

**U.G. 6th Semester Examination - 2021**

**FOOD & NUTRITION**

**[HONOURS]**

**Course Code : F&N-H-CC-T-13**

Full Marks : 40

Time : 2½ Hours

*The figures in the right-hand margin indicate marks.*

*Candidates are required to give their answers in their own words as far as practicable.*

1. Answer any **five** of the following:  $2 \times 5 = 10$
- Differentiate between functional foods and nutraceuticals.
  - What are antioxidants? Give one example.
  - Name any two carotenoid rich foods.
  - Which isoflavones are commonly found in soy products?
  - Enlist any four sea foods which act as functional foods.
  - Define Phytochemicals. Give one example.
  - State the health benefits of lactic acid bacteria.
  - Name any two methods of fermentation.

2. Answer any **two** of the following:  $5 \times 2 = 10$
- What are GM foods? Write about the safety aspects of GM foods.  $5$
  - What is food fortification? State the vitamin D fortification guidelines?  $2+3=5$
  - Discuss the role of omega-3-fatty acids as functional foods.  $5$
  - “Fermented or germinated foods are superior in nutrients” – Explain with reasons.  $5$
3. Answer any **two** of the following:  $10 \times 2 = 20$
- Explain how nutraceuticals help in disease management.  $10$
  - What are prebiotics and probiotics? Discuss in detail about the usefulness of prebiotics and probiotics for our health.  $3+(4+3)=10$
  - Explain in detail the role of beverages as functional foods. List the various bioactive compounds present along with their beneficial effects.  $4+6=10$
  - Write a note on: “Dietary fibers as functional foods”. Discuss the role of Phytochemicals for the treatment of diabetes.  $5+5=10$

[Turn Over]