

TB254899Q

Reg. No :

Name :

**BACHELOR'S DEGREE (C.B.C.S) EXAMINATION, MARCH 2025
2020, 2021, 2022 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 flavonoids.
2. Describe lecithin.
3. Classify the various food sources of polyphenols. Explain the functional benefits of few polyphenols.
4. Explain flavones.
5. Summarize the formation of perhydroxy radical.
6. Discuss on hydroxyl free radical.
7. Discuss the primary antioxidants.
8. Explain the future promises of functional foods in Indian diet.
9. Explain the term GOS.
10. Explain the term acid shock with respect to *Lactobacillus casei*.
11. Write a short note on FOS.
12. Explain about human milk oligosaccharides.

Part B

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

(6x5=30)

13. Explain few fatty acid derivatives of nutraceuticals with mode of action.
14. Describe on conjugated linoleic acid and n-3 PUFA.
15. Describe lignins and tannins. Explain its functional use.
16. Describe the regulatory acts and issues of nutraceuticals in Asian countries.
17. Explain the role of flavanones in reducing the risk of cancer.
18. Explain the role of betalains as nutraceuticals.
19. Explain endogenous antioxidants.
20. Explain the safety and regulatory aspects of functional foods.
21. Explain the role of probiotics in cancer.

Part C

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

(2x15=30)

22. Explain the role of nutraceuticals in immune enhancement.
23. Explain the health benefits under the following phytochemicals: (a) Lutein (b) Zeaxanthin (c) Flavanoids.
24. Explain the role of antioxidant in CVDs and exercise.
25. Explain the health benefits of prebiotics.