

National Testing Agency

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Functional Foods and Nutraceuticals

Group Number :	1
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Group Marks :	100
Is this Group for Examiner? :	No

Functional Foods and Nutraceuticals-1

Section Id :	512452882
Section Number :	1
Section type :	Online
Mandatory or Optional :	Mandatory
Number of Questions :	100
Number of Questions to be attempted :	100

Section Marks : 100
Mark As Answered Required? : Yes
Sub-Section Number : 1
Sub-Section Id : 5124521029
Question Shuffling Allowed : Yes

Question Number : 1 Question Id : 51245217503 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Who coined the word Nutraceuticals?

1. Dr M. Swaminathan
2. Dr Stephen L. DeFelice
3. Dr Sochi Arai
4. Dr. J.K. Aronson

Options :

- 51245256769. 1
- 51245256770. 2
- 51245256771. 3
- 51245256772. 4

Question Number : 2 Question Id : 51245217504 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

In which country did the term "Functional Food" originate?

1. India
2. Japan
3. America
4. Europe

Options :

- 51245256773. 1
- 51245256774. 2

51245256775. 3

51245256776. 4

Question Number : 3 Question Id : 51245217505 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Hypoallergenic rice was the first functional food product approved by _____ in 1993.

1. Foods of Specific Health Use (FOSHU)
2. Food Safety and Standard Authority of India (FSSAI)
3. Functional Food Science in Europe (FUFOSE)
4. Dietary Supplement Health Education Act (DSHEA)

Options :

51245256777. 1

51245256778. 2

51245256779. 3

51245256780. 4

Question Number : 4 Question Id : 51245217506 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The examples of _____ foods are Vitamin fortified milk and Calcium-fortified orange juice.

1. Altered
2. Fortified
3. Enriched
4. Modified

Options :

51245256781. 1

51245256782. 2

51245256783. 3

51245256784. 4

Question Number : 5 Question Id : 51245217507 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Isomaltooligosaccharides, glucooligosaccharide, fructooligosaccharide, maltitol, soybeanoligosaccharides and xylo-oligosaccharides are called _____.

1. Non-essential oligosaccharides
2. Functional oligosaccharides
3. Digestible polysaccharides
4. Disaccharides

Options :

51245256785. 1

51245256786. 2

51245256787. 3

51245256788. 4

Question Number : 6 Question Id : 51245217508 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Folates, Vitamin E and Carotenoids like β carotene and α carotene are classified as _____ functional foods.

1. Non-nutrient
2. Nutrient
3. Microbial
4. Non-microbial

Options :

51245256789. 1

51245256790. 2

51245256791. 3

51245256792. 4

Question Number : 7 Question Id : 51245217509 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Cruciferous vegetable mostly cauliflower and broccoli contains bio active component

_____.

1. Glucosinolates
2. Allicin
3. Betaglucans
4. Phytosterols

Options :

51245256793. 1

51245256794. 2

51245256795. 3

51245256796. 4

Question Number : 8 Question Id : 51245217510 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The bioactive compound of turmeric is _____.

1. Apigenin
2. Diosgenin
3. Curcumin
4. Alliin

Options :

51245256797. 1

51245256798. 2

51245256799. 3

51245256800. 4

Question Number : 9 Question Id : 51245217511 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Tea, cocoa, apples, grapes contains _____ in common.

1. Saponin
2. Quercetin
3. Crocin
4. Catechins

Options :

- 51245256801. 1
- 51245256802. 2
- 51245256803. 3
- 51245256804. 4

Question Number : 10 Question Id : 51245217512 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____ are indigestible food ingredients that selectively promote the growth or activity of beneficial bacteria, thereby benefiting the host.

1. Prebiotics
2. Probiotics
3. Synbiotics
4. Antibiotics

Options :

- 51245256805. 1
- 51245256806. 2
- 51245256807. 3
- 51245256808. 4

Question Number : 11 Question Id : 51245217513 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

_____are combinations of probiotics and prebiotics designed to improve the survival of ingested microorganisms and their colonization of the intestinal tract.

