

National Testing Agency

Question Paper Name: Functional Foods and Nutraceuticals 09th November 2019 Shift 2
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Duration: 180
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Display Marks: Yes

Functional Foods and Nutraceuticals

Group Number : 1
Group Id : 709597166
Group Maximum Duration : 0
Group Minimum Duration : 120
Revisit allowed for view? : No
Revisit allowed for edit? : No
Break time: 0
Group Marks: 120

Functional Foods and Nutraceuticals

Section Id : 709597173
Section Number : 1
Section type : Online
Mandatory or Optional: Mandatory
Number of Questions: 120
Number of Questions to be attempted: 120
Section Marks: 120
Display Number Panel: Yes
Group All Questions: No

Sub-Section Number: 1
Sub-Section Id: 709597199
Question Shuffling Allowed : Yes

Question Number : 1 Question Id : 70959716321 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The term _____ was born in Japan.

1. Functional Foods
2. Designer Foods
3. Nutraceuticals
4. Pharma Foods

Question Number : 2 Question Id : 70959716322 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In India, the nutraceutical regulation was implemented under Food Safety and Standard Authority of India (FSSAI) Act in the year_____.

1. 2007
2. 2010
3. 2015
4. 2019

Question Number : 3 Question Id : 70959716323 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In 1989, Dr **Stephen L. DeFelice** coined the term *nutraceutical* which is a hybrid or contraction of *nutrition* and.....

1. pharma
2. herbal
3. pharmaceutical
4. none of the above

Question Number : 4 Question Id : 70959716324 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Eggs with increased omega 3 fatty acids content achieved by altered chicken feed, is an example of _____

1. fortified foods
2. altered foods
3. enriched foods
4. enhanced foods

Question Number : 5 Question Id : 70959716325 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____functional foods include omega-3 and omega-6 fatty acids, conjugated linolenic acid (CLA), small peptides, whey and casein, and glucosamine.

1. Plant derived
2. Animal-derived
3. Microbial derived
4. Non Food source

Question Number : 6 Question Id : 70959716326 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Ascorbic acid (Vitamin C) is _____ and functions as an antioxidant.

1. isoprenoid derived
2. fatty acids based
3. carbohydrates derived
4. amino acid-based

Question Number : 7 Question Id : 70959716327 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ is a unique cancer preventive, anti-inflammatory and cholesterol-reducing peptide found in cereals -barley, rye, wheat.

1. Lunasinis
2. Saponins
3. Linolenic acid
4. Catechins

Question Number : 8 Question Id : 70959716328 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The dietary consumption of _____ reduces the absorption of cholesterol.

1. phytic acid
2. linoleic acid
3. ascorbic acid
4. stanols and sterols

Question Number : 9 Question Id : 70959716329 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Gingerol is a bioactive compound of _____.

1. garlic
2. onion
3. ginger
4. clove

Question Number : 10 Question Id : 70959716330 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Live microorganisms which when administered in adequate amounts confer a health benefit on the host are called _____.

1. prebiotics
2. probiotics
3. synbiotics
4. abiotics

Question Number : 11 Question Id : 70959716331 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ are non-viable bacterial products or metabolic by-products from probiotics microorganisms that have biologic activity in the host.

1. Antibiotics
2. Synbiotics
3. Symbiotics
4. Postbiotics

Question Number : 12 Question Id : 70959716332 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The human _____ contains trillions of microorganisms, collectively known as the gut microbiota.

1. brain
2. heart
3. gastrointestinal tract
4. liver

Question Number : 13 Question Id : 70959716333 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Biochemically Lactobacillus preferably ferments only _____

1. lactose
2. maltose
3. glucose and fructose
4. all of the above

Question Number : 14 Question Id : 70959716334 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Bifidobacteria are non motile as they lack _____.

1. fimbriae
2. pilli
3. cilia
4. flagella

Question Number : 15 Question Id : 70959716335 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The optimum pH for Lactic acid bacteria to give maximum growth varies between _____.

1. 3 to 5
2. 5.5 to 7
3. 7 to 9
1. 9 to 11

Question Number : 16 Question Id : 70959716336 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

To cause infection, pathogenic bacteria after penetrating intestinal mucosa must adhere to _____.

