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53 (FPT 816) NFNF

2019

**SPECIALITY 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 *two* examples for the following types of Functional Foods : $3 \times 2 = 6$
 - (i) Whole foods
 - (ii) Fortified foods
 - (iii) Enhanced foods.
- (b) Mention the Extraction Manufacturing process of *any four* Nutraceuticals.

4

Contd.

- (c) Write short notes on functional foods from plant sources. (any four) 10
2. (a) Write about the diet pattern of foods for the health of pregnant women. 8
- (b) What do you mean by "geriatric nutrition" and give some examples for geriatric foods. 4
- (c) Write a short note on the development of typhoid fever including its signs and symptoms and also mention the diet principles. 8
3. (a) Give a list of foods suggested for better cardiovascular (heart disease) health. 5
- (b) Write the functions of liver. 5
- (c) Discuss about any two liver associated disorders/diseases and recommend suitable functional foods for the liver patients. 6+4=10



4. (a) Write about the any three risk factors and symptoms of UTI. 3+3=6
- (b) Write about any two Musculoskeletal disorders and give a recommendation on diet for those patients. 6+4=10
- (c) List the types of allergies. 4
5. (a) Discuss about Iodine and Iron fortifications. 5+5=10
- (b) Define RDA. 2
- (c) Mention the symptoms of Nutritional deficiencies. 4
- (d) Write about any four health benefits of honey. 4
6. (a) What are all the different classes of Oligosaccharides and explain their mode of actions along with their health benefits. 4+6=10
- (b) Write in detail about the different groups of Phenolics and their mode of actions and potential health benefits. 4+6=10



7. (a) Define - probiotics, prebiotics and synbiotics. $3 \times 2 = 6$
- (b) Write about the selection criteria for probiotics. 6
- (c) Mention *any two* probiotic bacteria. 2
- (d) Explain *any two* commercially available prebiotics. 6