1. Biotics
2. Abiotics
3. Synbiotics
4. Symbiotics

Options :

51245256809. 1
51245256810. 2
51245256811. 3
51245256812. 4

Question Number : 12 Question Id : 51245217514 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

The only probiotic yeast used in food is the non-pathogenic _____

1. *Saccharomyces cerevisiae*
2. *Saccharomyces carlsbergensis*
3. *Saccharomyces boulardii*
4. *Cryptococcus albidus*

Options :

51245256813. 1
51245256814. 2
51245256815. 3
51245256816. 4

Question Number : 13 Question Id : 51245217515 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Morphologically *Bifidobacterium* is_____.

1. Cocci
2. Coccobacilli
3. Short rods
4. Pleomorphic rods

Options :

51245256817. 1
51245256818. 2
51245256819. 3
51245256820. 4

Question Number : 14 Question Id : 51245217516 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The cardinal temperature range for growth of *Lactobacillus* is_____

1. 5 ° to 15 ° C
2. 10 ° C to 30 ° C
3. 25 ° C to 50 ° C
4. Above 55 ° C

Options :

51245256821. 1
51245256822. 2
51245256823. 3
51245256824. 4

Question Number : 15 Question Id : 51245217517 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The optimum pH for the growth of *Bifidobacterium* is _____.

1. 3
2. 5
3. 7
4. 9

Options :

- 51245256825. 1
- 51245256826. 2
- 51245256827. 3
- 51245256828. 4

Question Number : 16 Question Id : 51245217518 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Probiotics contribute to the health of the host environment regulating microbes through

- _____
- A. Anti-pathogenic activity
 - B. Anti-inflammatory activity
 - C. Anti-angiogenic activity
 - D. Angiogenic activity
1. A, B and D only
 2. A, B and C only
 3. B, C and D only
 4. A, C and D only

Options :

- 51245256829. 1

51245256830. 2

51245256831. 3

51245256832. 4

Question Number : 17 Question Id : 51245217519 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Lactobacillus casei increases mucosal immunity by increasing production of _____

1. Immunoglobulin D
2. Immunoglobulin A
3. Immunoglobulin M
4. Immunoglobulin E

Options :

51245256833. 1

51245256834. 2

51245256835. 3

51245256836. 4

Question Number : 18 Question Id : 51245217520 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Probiotics exhibit anti-diabetic activity by_____.

1. Preventing destruction of B cells
2. Preventing destruction of T cells
3. Preventing destruction of NK cells
4. Preventing destruction of *beta* cells

Options :

51245256837. 1

51245256838. 2

51245256839. 3

51245256840. 4

Question Number : 19 Question Id : 51245217521 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The type of association between host and probiotic is_____.

1. Parasitism
2. Competition
3. Commensalism
4. Antagonism

Options :

- 51245256841. 1
- 51245256842. 2
- 51245256843. 3
- 51245256844. 4

Question Number : 20 Question Id : 51245217522 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The selection criteria for lactic acid bacteria to be used as 'probiotics' must include its ability to_____.

- A. Exert a beneficial effect on the host
- B. Exert a harmful effect on the host
- C. Withstand into a foodstuff at high cell counts
- D. Remain viable throughout the shelf life of product

Choose the **correct** answer from the options given below:

- 1. A, B and C only
- 2. B, C and D only
- 3. A, C and D only
- 4. A, B and D only

Options :

- 51245256845. 1
- 51245256846. 2
- 51245256847. 3
- 51245256848. 4

Question Number : 21 Question Id : 51245217523 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Adhesion of probiotics to the intestinal mucosa may _____.

- A. Enable temporary colonization
- B. Enable immune modulation
- C. Enable competitive inclusion of pathogens
- D. Prevent the probiotic cells being washed out

Choose the **correct** answer from the options given below:

- 1. A, B and D only
- 2. A, B and C only
- 3. B, C and D only
- 4. A, C and D only

Options :

51245256849. 1

51245256850. 2

51245256851. 3

51245256852. 4

Question Number : 22 Question Id : 51245217524 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The role of probiotic bacteria in dairy fermentation is to assist in_____.

