

TB214600W

Reg. No :

Name :

B.Sc. DEGREE (C.B.C.S.) EXAMINATION, MARCH 2023
(2021 Admissions Regular, 2020 Admissions Supplementary / Improvement)
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. Discuss on isothiocyanates.
2. Describe few minerals acting as nutraceuticals and it's action.
3. Categorize various classification of phytochemicals.
4. Explain the role of terpenoids.
5. Discuss on glutathione peroxidase.
6. Describe peroxide free radical.
7. Describe the pathological changes occur due to free radical.
8. Enumerate on the dietary challenges of functional food supplements.
9. Explain the term acid shock with respect to Lactobacillus casei.
10. Explain the term non-carbohydrate oligosaccharide.
11. Explain the term inulin.
12. Categorize the criteria's are used to classify a compound as a prebiotic.

Part B

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

(6x5=30)

13. Write a note on the role of ascorbic acid as nutraceuticals.
14. Explain the classification of nutraceuticals based on chemical nature.
15. Explain the role of phytochemicals as nutraceuticals.
16. Discuss the role of nutraceuticals in hypertension.
17. Explain hydroxycinnamic acid and it's nutraceutical effect with examples.
18. Explain the role of flavanones in reducing the risk of cancer.
19. Explain the role of antioxidant in immunity and ageing.
20. Explain the steps involved in development of functional foods.
21. Explain the functional property and health benefits of GOS.

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 importance of carotenoids and terpenoids in nutrition.
24. Discuss on "antioxidants and diseases".
25. Elaborate on health benefits of probiotics in gastric health.