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**FNS 506**

**Third Semester M.Sc. Degree (CBCS) Examination, December 2018**  
**FOOD SCIENCE AND NUTRITION**  
**Functional Foods**

Time : 3 Hours

Max. Marks : 70

1. Write short notes on **any five** of the following (**not** exceeding **2** pages **each**) :  
**(5×3=15)**
  - a) Nutraceuticals.
  - b) Nutraceuticals for cholesterol management.
  - c) Specific benefits of Nutraceuticals.
  - d) CODEX.
  - e) Types of functional foods.
  - f) Components enhancing immunity.
  - g) Polyphenols.
  - h) Age-related macular degeneration.
  
2. Write explanatory notes on **any five** of the following (**not** exceeding **3** pages) :  
**(5×5=25)**
  - a) Specific nutraceuticals in cancer.
  - b) Role of Vitamins as functional foods.
  - c) Labelling issues for nutraceuticals.
  - d) Contra-indications of nutraceuticals.
  - e) Role of prebiotics in health and illness with examples.
  - f) Regulatory issues of nutraceuticals.
  - g) Basis of claims for a compound as a nutraceuticals.
  - h) Probiotics in health and wellbeing.

P.T.O.



3. Answer **any three** of the following (**not** exceeding **5** pages) : **(3×10=30)**

- a) Discuss on health benefits of functional foods in cardiovascular diseases.
- b) Elaborate on nutraceuticals in management of diabetes mellitus.
- c) Types of functional foods approved by CODEX/USDA.
- d) 'Functional foods have a role in endurance performance'. Justify.
- e) Explain the mechanism of action of nutraceuticals in peri-menopausal syndromes.

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