

2024

**Specialty Foods: Nutraceuticals & Functional Foods**

*Full Marks: 100*

Time: Three hours

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

*Answer any five questions.*

1.	a)	Define - Functional foods. Give few examples for Functional foods.	4
	b)	Explain about the health issues related to geriatric patients.	6
	c)	Write about the different plant sources for functional foods.	10
2	a)	Explain about the different nutritional or health claims by food processors with respect to FSSAI for the manufacturing of functional foods.	10
	b)	What is a gastrointestinal (GI) tract? Mention the factors that are responsible for damaging/affecting the motility of GI tract. Discuss about any three GI disorders.	2+2+6
3	a)	What are the functions of liver? Write about any three diseases associated with liver and mention some functional foods for the people suffering with liver problems.	2+8
	b)	Discuss about any four types of musculoskeletal disorders (MSDs) and mention the types of foods to improve the condition of people with MSDs.	10
4	a)	Define - Food allergy. Mention few foods that causes food allergy reactions.	2+3
	b)	List the health benefits of spirulina.	5
	c)	Explain about the different types of Food fortification.	10
5	a)	Detail the fortification of foods with Vitamin A. Mention the safety issues also.	10
	b)	Define the term- Dietary supplement. Give details about any one of the supplements for cold. Mention the harmful effect also.	2+8
6	a)	Write about the sources, health benefits and manufacturing/ extraction process of lycopene.	12
	b)	Give short notes on the safety and labelling issues related to nutraceuticals.	8
7	a)	Briefly detail the selection of probiotic strains for human use	5
	b)	Mention the details that need to be given on the label of probiotic product.	5

	c) Define the term- Prebiotics. Explain about the manufacturing process of any one of the prebiotics.	2+8
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