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53 (FPT 816) NTFP

2018

**SPECIALTY FOODS :
NUTRACEUTICALS AND 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) Give some examples for commercially available nutraceuticals in the market. 5
- (b) Classify the types of various functional foods with their health benefits and labeling claims. 5
- (c) Discuss about the nutritional requirements and functional foods for Infants and Geriatric patients. 5

5+5=10

Contd.

2. (a) What is the meaning of the term Metabolic disorder and give a note on its risk factors. 2+8=10
- (b) Explain about the different types of UTIs. 10
3. (a) Write about *any four* gall bladder diseases and suggest a suitable diet for a healthy gall bladder. 8+4=12
- (b) Briefly discuss about the occurrence, incubation period, symptoms and dietary guidelines for typhoid fever. 8
4. (a) Write down the classification of nutrients. 8
- (b) Define — nutritional deficiency, RDA. 4
- (c) List the symptoms of nutritional deficiencies. 4
- (d) Mention *two* types of allergies. 4
5. (a) Explain the fortification processes of foods with Iodine and Iron. 10

- (b) Write in detail about the health benefits of Spirulina. 10
6. Explain about the sources, health benefits and mode of actions of the following food constituents. 10+10=20
- (a) Oligosaccharides
- (b) Sugar alcohols.
7. (a) Explain about the microbiota of GI tract. 6
- (b) How the probiotic bacteria are selected for the incorporation into the foods ? 4
- (c) Give some examples of probiotic foods. 4
- (d) Elaborate the criteria for the selection of prebiotics. 6