1. hepatocytes
2. RBCs
3. enterocytes
4. none of the above

Question Number : 17 Question Id : 70959716337 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Peptides and bacteriocins are mostly involved in _____.

1. increasing permeability of target cell membrane
2. increasing the pore size of the membrane
3. osmotic imbalance due to increase in membrane permeability
4. all of the above

Question Number : 18 Question Id : 70959716338 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Inflammatory Bowel Disease is being associated with impaired production of _____.

1. insulin
2. interferon
3. short chain fatty acids
4. immunoglobulin m

Question Number : 19 Question Id : 70959716339 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

While selecting for human use, probiotic strain should be isolated from _____.

1. human microflora
2. raw milk
3. fermented food
4. all of the above

Question Number : 20 Question Id : 70959716340 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ is the method used to increase probiotic stability.

1. Microencapsulation
2. Embedding
3. Covalent modification
4. Entrapment

Question Number : 21 Question Id : 70959716341 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The label of probiotic product should show _____.

1. genus, species and strain designation
2. minimum viable number of each probiotic strain
3. evidence based human claims
4. all of the above

Sub-Section Number: 2
Sub-Section Id: 709597200
Question Shuffling Allowed : Yes

Question Number : 22 Question Id : 70959716342 Question Type : MSQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

To provide health benefits to the host, probiotics should _____

1. maintain minimum therapeutic level/
2. maintain minimum viability level at the time of consumption,
3. possess the ability to tolerate harsh gastric and intestinal conditions
4. be unable to attach to the gut epithelium

Sub-Section Number: 3
Sub-Section Id: 709597201
Question Shuffling Allowed : Yes

Question Number : 23 Question Id : 70959716343 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The incorporation of probiotics into dairy foods may aid in tolerating harsh gastro-intestinal condition better than that of non-dairy carrier foods by _____

1. buffering action of milk
2. increasing their direct exposure to harsh conditions of GI tract
3. non buffering action of milk fat
4. all of the above

Sub-Section Number: 4
Sub-Section Id: 709597202
Question Shuffling Allowed : Yes

Question Number : 24 Question Id : 70959716344 Question Type : MSQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Yogurt is a fermented milk product that contains the characteristic bacterial cultures _____

1. *Lactobacillus bulgaricus*
2. *Streptococcus thermophiles*
3. *Escherichia coli*
4. *Streptococcus* species

Question Number : 25 Question Id : 70959716345 Question Type : MSQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ selectively promotes the growth of normal beneficial intestinal microorganisms (microbiota).

1. gum
2. dietary fiber
3. oligosaccharide
4. starch

Sub-Section Number: 5

Sub-Section Id: 709597203
Question Shuffling Allowed : Yes

Question Number : 26 Question Id : 70959716346 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical
Correct Marks : 1 Wrong Marks : 0

High levels of _____ are found in colostrums.

1. GOS-galacto oligosaccharides
2. soy oligosaccharides
3. fructo oligosaccharides
4. none of above

Sub-Section Number: 6
Sub-Section Id: 709597204
Question Shuffling Allowed : Yes

Question Number : 27 Question Id : 70959716347 Question Type : MSQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical
Correct Marks : 1 Wrong Marks : 0

Fructans selectively stimulate the growth of _____

1. *Bifidobacteria*
2. *Lactobacilli*
3. *E. coli (Escherichia coli)*
4. *Saccharomyces cerevisiae*

Sub-Section Number: 7
Sub-Section Id: 709597205
Question Shuffling Allowed : Yes

Question Number : 28 Question Id : 70959716348 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical
Correct Marks : 1 Wrong Marks : 0

Water-soluble fibers (specifically, beta-glucan, psyllium, pectin, and guar gum) are most effective for _____.

