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INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO, RAJAGIRIYA

BAMS LEVEL II – FIRST SEMESTER EXAMINATION – NOVEMBER 2017

FUNCTIONAL FOODS AND NUTRACEUTICALS

COURSE CODE – DV 2104

Date: 18.12.2017

Time: 1 hour

(9.00 a.m. – 10.00 a.m)

Index No

Answer all questions.

Part I - Structured Questions



1.

1.1

a) What is the classification of Nutraceuticals based on sources? (04 Marks)

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b) Define Probiotics? (02 Marks)

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c) Write 2 functions of Probiotics? (04 Marks)

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d) What is mechanism of action of Probiotics?

(03 Marks)

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e) What is an antioxidant? Give examples for it.

(01 Marks)

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1.2 Name the Nutraceutical factor and the mechanism of action of the followings

a) Soy bean

(02 Marks)

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b) Tomato

(02 Marks)

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c) Garlic

(02 Marks)

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2.

2.1 Write two terms for wellness foods.

(02 Marks)

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2.2 Filling the blanks regarding to the role of following nutrients

(06 Marks)

Nutrient	Functions
Carbohydrate
Proteins
Fats
Vitamins
Minerals
Water

2.3 Explain the meaning of Functional Foods

(04 Marks)

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2.4 What is mean by Dietary Supplement?

(04 Marks)

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2.5 Write the potential health benefits of following biologically active chemical groups. (02 Marks)

Chemical group	Health benefits
Phenolic compounds
Animal derived protein (lactoferrin)

2.6 Write foods sources for the following nutraceuticals factors (02 Marks)

Nutraceutical factor	Foods source
Tocopherol
Isoprenoids
Omega-3 fatty acids

Part II - Essay Questions

1.
1.1 Why Functional Foods and Nutraceuticals (F&N) are important in global health care system in disease prevention and management (20 Marks).

Tips: Market and Demand of Nutraceuticals

Stakeholders

Paradigm Shift in Health care

Prevention/Management of Lifestyle-related and other Disorders/Diseases

1.2 Write Pharmacodynamic and pharmacokinetic evaluation aspects to assess the efficacy of nutraceuticals? (10 Marks)

2.

2.1 Define term Nutraceuticals and explain advantages of these products (10 Marks)

2.2 Give two examples for application of these Nutraceuticals products (10 Marks)

2.3 Explain how natural herbals can be used as nutraceuticals (10 Marks)
