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**St Aloysius College (Autonomous)
Mangaluru**

**Semester III – P.G. Examination – M.Sc. Food Science Nutrition and Dietetics
November - 2024**

NUTRACEUTICALS AND FUNCTIONAL FOODS IN HUMAN HEALTH

Time: 3 Hours

ST. ALOYSIUS COLLEGE
PG Library
MANGALORE-575 002

Max. Marks: 70

I. Answer any SIX of the following**(6 × 3 = 18)**

1. Write a short note on dietary supplements.
2. Differentiate between Omega 3 and Omega 6 fatty acids.
3. Write a short note on the importance of dietary fiber and its sources.
4. Write a short note on toxicity potential of nutraceuticals.
5. Differentiate between nutraceuticals and functional foods with examples.
6. Outline the stages of intestinal microbiota development in infants.
7. Write a short note on FOSHU.

II. Answer any FOUR of the following**(4 × 7 = 28)**

8. Explain the role of nutraceuticals in diabetes management.
9. Explain the concept of nutrigenomics and its application in disease management.
10. Explain the classification of nutraceuticals and functional foods with examples
11. Discuss the types and role of resistant starch in gastrointestinal health.
12. Explain in detail the structure, and health benefits of chlorophyll and carotenoids.

III. Answer any TWO of the following**(2 × 12 = 24)**

13. Discuss the role of nutraceuticals in the management of Parkinson's disease and Alzheimer's disease.
14. What are probiotics and its selection criteria? Discuss the role of probiotics in maintenance of gut health.
15. Elaborate on:
 - a) The concept of development of functional foods with the diagram
 - b) Isolation, extraction and storage of Phytochemicals.