1. decreasing serum LDL cholesterol concentrations
2. decreasing high density lipoprotein (HDL) concentrations
3. increasing serum LDL cholesterol concentrations,
4. increasing high density lipoprotein (HDL) concentrations

Question Number : 29 Question Id : 70959716349 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical
Correct Marks : 1 Wrong Marks : 0

The addition of water soluble dietary fibre in beverages and drinks

_____.

1. increases flavour
2. increases colour
3. increases viscosity and stability
1. all of the above

Question Number : 30 Question Id : 70959716350 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ is the source of water soluble fibre.

1. cellulose
2. pectin, gums and mucilages
3. hemicellulose
4. all of the above

Question Number : 31 Question Id : 70959716351 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Resistance starch is defined as the 'total amount of starch, and the products of starch degradation that resist digestion in the _____ of healthy people.

1. large intestine
2. stomach
3. small intestine
4. all of the above

Question Number : 32 Question Id : 70959716352 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ increase colonic blood flow, lower luminal pH and help prevent the development of abnormal colonic cell population.

1. Peptide
2. Bacteroides
3. Short chain fatty acids
4. Glycoprotein

Question Number : 33 Question Id : 70959716353 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ resist digestion because of its crystalline structure.

1. RS1
2. RS2
3. RS3
4. RS4

Question Number : 34 Question Id : 70959716354 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Functional property of dietary gums is to _____.

1. get completely digested
2. delay gastric transit time
3. get partially digested
4. shorten the gastric transit time

Question Number : 35 Question Id : 70959716355 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ is a functional nutrient obtained from oat or barley bran.

1. Beta - glucan
2. gluten
3. pectin
4. lignin

Question Number : 36 Question Id : 70959716356 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Gum Arabic has gelling properties and hence can be used in _____.

1. dental caries
2. diabetes
3. diarrhoea.
4. renal disease

Question Number : 37 Question Id : 70959716357 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which of the following flavonoids do not occur as glycosides in plants?

1. anthocyanins
2. catechins and proanthocyanidins
3. glycitein, and biochanin a
4. diadzein

Question Number : 38 Question Id : 70959716358 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Health benefits of flavonoids are primarily due to their _____.

1. ability to regulate absorption of fat
2. anti fungal property
3. antioxidant property
4. ability to regulate calcium absorption

Question Number : 39 Question Id : 70959716359 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ is not an example of polyphenols.

1. Flavonoids,
2. Stilbenes,
3. Lignans
4. Glutathione

Question Number : 40 Question Id : 70959716360 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Epigallocatechin, epicatechingallate, and epigallocatechingallate are found in high concentrations in _____

1. Black tea
2. Green tea
3. Both black and green tea
4. None of the above

Question Number : 41 Question Id : 70959716361 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ tannins undergo hydrolytic cleavage to the respective sugar and acid moiety upon treatment with diluted acids.

1. Hydrolyzable
2. Condensed
3. Both hydrolyzable and condensed
4. None of the above

Question Number : 42 Question Id : 70959716362 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Tannins precipitate proteins and do not form complex with -----

1. starch
2. cellulose
3. minerals
4. Fats

Question Number : 43 Question Id : 70959716363 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Phytoestrogens display oestrogen-like activity since they are _____.

1. produced in human body
2. structurally similar to human oestrogens
3. metabolites of human oestrogen
4. all of the above

Question Number : 44 Question Id : 70959716364 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ is the source of phytoestrogen in wood of pine trees.

1. Coumestans
2. Daidzein
3. Lignans
4. Anthocyanins

Question Number : 45 Question Id : 70959716365 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Phytoestrogens maintain bone mineral density (BMD) in postmenopausal women by regulating_____.

1. absorption of vitamin d
2. absorption of proteins
3. formation and resorption of bone
4. excretion of calcium and vitamin d

Question Number : 46 Question Id : 70959716366 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ are structurally similar to human cholesterol and compete with cholesterol during the process of digestion.

1. Phytoestrogen
2. Phytochemicals
3. Phytosterols
4. None

Question Number : 47 Question Id : 70959716367 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Tall oil is rich source of phytosterol, an isolated by-product of the _____ industry.

1. paper
2. wood pulp
3. oil
4. leather

Question Number : 48 Question Id : 70959716368 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Phytosterols may alter the _____ of immune cells.

