12/10/25

TM2539875

Reg. No :.....

Name :.....

MASTER'S DEGREE (C.S.S) EXAMINATION, OCTOBER 2025

2024 ADMISSIONS REGULAR

SEMESTER III - GENERAL

VFPT3G08TM20 - Nutraceuticals and Functional Foods

Time : 3 Hours

Maximum Weight : 30

Part A

I. Answer any Eight questions. Each question carries 1 weight (8x1=8)

1. State concept of functional foods. Enlist the evidence for its health benefits.
2. State the norms related to FSSAI regulations pertaining to nutraceuticals and functional foods.
3. Enlist the role of resveratrol as nutraceutical.
4. Describe the difference between the term(s) prebiotics, probiotics and synbiotics.
5. Nutraceuticals can be prescribed for its immunomodulatory effects. Justify.
6. List out the risk factors contributing to cardio vascular diseases.
7. State the role of vitamin D in bone health.
8. List out any three functional foods beneficial for treatment of cancer.
9. Mention the role of L- carnitine as a functional ingredient in meat.
10. State the role of mutton and chevon as functional food.

Part B

II. Answer any Six questions. Each question carries 2 weight (6x2=12)

11. Explain the types and components of functional foods
12. Discuss in detail about characterisitcs and therapeutic benefits of thymoquinone.
13. Spirulina is considered as a 'super food'. Justify.
14. Explain the role of nutraceutical in treating CNS diseases.
15. Explain in detail about role of nutraceutical in managing CVD.
16. Explain in detail about obesity and its management with the help of functional food.
17. Explain in detail about role of functional food in controlling diabetes.
18. Discuss in detail about health benefits of soy consumption.

Part C

III. Answer any Two questions. Each question carries 5 weight (2x5=10)

19. Elaborate on the characteristics, pharmacokinetics and nutraceutical development glucosinolates.
20. Intake of nutraceuticals play a pivotal role in prevention of cancer. Explain the mechanism with suitable example.
21. Discuss in detail about the role of functional food in diabetes management.
22. Discuss in detail about development of meat based functional foods.