

TB244592Q

12/8/2024
Extra paper

Reg. No :

Name :

BACHELOR'S DEGREE (C.B.C.S) EXAMINATION, MARCH 2024
2020, 2021 ADMISSIONS SUPPLEMENTARY
SEMESTER IV - CORE COURSE (NUTRITION AND DIETETICS)
ND4B08B20 - Nutrition in Health Promotion

Time : 3 Hours

Maximum Marks : 80

Part A

I. Answer any Ten questions. Each question carries 2 marks

(10x2=20)

1. Explain few animal based nutraceuticals.
2. Explain isoprenoids.
3. Categorize various classification of phytochemicals.
4. Explain sulphides.
5. Discuss on markers of oxidative stress.
6. Explain classification of antioxidants with examples.
7. Summarize the formation of perhydroxy radical.
8. Explain the health benefits of functional foods.
9. Explain the term GOS.
10. Explain about isomalto-oligosaccharides.
11. List out the benefits of symbiotic.
12. Explain a short note on SCFA.



Part B

II. Answer any Six questions. Each question carries 5 marks

(6x5=30)

13. Describe lignins and tannins. Explain it's functional use.
14. Explain phytic acids.
15. Explain the health benefits and mode of action of isothiocyanates?
16. Describe the regulatory acts and issues of nutraceuticals in Asian countries.
17. Define the role of resveratrol.
18. Explain the term tocotrienols.
19. Discuss on antioxidant defense system.
20. Explain few fortified foods used as functional foods.
21. Explain the types of prebiotics.

Part C

III. Answer any Two questions. Each question carries 15 marks

(2x15=30)

22. Discuss the role of polyphenols in dyslipidemia. Elaborate the role of polyphenols in atherosclerosis.
23. Explain the various phytochemicals with suitable health benefits.
24. Discuss the role of antioxidant in humans.
25. Explain on the application of probiotics: (a) Lactobacillus (b) Lactobacillus caesei.