1. size
2. number
3. synthesis
4. inflammatory activity

Question Number : 49 Question Id : 70959716369 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ remain intact unless brought into contact with the enzyme myroinase by pests, food processing or chewing.

1. Organosulphur Compounds
2. Glucosinolates
3. Phytates
4. Phytosterol

Question Number : 50 Question Id : 70959716370 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Cabbage, broccoli, cauliflower, mustards are _____.

1. root vegetables
2. Cruciferous vegetables
3. Allium vegetables
4. none of the above

Question Number : 51 Question Id : 70959716371 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Thiocyanates cause _____ carcinoma.

1. Thyroid
2. Stomach
3. Breast
4. All of the above

Question Number : 52 Question Id : 70959716372 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ are present in orange and red fruits and vegetables.

1. β -cryptoxanthin
2. Lycopene
3. zeaxanthin
4. α - and β -carotene

Sub-Section Number: 8
Sub-Section Id: 709597206
Question Shuffling Allowed : Yes

Question Number : 53 Question Id : 70959716373 Question Type : MSQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Carotenoids are unstable and easily degraded when exposed to _____ during storage or manufacturing of foods.

1. CO₂
2. oxygen
3. light
4. all of the above

Sub-Section Number: 9
Sub-Section Id: 709597207
Question Shuffling Allowed : Yes

Question Number : 54 Question Id : 70959716374 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ is not a rich source of anthocyanin.

1. Red onion,
2. red cabbage,
3. Cauliflower
4. Cranberries

Question Number : 55 Question Id : 70959716375 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Lycopene is a phytochemical that belongs to a group of pigments known as _____.

1. Carotenoids
2. Curcumenoids
3. Capsaicinoids
4. Flavonoids

Question Number : 56 Question Id : 70959716376 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Cis isomers of lycopene have _____ bioavailability than all trans-isomers.

1. higher
2. lower
3. equal
4. none of the above

Question Number : 57 Question Id : 70959716377 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Thermal processing _____ lycopene bioavailability by disrupting cellular membranes.

1. increases
2. decreases
3. does not affect
4. none of the above

Question Number : 58 Question Id : 70959716378 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The principal curcuminoid found in turmeric is _____ generally considered to be the most active constituent.

1. Curcumin
2. Carotene
3. Capsaicin
4. None of the above

Question Number : 59 Question Id : 70959716379 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Curcumin enhances cutaneous wound healing by _____

1. increasing the formation of granulation of tissues
2. decreasing the formation of granulation of tissues
3. increasing blood clotting
4. none of the above

Question Number : 60 Question Id : 70959716380 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Curcumin has demonstrated _____ bioavailability after oral dosing in animals.

1. higher
2. poor
3. moderate
4. none of the above

Question Number : 61 Question Id : 70959716381 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The functional compounds in vegetables belonging to Brassicaceae or Cruciferae families are known as _____.

1. resistant starch
2. phytosterols
3. organosulfur compounds
4. phytoestrogens

Question Number : 62 Question Id : 70959716382 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Onions are rich source of cysteine sulfoxides named as _____.

1. propiin
2. alliin
3. isoallin
4. methiin

Question Number : 63 Question Id : 70959716383 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ is the main breath metabolite of allicin.

1. Allicin methyl sulfide
2. Allicin diethyl sulfide
3. Allyl methyl sulfide
4. Allyl ethyl sulfide

Question Number : 64 Question Id : 70959716384 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Oxalate is an antinutrient that binds to _____.

1. sodium
2. potassium
3. iron
4. calcium

Question Number : 65 Question Id : 70959716385 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ primarily interfere with the digestion of proteins or the absorption and utilization of amino acids.

1. Type A Antinutritional Factors
2. Type B Antinutritional Factors
3. Type C Antinutritional Factors
4. Type D Antinutritional Factors

Question Number : 66 Question Id : 70959716386 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ is another popular beverage that is a B vitamin antagonist.

1. Tea
2. Fruit Juice
3. Coffee
4. Alcohol

Question Number : 67 Question Id : 70959716387 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Phytic acid is a major phosphorus storage compound of most cereal grains and is also known as _____.

