTER B.Voc. PROGRAMME EXAMINATION, NOVEMBER 2021

Fish Processing Technology

GEC 5NFF05—NUTRACEUTICALS AND FUNCTIONAL FOODS

Time : Three Hours

Maximum : 80 Marks

Section A*Answer all questions.**Each question carries 1 mark.*

1. Scientific name of Silver pomfret is _____.
2. Scientific name of Tiger prawn is _____.
3. _____ helps energy production, phosphorylation process, bone and teeth, for genetic material.
 - (a) Calcium.
 - (b) Phosphorus.
 - (c) Magnesium.
 - (d) Copper.
4. _____ is essential for cell reproduction and development in Neonates.
 - (a) Cobalt.
 - (b) Zinc.
 - (c) Selenium.
 - (d) Iodine.
5. _____ helps in RBC formation, formation of genetic material of cell, very much essential during pregnancy.
 - (a) Folic acid.
 - (b) Pantothenic acid.
 - (c) Vitamin B₁₂.
 - (d) Vitamin B₆.
6. Which of the following are highly prevalent global nutritional problem ?
 - (a) Vitamin A deficiency.
 - (b) Under nutrition.
 - (c) Obesity.
 - (d) All of the options listed are correct.
7. Which natural detox provides protection against chemicals and metal poisoning ?
 - (a) Vitamin E.
 - (b) Magnesium.
 - (c) Alpha-lipoic acid.
 - (d) Vitamin C.
8. Consuming foods with a low glycaemic index is useful in the management of which condition :
 - (a) Diabetes.
 - (b) Osteoporosis.
 - (c) Hypertension.
 - (d) Coronary heart disease.

Turn over

9. Which of the following best illustrates a government initiative designed to promote nutritional health ?
- (a) Subsidies for personal trainees.
 - (b) Funding of workplace dieticians.
 - (c) The Australian Dietary Guidelines.
 - (d) The National Heart Foundation "Tick".
10. A diet high in cholesterol is most likely to lead to disease in which organ of the body ?
- (a) Heart.
 - (b) Kidney.
 - (c) Liver.
 - (d) Pancreas.

(10 × 1 = 10 marks)

Section B

*Answer any **eight** questions.
Each question carries 2 marks.*

- 11. Define Nutraceuticals.
- 12. What are the health benefits of Vitamin B ?
- 13. Give some examples of functional foods.
- 14. What are probiotics and what can they do ?
- 15. What is the gut microbiota ?
- 16. What are fermented foods ?
- 17. Define Symbiotics.
- 18. What are the health benefits of Selenium ?
- 19. What are the health benefits of Iron ?
- 20. What are the health benefits of Calcium ?
- 21. What are the health benefits of Cobalt ?
- 22. Define Probiotics.

(8 × 2 = 16 marks)

Section C

*Answer any **six** questions.
Each question carries 4 marks.*

- 23. Health benefits of Iodine.
- 24. Health benefits of phosphorous.
- 25. Health benefits of Vitamins.
- 26. PUFA and its benefits.

27. Oligosaccharides with examples.
28. Bioactive peptides.
29. Specific functional foods.
30. Why are the gut bacteria beneficial ? How does food affect the gut microbiota ?
31. Differentiate prebiotics and probiotics.

(6 × 4 = 24 marks)

Section D

*Answer any two questions.
Each question carries 15 marks.*

32. What are fermented foods ? Explain traditional fermented foods as sources of probiotics.
33. Explain safety and adverse effects associated with the consumption of functional foods and nutraceuticals.
34. Describe the mechanism of action and levels of probiotics required for therapeutic efficacy.
35. Explain the health benefits of common nutrients.

(2 × 15 = 30 marks)