- A. Preservation of milk
- B. Decreasing nutritional value of food
- C. Increasing special therapeutic or prophylactic properties of food
- D. Production of flavour compounds

Choose the **correct** answer from the options given below:

- 1. A, B and D only
- 2. A, C and D only
- 3. B, C and D only
- 4. A, B and C only

Options :

51245256853. 1

51245256854. 2

51245256855. 3

51245256856. 4

Question Number : 23 Question Id : 51245217525 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Commonly used bacterial probiotics include_____

- A. *Mycobacteria*
- B. *Lactobacillus* species
- C. *Bifidobacterium* species
- D. *Streptococcus* species

Choose the **correct** answer from the options given below:

- 1. A, B and C only
- 2. A, B and D only
- 3. B, C and D only
- 4. A, C and D only

Options :

- 51245256857. 1
- 51245256858. 2
- 51245256859. 3
- 51245256860. 4

Question Number : 24 Question Id : 51245217526 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

In order to provide health benefits to the host, probiotics should maintain minimum therapeutic level/minimum viability level _____ at the time of consumption.

- 1. 10^3-10^4 cfu/mL or g of carrier food product
- 2. 10^6-10^7 cfu/mL or g of carrier food product
- 3. 10^9-10^{11} cfu/mL or g of carrier food product
- 4. $10^{12}-10^{15}$ cfu/mL or g of carrier food product

Options :

- 51245256861. 1
- 51245256862. 2

51245256863. 3

51245256864. 4

Question Number : 25 Question Id : 51245217527 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Fructo-oligosaccharides (FOS) are also known as _____.

1. Oligofructan
2. Starch oligosaccharides
3. Galacto-oligosachharides
4. Malto-oligosachharides

Options :

51245256865. 1

51245256866. 2

51245256867. 3

51245256868. 4

Question Number : 26 Question Id : 51245217528 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The only known side effect of galacto-oligosaccharides intake is _____ that occurs when consumed at higher dose.

1. transient osmotic diarrhoea
2. vomiting
3. headache
4. gastro esophageal reflux

Options :

51245256869. 1

51245256870. 2

51245256871. 3

51245256872. 4

Question Number : 27 Question Id : 51245217529 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Lactosucrose is a trisaccharide oligosaccharide composed of _____.

- A. Glucose
- B. Fructose
- C. Galactose
- D. Maltose

Choose the **correct** answer from the options given below:

- 1. A, B and C only
- 2. B, C and D only
- 3. A, B and D only
- 4. A, C and D only

Options :

- 51245256873. 1
- 51245256874. 2
- 51245256875. 3
- 51245256876. 4

Question Number : 28 Question Id : 51245217530 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____ is a water insoluble fibre.

- 1. Pectin
- 2. Gum
- 3. Mucilage
- 4. Cellulose

Options :

- 51245256877. 1
- 51245256878. 2
- 51245256879. 3
- 51245256880. 4

Question Number : 29 Question Id : 51245217531 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Lignin is present in_____

- 1. Cereals and Millets
- 2. Fruits and Vegetables
- 3. Woody Plants
- 4. Fats and oils

Options :

- 51245256881. 1
- 51245256882. 2
- 51245256883. 3
- 51245256884. 4

Question Number : 30 Question Id : 51245217532 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Polydextrose, psyllium and inulin has potential to treat _____.

- 1. Diarrhoea
- 2. Vomiting
- 3. Constipation
- 4. Arthritis

Options :

- 51245256885. 1
- 51245256886. 2

51245256887. 3

51245256888. 4

Question Number : 31 Question Id : 51245217533 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Starches rich in _____ are more resistant to digestion and also more liable to retrogradation.

1. Amylopectin
2. Amylose
3. Amylase
4. Amines

Options :

51245256889. 1

51245256890. 2

51245256891. 3

51245256892. 4

Question Number : 32 Question Id : 51245217534 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Resistant starch may aid weight management by_____.