1. hexaphosphate
2. inositol hexakisphosphate
3. dihydrogenphosphate
4. inositol phosphate

Question Number : 68 Question Id : 70959716388 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

In cereals, phytate is located in the _____ layer and the germ while the endosperm is almost free of phytate.

1. cotyledons
2. hull
3. aleurone layer
4. bran

Question Number : 69 Question Id : 70959716389 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Phytic acid is known as _____ suppressing free radical mediated damage to intestinal epithelium.

1. chelating agent
2. antinutrient
3. antioxidant
4. precipitating agent

Question Number : 70 Question Id : 70959716390 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Enzymes are _____, produced by living system, which can act at body temperature and bring about the metabolic reactions.

1. reactants
2. catalysts
3. solvents
4. cells

Question Number : 71 Question Id : 70959716391 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Protein part of the enzyme is called as _____.

1. coenzyme
2. substrate
3. apoenzyme
4. holoenzyme

Question Number : 72 Question Id : 70959716392 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Folic acid is a coenzyme involved in _____.

1. carbohydrate metabolism
2. protein metabolism
3. energy generation by oxidation
4. haemoglobin synthesis

Question Number : 73 Question Id : 70959716393 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Protease inhibitors are molecules that block the activity of _____.

1. amylases
2. proteases
3. lipase
4. all of the above

Question Number : 74 Question Id : 70959716394 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The presence of _____ stimulates an increased pancreatic activity, causing pancreatic enlargement followed by pancreatitis.

1. trypsin inhibitors
2. chymotrypsin inhibitor
3. amylase inhibitor
4. all of the above

Question Number : 75 Question Id : 70959716395 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The process of protein degradation, referred to as proteolysis, breaks proteins down into individual _____.

1. monosaccharides
2. amino acids
3. fatty acid
4. glycerol

Question Number : 76 Question Id : 70959716396 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Which of the following amylolytic enzymes is endoamylase?

1. alpha amylase
2. beta amylase
3. gluco amylase
4. 1-4 beta glucosidase

Question Number : 77 Question Id : 70959716397 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Source of ptyalin is _____.

1. pancreas
2. germinating seeds
3. microorganisms
4. saliva

Question Number : 78 Question Id : 70959716398 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Alpha amylase inhibitors find application in treatment of _____.

1. lactose intolerance
2. diabetes mellitus
3. hypertension
4. jaundice

Question Number : 79 Question Id : 70959716399 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Saponins are naturally occurring structurally and functionally diverse _____ that are widely distributed in plants.

1. chemicals
2. nutrients
3. nutraceuticals
4. phytochemicals

Question Number : 80 Question Id : 70959716400 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The cytotoxic mechanism of saponins occurring via inhibition of _____ synthesis induces a reverse phenotypic transformation of tumor cells inhibiting tumor growth.

1. RNA
2. r-RNA
3. mRNA,
4. DNA

Question Number : 81 Question Id : 70959716401 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Lectins play an important role in the _____ mechanism of plant against the attack of microorganisms, pest and insects

1. immune
2. defence
3. anti inflammatory
4. anti fungal

Question Number : 82 Question Id : 70959716402 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Spices and herbs contain _____ which can ameliorate conditions due to excessive free radicals in the body.

1. amino acids
2. glucose
3. fats
4. antioxidants

Question Number : 83 Question Id : 70959716403 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ is a spice, sauce, or preparation (such as onions) that is added to food, typically after cooking.

1. An accompaniment
2. A supplement
3. A condiment
4. All of above

Question Number : 84 Question Id : 70959716404 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The bioactive components of spices responsible for weight management and satiety are_____.

1. chili pepper
2. ginger
3. piperine
4. all of the above

Question Number : 85 Question Id : 70959716405 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Resveratrol is well known ----- active compound synthesized by plants undergoing infectious or ionizing radiation.

1. Chemically
2. Functionally
3. Biologically
4. All of the above

Question Number : 86 Question Id : 70959716406 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ resveratrol appears to be well absorbed by humans when taken orally.

