

2017

**SPECIALTY FOODS : NUTRACEUTICALS &
FUNCTIONAL FOODS**

Paper : FPT 816

Full Marks : 100

Time : Three hours

**The figures in the margin indicate
full marks for the questions.**

Answer any five questions.

1. (a) Classify nutraceuticals and explain it with suitable examples. 5
- (b) Explain about the functional foods for Infants. 5
- (c) Write in detail about any two functional foods from plant sources and animal sources. 10
2. (a) Recommend the suitable functional foods for Geriatric people. 5

Contd.

- (b) Explain about the causes and symptoms of *any two* fevers and suggest some functional foods for fever patients. 10
- (c) Mention the functions of Liver. 5
3. (a) Explain about the salicylate sensitivity problems. 5
- (b) Define the following: $3 \times 2 = 6$
- (i) Nutritional deficiency
- (ii) RDA
- (iii) Food fortification.
- (c) Explain about the food fortification processes with Iron and Iodine. 9
4. (a) Write about the risk factors of cardiovascular diseases / metabolic disorders. 10
- (b) Explain about the different types of UTIs. 10
5. (a) Explain about the health benefits of *any five* spices. 10
- (b) Detail the health benefits of Honey. 5

- (c) Mention the symptoms of nutritional deficiencies. 5
6. Explain about the sources, health benefits and mode of actions of the following food constituents :
- (i) Oligosaccharides
- (ii) LAB 10+10=20
7. (a) Define Prebiotics, Probiotics and Synbiotics. 2+2+1=5
- (b) Write about the acquisition of beneficial bacteria in human GI tract. 5
- (c) Mention the names of probiotic bacteria. (*any four*) $4 \times \frac{1}{2} = 2$
- (d) Explain the criteria for the selection of prebiotics and discuss in detail about *any two* prebiotic ingredients. 4+4=8
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