

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. Define functional foods and nutraceuticals. Describe their historical development.
2. Explain the benefits of omega-3 and omega-6 fatty acids in health.
3. Predict how prebiotics function as an ingredient in promoting gut health.
4. Identify the recent trends in nutrigenomics and their implications for personalized nutrition.
5. Illustrate the role of cruciferous vegetables as functional foods in health management.
6. Relate the contributions of animal-based functional foods, such as eggs and fish, to disease prevention.
7. Classify prebiotics, probiotics, and synbiotics.
8. Infer on the importance of diet supplementation in the prevention of chronic diseases, according to nutrigenomic principles.

Section C

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

9. Explain the classification and types of phytochemicals found in functional foods.
10. Assess the use of functional foods in managing therapeutic conditions with examples from plant sources.
11. Justify the role of animal milk as a functional food and its contributions to health.
12. Predict the use of probiotics as a functional food in promoting digestive health and immunity.
13. Assess the impact of nutrigenetics on dietary recommendations and disease prevention strategies.