1. Trans
2. Cis
3. Trihydroxy trans
4. None of the above

Question Number : 87 Question Id : 70959716407 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The mechanism of action of resveratrol involved in cardio protection is due to _____.

1. arterial vasodilation
2. stimulation of angiogenesis
3. inhibiting platelet aggregation
4. all of the above

Question Number : 88 Question Id : 70959716408 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The form of Quercetin which is likely to be irritating or allergenic is _____.

1. Rutinoside
2. Flavonoids
3. Isopreponiod
4. Lycopeniods

Question Number : 89 Question Id : 70959716409 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Quercetin is known to provide beneficial properties for human health as an anti-oxidant, anti-inflammatory and -----.

1. anticancer
2. cardio protective
3. antiviral
4. all of the above

Question Number : 90 Question Id : 70959716410 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Kaempferol has been shown to interact with the _____ pathway and alter signalling in order to help slow growth of primary and secondary breast cancer.

1. androgen receptor
2. estrogen receptor
3. insulin receptor
4. carcinogen activating enzymes

Question Number : 91 Question Id : 70959716411 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ is the only saffron metabolite that is capable of crossing the blood-brain barrier.

1. Cis -crocetin
2. Trans-crocetin
3. Cis- crocin
4. Trans- crocin

Question Number : 92 Question Id : 70959716412 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Luteolin can strongly absorb UV light, and derivatives may be used in sun protection products for prevention of _____

1. skin cancer
2. early skin ageing
3. acne
4. all of the above

Sub-Section Number:	10
Sub-Section Id:	709597208
Question Shuffling Allowed :	Yes

Question Number : 93 Question Id : 70959716413 Question Type : MSQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Piperine is an ----- responsible for the pungency of black pepper.

1. flavonoid
2. alkaloid
3. carotenoid
4. enzyme

Sub-Section Number:	11
Sub-Section Id:	709597209
Question Shuffling Allowed :	Yes

Question Number : 94 Question Id : 70959716414 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Bioavailability of piperine stops premature breaking down of _____.

1. Ginger
2. Curcumin
3. Cinnamon
4. Garlic

Question Number : 95 Question Id : 70959716415 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The consumption of foods containing capsaicin is associated with a lower prevalence of obesity due to _____

1. enhanced lipid oxidation
2. increased energy expenditure
3. decreased energy expenditure
4. decreased lipid oxidation

Sub-Section Number: 12
Sub-Section Id: 709597210
Question Shuffling Allowed : Yes

Question Number : 96 Question Id : 70959716416 Question Type : MSQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The consumption of foods containing capsaicin is associated with a lower prevalence of obesity due to _____

1. enhanced lipid oxidation
2. increased energy expenditure
3. decreased energy expenditure
4. decreased lipid oxidation

Sub-Section Number: 13
Sub-Section Id: 709597211
Question Shuffling Allowed : Yes

Question Number : 97 Question Id : 70959716417 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Gingerol is the major constituent of _____.

1. dry ginger
2. pickled ginger
3. fresh ginger
4. all of the above

Question Number : 98 Question Id : 70959716418 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Gingerol could be effective in diabetes by _____.

1. inhibiting the production of advanced glycation end products
2. increasing HbA1C
3. Increasing postprandial sugar
4. None of the above

Question Number : 99 Question Id : 70959716419 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Clove buds, cinnamon bark and leaves and tulsi leaves are the sources of

-
1. gingerol
 2. eugenol
 3. cinnamaldehyde
 4. all of the above

Question Number : 100 Question Id : 70959716420 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Thymoquinone is known to reduction in body weight, BMI and _____ in obesity.

1. arm circumference
2. waist circumference
3. head circumference
4. hip circumference

Question Number : 101 Question Id : 70959716421 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

1. _____ is a good source of Apigenin.

1. onions
2. celery
3. chamomile
4. parsley

Question Number : 102 Question Id : 70959716422 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The _____ of rosemary plant are a source of Rosemerinic Acid.

1. flowers
2. roots
3. leaves
4. buds

Question Number : 103 Question Id : 70959716423 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Fenugreek seeds contain a number of bioactive compounds among which _____ represents the principal steroidal saponin.

