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EXAMINATIONS
Institute of Indigenous Medicine
05 FEB 2020
University of Colombo



INSTITUTE OF INDIGENOUS MEDICINE, UNIVERSITY OF COLOMBO,
RAJAGIRIYA
LEVEL II BAMS – FIRST SEMESTER EXAMINATION – 2020 JAN-FEB
FUNCTIONAL FOODS AND NUTRACEUTICALS
COURSE CODE – DV 2104

Date: 05.02.2020
Time: 1 hour
(1.00 p.m. – 2.00 p.m.)

Index No

Answer all questions.

Part I - Structured Questions

1. (A)

1.1 What is the classification of Nutraceuticals based on the sources? Give one example for each category. (4 marks)

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1.2 What is probiotics? (4 marks)

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1.3 What is prebiotics? (4 marks)

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1.4 Write the food source pertaining to following Nutraceutical factors. (5 marks)

Nutraceutical factor	Food source
Allyl sulphur compounds	
Capsaicin	
Lycopene	
Catechin	
Curcumin	

(B)

1.1 Write 2 actions of antioxidants. (2 marks)

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1.2 What is the mechanism of action of garlic on reducing the blood pressure? (3 marks)

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1.3 What is the mechanism of action of Curcumin in cancer and adipose tissues? (3 marks)

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1.4 Mention 2 health benefits of tomato. (2 marks)

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2. (A)

2.1 What are the types of extractions used in food industry? (2 marks)

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2.2 Mention 2 advantages of freeze drying method. (2 marks)

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2.3 Mention 3 drying methods other than the freeze drying, used in food industry? (3 marks)

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2.4 What are the macro nutrients and micro nutrients and give one example for each nutrient.

(2 marks)

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(B)

2.1 Define a medical food.

(2 marks)

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2.2 What are the key requirement/ FDA criteria of medical food? Name 2 facts.

(2 marks)

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Part II – Essay Questions

1.

1.1 Write short notes on followings. Use flow diagrams where necessary. (10 marks each)

- a) Neuro-protective effect of Vitamin D
- b) Dietary fibers
- c) Omega 3 fatty acids in cardiovascular disorders
- d) Parameters of assessing efficacy of nutraceuticals

1.2 Draw a product flow diagram for making a tea bag using Moringa leaves (20 marks)