- A. Increasing the energy density of the diet.
- B. Reducing the energy density of the diet.
- C. Increasing satiety
- D. Decreasing satiety

Choose the **correct** answer from the options given below:

- 1. A, B and C only
- 2. A and B only
- 3. B and C only
- 4. C and D only

Options :

- 51245256893. 1
- 51245256894. 2
- 51245256895. 3
- 51245256896. 4

Question Number : 33 Question Id : 51245217535 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____ are the starch granules physically enclosed within cell walls of plants and not accessible to digestive enzymes.

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

Options :

- 51245256897. 1
- 51245256898. 2

51245256899. 3

51245256900. 4

Question Number : 34 Question Id : 51245217536 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____ is a natural gum produced by bacterial fermentation.

1. Gellan gum
2. Glucomannan
3. Tragacanth
4. Carrageenan

Options :

51245256901. 1

51245256902. 2

51245256903. 3

51245256904. 4

Question Number : 35 Question Id : 51245217537 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Natural gum is _____ and can be part of any food preparations.

- A. Colourful
- B. Flavourful
- C. Tasteless
- D. Odorless

Choose the **correct** answer from the options given below:

- 1. A and B only
- 2. B and C only
- 3. C and D only
- 4. A and D only

Options :

- 51245256905. 1
- 51245256906. 2
- 51245256907. 3
- 51245256908. 4

Question Number : 36 Question Id : 51245217538 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The consumption of 10 g Gum Arabic leads to significant increase in the numbers of _____.

- A. *Bacteroides*
- B. *Bifidobacterium*
- C. *Lactobacillus*
- D. *E.coli*

Choose the **correct** answer from the options given below:

1. A and B only
2. B and C only
3. C and D only
4. A and D only

Options :

- 51245256909. 1
- 51245256910. 2
- 51245256911. 3
- 51245256912. 4

Question Number : 37 Question Id : 51245217539 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The most bioavailable group of flavonoids are_____.

1. Isoflavones
2. Flavanols
3. Flavonols
4. Flavanonoes

Options :

- 51245256913. 1
- 51245256914. 2
- 51245256915. 3
- 51245256916. 4

Question Number : 38 Question Id : 51245217540 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which dietary flavonoid is stated to be associated with a reduction of chronic heart disease or stroke in elderly men?

1. Anthocyanins
2. Diadzein
3. Quercetin
4. Glycetein

Options :

51245256917. 1
51245256918. 2
51245256919. 3
51245256920. 4

Question Number : 39 Question Id : 51245217541 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Flavonols promote gut health by promoting growth of _____.

1. *E.coli*
2. *Lactobacillus* and *Bifidobacterium* species
3. *Helicobacter pylori*
4. *Clostridium* species

Options :

51245256921. 1
51245256922. 2
51245256923. 3
51245256924. 4

Question Number : 40 Question Id : 51245217542 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Tannins are responsible for food attributes such as _____.

- A. Astringency
- B. Colour formation
- C. Bitterness and aroma
- D. Pungency

Choose the **correct** answer from the options given below:

- 1. A, B and C only
- 2. A, B and D only
- 3. B, C and D only
- 4. A, C and D only

Options :

- 51245256925. 1
- 51245256926. 2
- 51245256927. 3
- 51245256928. 4

Question Number : 41 Question Id : 51245217543 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Tannin precipitate proteins and also complex with_____.

- A. Starch
- B. Cellulose
- C. Minerals
- D. Vitamins

Choose the **correct** answer from the options given below:

- 1. A, B and C only
- 2. B, C and D only
- 3. A, B and D only
- 4. A, C and D only

Options :

- 51245256929. 1
- 51245256930. 2
- 51245256931. 3
- 51245256932. 4

Question Number : 42 Question Id : 51245217544 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Catechins exert _____activity by inhibiting the α -amylase and α -glucosidase activity.

- 1. Anti-diabetic
- 2. Anti-inflammatory
- 3. Anticancer
- 4. Anti-metastatic

Options :

- 51245256933. 1
- 51245256934. 2
- 51245256935. 3
- 51245256936. 4

Question Number : 43 Question Id : 51245217545 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The flavonoids possessing phytoestrogen activity are_____.