1. trigonalline
2. diosgenin
3. gentianine
4. carpaine

Question Number : 104 Question Id : 70959716424 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Fenugreek seeds are rich in _____ and other dietary essentials, its use can be explored as a functional food, nutritional food and also as a therapeutic agent.

1. phenolic compounds
2. mucilaginous fibre
3. trigonalline alkaloid
4. All of the above

Question Number : 105 Question Id : 70959716425 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Diosgenin has been shown to suppress inflammation and proliferation and induce _____ in cancer cells.

1. inhibitory effects
2. apoptosis
3. necrosis
4. hypoglycaemic effect

Question Number : 106 Question Id : 70959716426 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Omega-3 fatty acid is the precursor of eicosapentaenoic acid and _____.

1. linoleic acid
2. docosahexaenoic acid
3. arachidonic acid
4. none of the above

Question Number : 107 Question Id : 70959716427 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Vegetarian rich sources of alpha-linoleic acid are ----- and walnuts.

1. sesame seeds
2. coconut
3. chia seeds
4. none the above

Question Number : 108 Question Id : 70959716428 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Omega-3 fatty acid increases fibrinolysis, aids in vasodilation and increases serum _____.

1. triglyceride
2. VLDL
3. HDL
4. None the above

Question Number : 109 Question Id : 70959716429 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ is a good fat which can be obtained from the milk and meat of ruminants.

1. Porsinic acid
2. Arachidonic acid
3. Palmitic acid
4. Conjugated linoleic acid

Question Number : 110 Question Id : 70959716430 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ may represent particularly good sources of Conjugated linoleic acid.

1. Fresh vegetables
2. Eggs
3. Fermented dairy products
4. Cereals

Question Number : 111 Question Id : 70959716431 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Conjugated linoleic acid supplementation is known to reduce _____.

1. infections
2. common cold
3. basal metabolic rate
4. body fat

Question Number : 112 Question Id : 70959716432 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The monomeric units of proteins, amino acids are joined together according to a sequence directed by the base sequence of the _____.

1. RNA
2. m- RNA
3. DNA
4. all of the above

Question Number : 113 Question Id : 70959716433 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

During an energy imbalance in the body favouring weight loss, the dependence on body _____ to sustain its energy needs increases.

1. fat
2. protein
3. glucose
4. muscle

Question Number : 114 Question Id : 70959716434 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ can exert health beneficial properties and are considered as a lead component for development of nutraceuticals or functional foods.

1. Protein
2. fatty acids
3. Bioactive peptides
4. amino acids

Question Number : 115 Question Id : 70959716435 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

_____ metabolism is related to calcium, phosphorus, vitamin K and iron.

1. Vitamin A
2. Vitamin C
3. Vitamin E
4. Vitamin D

Question Number : 116 Question Id : 70959716436 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

The body needs Vitamin K to produce _____, a protein and clotting factor that is important in blood clotting and bone metabolism.

1. cartilage
2. osteocalcin
3. collagen
4. prothrombin

Question Number : 117 Question Id : 70959716437 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Vitamin B6 is one of the B vitamins involved in producing the neurotransmitters serotonin and _____.

1. norepinephrine
2. epinephrine
3. neuron
4. sensory receptors

Question Number : 118 Question Id : 70959716438 Question Type : MCQ Option Shuffling : No Display Question Number : Yes Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Children chronically exposed to _____ even in small amounts, are more likely to develop learning disabilities and have low IQs.

1. calcium
2. lead
3. phosphorus
4. magnesium

Question Number : 119 Question Id : 70959716439 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Consumption of ----- vegetables is associated with decreased risk of stroke.

1. green leafy
2. Cruciferous
3. white
4. all vegetables

Question Number : 120 Question Id : 70959716440 Question Type : MCQ Option Shuffling : No Display Question Number : Yes
Single Line Question Option : No Option Orientation : Vertical

Correct Marks : 1 Wrong Marks : 0

Magnesium might lower blood pressure by acting as a _____ antagonist on smooth muscle tone.

1. Potassium
2. Phosphorus
3. Calcium
4. Sodium