

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)
Chromepet, Chennai - 600 044.

B.Sc.CND - END SEMESTER EXAMINATIONS - NOV'2024

SEMESTER -V

24UNDET5A01-Functional Foods and Nutraceuticals

Total Duration : 2 Hrs.30 Mins.

Total Marks : 60

Section B

Answer any **SIX** questions ($6 \times 5 = 30$ Marks)

1. Explain the concept of FOSHU and interpret the regulatory issues surrounding Functional Foods and Nutraceuticals.
2. Explain the role of functional foods derived from animal milk in promoting bone health.
3. Relate the roles of prebiotics and probiotics in maintaining a healthy gut microbiome.
4. Illustrate the connection between nutrition supplementation and gene expression.
5. Explain how the specific nutraceutical properties of Cruciferous vegetables and Cinnamon can be applied to reduce oxidative damage in the body.
6. Prepare a dietary plan incorporating animal milk, eggs, fish, and meat, aimed at enhancing the intake of functional nutrients. Predict the potential long-term health outcomes of following this plan.
7. Explain the rationale for using synbiotics over individual prebiotics or probiotics in therapeutic applications.
8. Differentiate between nutrigenomics and nutrigenetics in terms of their focus and applications.

Section C

Answer any **THREE** questions ($3 \times 10 = 30$ Marks)

9. Classify the different types of Phytochemicals and relate them to their respective sources and health benefits.
10. Apply nutraceutical principles to explain how bioactive compounds in Garlic and Turmeric can be used to create functional foods that reduce cardiovascular disease risk.

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11. Ascertain the health benefits associated with the consumption of omega-3 and omega-6 fatty acids found in fish, and justify their role in reducing cardiovascular diseases.
12. Classify various functional foods that contain prebiotics, probiotics, or synbiotics.
13. Appraise the impact of recent trends in Nutrigenomics on personalized nutrition strategies.
