

2025

M.Sc. 1st Semester Examination
NUTRITION AND DIETETICS

Paper : NUDC403X0

**[Functional Foods, Nutraceuticals and
Oxidative Stress Management]**

Full Marks : 50

Time : Two Hours

*The figures in the margin indicate full marks.
Candidates are required to give their answers
in their own words as far as practicable.*

Group - A

Answer any *four* questions : 2×4=8

1. What are protease inhibitors? Give example.
2. What are prebiotics and synbiotics?
3. Write the name of any two functional foods mentioning the functional compounds.
4. What are phytoestrogens? Give example.
5. Define ROS and RNS.
6. Name any two carotinoids with health benefit.

P.T.O.

(2)

Group - B

Answer any *four* questions : $4 \times 4 = 16$

7. Discuss the health benefit exhibited by catechin.
8. State the role of vitamin C and vitamin E in oxidative stress management.
9. Write about the cholesterol lowering properties of phytosterols.
10. Discuss the example of functional food with example of Indian diet.
11. How does inflammation is related to oxidative stress?
12. What are the adverse effects of amylase inhibitors on human health?

Group - C

Answer any *two* questions : $8 \times 2 = 16$

13. Write the characteristics feature of good probiotics. Describe the role of prebiotics on improving gut health.
 $4+4$
14. Discuss the health benefits of spices and condiments due to their active phytochemical. What are food pigments?
 $6+2$
15. Describe the effects of processing conditions on functional properties of nutraceuticals. Write the importance of microencapsulation for functional foods development.
 $4+4$

(3)

16. Write the antinutritional properties of phytic acids. What are the standard health claims for nutraceuticals according to FSSAI?

Internal Assessment : 10 marks
