

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 - APRIL 2025

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. What is FOSHU, and how does it regulate functional foods?
2. What are cruciferous vegetables, and how do they support overall health?
3. How do nutraceuticals contribute to health promotion and disease prevention?
4. How do probiotics and prebiotics in dairy products influence gut health?
5. What are the health benefits of omega-6 fatty acids ?
6. How does nutrigenomics contribute to personalized nutrition?
7. Classify functional foods with suitable examples.
8. How do omega-3 fatty acids contribute to cardiovascular and brain health?

Section C

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

9. Discuss the role of phytochemicals in disease prevention.
10. Analyze the nutraceutical properties of plant-based functional foods with examples.
11. Explain functional foods and nutraceuticals, and how do they differ from conventional foods.
12. Explain the role of synbiotics in managing metabolic disorders like obesity and diabetes.
13. How can nutrigenetics help in customizing dietary recommendations?