1. Flavones
2. Catechins
3. Isoflavones
4. Anthocyanidins

Options :

- 51245256937. 1
- 51245256938. 2
- 51245256939. 3
- 51245256940. 4

Question Number : 44 Question Id : 51245217546 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Isoflavones are primarily found in legumes as_____.

1. Glycosides
2. Phosphates
3. Esters
4. Free form

Options :

- 51245256941. 1
- 51245256942. 2
- 51245256943. 3
- 51245256944. 4

Question Number : 45 Question Id : 51245217547 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Plant sterols differ from _____ due to the presence of a methyl or ethyl group in the side chain.

1. Cholesterol
2. Stanols
3. Resveratrol
4. Eugenol

Options :

- 51245256945. 1
- 51245256946. 2
- 51245256947. 3
- 51245256948. 4

Question Number : 46 Question Id : 51245217548 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

About _____ of dietary phytosterols are systemically absorbed, in contrast to cholesterol.

1. 75 per cent
2. 50 per cent
3. 25 per cent
4. 10 per cent

Options :

- 51245256949. 1
- 51245256950. 2
- 51245256951. 3
- 51245256952. 4

Question Number : 47 Question Id : 51245217549 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____are bitter sulphur glycosides found especially in cruciferous plants.

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

Options :

- 51245256953. 1
- 51245256954. 2
- 51245256955. 3
- 51245256956. 4

Question Number : 48 Question Id : 51245217550 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The enzyme which hydrolyses glucosinolate is called as _____.

1. Myrosinase
2. Amylase
3. Protease
4. Lipase

Options :

- 51245256957. 1
- 51245256958. 2
- 51245256959. 3
- 51245256960. 4

Question Number : 49 Question Id : 51245217551 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Good sources of dietary _____ include yellow corn, orange pepper, orange juice, honeydew (melon), and mango.

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

Options :

- 51245256961. 1
- 51245256962. 2
- 51245256963. 3
- 51245256964. 4

Question Number : 50 Question Id : 51245217552 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____ are a major source of lycopene in the diet.

1. Tomatoes and tomato products
2. Watermelon
3. Pink grapefruit
4. Pink guava

Options :

- 51245256965. 1
- 51245256966. 2
- 51245256967. 3
- 51245256968. 4

Question Number : 51 Question Id : 51245217553 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____ is present in black pepper which may increase the bioavailability of curcumin.

1. Gingerol
2. Eugenol
3. Piperine
4. Crocin

Options :

51245256969. 1
51245256970. 2
51245256971. 3
51245256972. 4

Question Number : 52 Question Id : 51245217554 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Curcumin loss from heat processing of turmeric is maximum during _____ .

1. Frying
2. Pressure cooking
3. Microwaving
4. Boiling

Options :

51245256973. 1
51245256974. 2
51245256975. 3
51245256976. 4

Question Number : 53 Question Id : 51245217555 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Injury to the garlic bulb activates the enzyme _____, which metabolizes alliin to allicin.

1. Alanine synthetase
2. Allicinase
3. Alliinase
4. Aconitase

Options :

- 51245256977. 1
- 51245256978. 2
- 51245256979. 3
- 51245256980. 4

Question Number : 54 Question Id : 51245217556 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The phytate content in legume seeds can be lowered by _____.

1. Germination
2. Fermentation
3. Boiling
4. Frying

Options :

- 51245256981. 1
- 51245256982. 2
- 51245256983. 3
- 51245256984. 4

Question Number : 55 Question Id : 51245217557 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____are substances interfering with the absorption or metabolic utilization of minerals.

1. Type A Anti-nutritional Factors
2. Type B Anti-nutritional Factors
3. Type C Anti-nutritional Factors
4. Type D Anti-nutritional Factors

Options :

- 51245256985. 1
- 51245256986. 2
- 51245256987. 3
- 51245256988. 4

Question Number : 56 Question Id : 51245217558 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____are antagonists of thiamin and the other B-complex vitamins.

