

Total number of printed pages-4

53 (FPT 816) NUFF

2018

**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) Define the following terms :  $4 \times 2 = 8$
- (i) Bioavailability
  - (ii) Biological value
  - (iii) Functional foods
  - (iv) Dietary supplements.
- (b) Write about *any three* functional foods from plant sources. 6

Contd.

- (c) Mention the nutritional issues in adolescent health and suggest the suitable dietary intake. 3+3=6
2. (a) Explain about the supplements needed during pregnancy. 4
- (b) Mention the flow chart for the development of fever. 4
- (c) Write about *any four* gall bladder disorders and suggest some functional foods for a healthy gall bladder. 8+4=12
3. (a) Explain about *any three* musculoskeletal disorders. 6
- (b) Mention the functions of pancreas. 2
- (c) Write about the disorders associated with pancreas and suggest the suitable functional foods. 8+4=12

4. (a) Mention the types of food allergies. 4
- (b) Write about mold sensitivity. 4
- (c) Define fortification and explain its types. 2+10=12
5. (a) Define nutritional deficiency and explain about *any three* deficiencies. 2+6=8
- (b) Mention the health benefits of honey. 6
- (c) Explain the health benefits of *any three* spices. 6
6. Explain about the sources, health benefits, mode of action of the following food constituents :
- (i) PUFA 10
- (ii) Sugar alcohols. 10

7. (a) Define Prebiotics and give some sources of prebiotics. 2+2=4
- (b) Explain *any two* commercially available prebiotics. 4
- (c) How the acquirement of beneficial bacteria has been happening in our body ? 4
- (d) Explain the health effects of probiotics on human health. 8
-