

TB244253J

Reg. No :

Name :

BACHELOR'S DEGREE (C.B.C.S) EXAMINATION, MARCH 2024
2022 ADMISSIONS REGULAR
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 flavonoids.
2. Describe nutraceuticals.
3. Analyze the mode of action of flavonoids.
4. Classify the various food sources of polyphenols. Explain the functional benefits of few polyphenols.
5. Explain the environmental factors which effect the formation of free radical.
6. Describe peroxide free radical.
7. Explain 'Respiratory Burst'.
8. Enumerate on the dietary challenges of functional food supplements.
9. Write a short note on FOS.
10. List out the benefits of symbiotic.
11. Explain the chemical structure of GOS.
12. Discuss on lactobacillus.

Part B**II. Answer any Six questions. Each question carries 5 marks****(6x5=30)**

13. Explain the classification of nutraceuticals based on food source.
14. Explain the role of phytochemicals as nutraceuticals.
15. Explain the classification of nutraceuticals based on mechanism of action.
16. Describe the regulatory acts and issues of nutraceuticals in Asian countries.
17. Explain the functional property of curcumin.
18. Explain the functional role and mode of action of xanthophylls.
19. Explain endogenous antioxidants.
20. Explain the safety and regulatory aspects of functional foods.
21. Explain the types of probiotics.

Part C**III. Answer any Two questions. Each question carries 15 marks****(2x15=30)**

22. Explain the role of nutraceuticals in cancer management.
23. Explain the various phytochemicals with suitable health benefits.
24. Explain the role of antioxidant in Protein Energy Malnutrition and neurological conditions.
25. Explain disaccharides under following headings: (a) Functions (b) Biological Importance (c) Breakdown detail on lactitol, lactulose and lactose.