1. Alcoholic beverages
2. Fruit juices
3. Vegetable soups
4. Soft drinks

Options :

- 51245256989. 1
- 51245256990. 2
- 51245256991. 3
- 51245256992. 4

Question Number : 57 Question Id : 51245217559 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Phosphorous in phytate form is not bio-available to non-ruminant animals due to a lack of digestive enzyme _____.

1. Trypsin
2. Phytase
3. Lactase
4. Protease

Options :

- 51245256993. 1
- 51245256994. 2
- 51245256995. 3
- 51245256996. 4

Question Number : 58 Question Id : 51245217560 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____ binding by phytic acid can insolubilize the minerals and may be useful in the development of dental enamels.

1. Calcium and zinc
2. Calcium and phosphorus
3. Calcium and fluoride
4. Calcium and magnesium

Options :

- 51245256997. 1
- 51245256998. 2
- 51245256999. 3
- 51245257000. 4

Question Number : 59 Question Id : 51245217561 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Exchange of hydrogen between two molecules is catalyzed by_____.

1. Transferase
2. Dehydrogenase
3. Oxidase
4. Hydrolases

Options :

- 51245257001. 1
- 51245257002. 2
- 51245257003. 3
- 51245257004. 4

Question Number : 60 Question Id : 51245217562 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____ inhibition occurs when the substrate and a substance resembling the substrate are both added to the enzyme system.

1. Non substrate
2. Non-competitive
3. Substrate
4. Competitive

Options :

- 51245257005. 1
- 51245257006. 2
- 51245257007. 3
- 51245257008. 4

Question Number : 61 Question Id : 51245217563 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Proteolytic enzymes are also known as_____.

- A. protease
- B. nucleosidase
- C. proteinase
- D. peptidase

Choose the **correct** answer from the options given below:

- 1. A, B and D only
- 2. A, C and D only
- 3. B, C and D only
- 4. A, B and C only

Options :

- 51245257009. 1
- 51245257010. 2
- 51245257011. 3
- 51245257012. 4

Question Number : 62 Question Id : 51245217564 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Soyabean contains _____ inhibitors.

- A. trypsin
- B. chymotrypsin
- C. pepsin
- D. chymopapain

Choose the **correct** answer from the options given below:

- 1. A and B only
- 2. B and C only
- 3. C and D only
- 4. A and D only

Options :

- 51245257013. 1
- 51245257014. 2
- 51245257015. 3
- 51245257016. 4

Question Number : 63 Question Id : 51245217565 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The maximum reduction of protease inhibitor activity can be brought about by _____.

- 1. freezing
- 2. dry heat
- 3. moist heat
- 4. All of the above

Options :

- 51245257017. 1
- 51245257018. 2
- 51245257019. 3
- 51245257020. 4

Question Number : 64 Question Id : 51245217566 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Amylase inhibitors show _____.

1. increase in the fasting blood glucose
2. decrease in post meal blood glucose
3. increase in insulin secretion
4. decrease in blood maltose

Options :

- 51245257021. 1
- 51245257022. 2
- 51245257023. 3
- 51245257024. 4

Question Number : 65 Question Id : 51245217567 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Which of the following foods does NOT contain amylase inhibitor?

1. Leguminous seeds
2. Sorghum
3. Amaranth seeds
4. Cheese

Options :

- 51245257025. 1
- 51245257026. 2
- 51245257027. 3
- 51245257028. 4

Question Number : 66 Question Id : 51245217568 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Saponins are a group of compounds characterized by their structure containing a lipid soluble _____ and a water soluble glycoside moiety.

1. aglycone
2. glucose
3. arabinose
4. glycone

Options :

51245257029. 1
51245257030. 2
51245257031. 3
51245257032. 4

Question Number : 67 Question Id : 51245217569 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Most hemagglutinins of higher plants are found in _____.

1. leaves
2. seeds
3. fruits
4. stems

Options :

51245257033. 1
51245257034. 2
51245257035. 3
51245257036. 4

Question Number : 68 Question Id : 51245217570 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

An antioxidant is a compound that can donate an electron or a _____atom to a free radical.

