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53 (FPT 816) NFFD

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) Suggest a diet plan consisting of functional foods for the following age groups. 5+5=10

(i) Infants

(ii) Geriatric People.

(b) Write about *any four* functional foods from plant sources. 10

Contd.

2. (a) Explain the term "Metabolic Disorder/Syndrome" and recommend functional foods for cardiovascular health. 6
- (b) What are the functions of Liver ? 4
- (c) Explain about *any two* liver diseases and advise some functional foods for healthy liver. 6+4=10
3. (a) Write about *any four* diseases associated with gall bladder functioning. 8
- (b) Mention the functions of Pancreas. 2
- (c) Detail *any three* pancreatic disorders and recommend some functional food diet for the patients. 6+4=10
4. (a) Define the term "Food Allergy". 2
- (b) Mention the types of Food Allergy. 4
- (c) What does the term "Fortification" refers in Food processing ? 2

- (d) Classify the types in food fortification (based on mode/form of fortification). 8
- (e) Mention the health benefits of spirulina. 4
5. (a) Write notes on the types of nutritional deficiencies. 10
- (b) Define the role of 'Antioxidants' in human health and discuss about the sources for antioxidants. 10
6. Explain about the sources, mode of action and health benefits of following food constituents : 10+10=20
- (i) Dietary fibre
- (ii) Vitamins.
7. (a) Discuss about the microbiota of GI tract. 6
- (b) How the probiotic bacteria are selected for adding into food products and give some examples for probiotic foods ? 5+5=10
- (c) Define the term "Prebiotics" and give some examples for Prebiotics. 2+2=4