1. Hydrogen
2. Oxygen
3. Nitrogen
4. Helium

Options :

51245257037. 1
51245257038. 2
51245257039. 3
51245257040. 4

Question Number : 69 Question Id : 51245217571 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Bioactive compounds act as_____

- A. inducers and inhibitors of enzymes
- B. inhibitors of receptor activity
- C. inducers and inhibitors of gene expression
- D. activator of receptor activity

Choose the **correct** answer from the options given below:

1. A, B and D only
2. A, B and C only
3. B, C and D only
4. A, C and D only

Options :

51245257041. 1
51245257042. 2
51245257043. 3
51245257044. 4

Question Number : 70 Question Id : 51245217572 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Resveratrol is a _____ polyphenol, possessing two phenol rings linked to each other by an ethylene bridge.

1. kaempferol
2. catechins
3. quercetin
4. stilbenoid

Options :

- 51245257045. 1
- 51245257046. 2
- 51245257047. 3
- 51245257048. 4

Question Number : 71 Question Id : 51245217573 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____ conjugates are the major forms of resveratrol metabolites found in plasma and urine in humans.

1. Phosphate
2. Sulphate
3. Nitrate
4. Chlorides

Options :

- 51245257049. 1
- 51245257050. 2
- 51245257051. 3
- 51245257052. 4

Question Number : 72 Question Id : 51245217574 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Boiling of food leads to reduction of quercetin due to thermal degradation and _____ action of boiling water.

1. evaporation
2. leaching
3. blanching
4. oxidation

Options :

- 51245257053. 1
- 51245257054. 2
- 51245257055. 3
- 51245257056. 4

Question Number : 73 Question Id : 51245217575 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Quercetin inhibits inflammatory enzymes cyclooxygenase (COX) and _____ thereby decreasing inflammatory mediators such as prostaglandins and leukotrienes.

1. Lipooxygenase
2. Reactive oxygen species
3. Glucoxygenase
4. Protease

Options :

- 51245257057. 1
- 51245257058. 2
- 51245257059. 3
- 51245257060. 4

Question Number : 74 Question Id : 51245217576 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Kaempferol is a natural _____ found in many fruits and vegetables.

1. Flavanone
2. Anthocyanin
3. Flavanol
4. Carotenoid

Options :

51245257061. 1
51245257062. 2
51245257063. 3
51245257064. 4

Question Number : 75 Question Id : 51245217577 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Cinnamon is obtained from_____.

1. bark
2. root
3. seed
4. leaves

Options :

51245257065. 1
51245257066. 2
51245257067. 3
51245257068. 4

Question Number : 76 Question Id : 51245217578 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No

Correct Marks : 1 Wrong Marks : 0

Chemically crocin is a _____.

1. curcumenoid
2. flavonoid
3. carotenoid
4. capsaicinoid

Options :

51245257069. 1

51245257070. 2

51245257071. 3

51245257072. 4

Question Number : 77 Question Id : 51245217579 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Luteolin is found in plant materials, often in the form of _____.

1. glycosides
2. aglycone
3. acyl
4. amines

Options :

51245257073. 1

51245257074. 2

51245257075. 3

51245257076. 4

Question Number : 78 Question Id : 51245217580 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Capsaicin is an active component of _____.

1. black pepper
2. garlic
3. chilli pepper
4. ginger

Options :

51245257077. 1

51245257078. 2

51245257079. 3

51245257080. 4

Question Number : 79 Question Id : 51245217581 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Among the phenolic compounds present in fresh ginger, _____ is found in higher quantity than others.

1. paradols
2. gingerol
3. shogaol
4. sterol

Options :

51245257081. 1

51245257082. 2

51245257083. 3

51245257084. 4

Question Number : 80 Question Id : 51245217582 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Clove oil contains the compound _____ which has been used in dentistry since ancient times.

1. gingerol
2. eugenol
3. kaempferol
4. phytosterol

Options :

51245257085. 1
51245257086. 2
51245257087. 3
51245257088. 4

Question Number : 81 Question Id : 51245217583 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Thymoquinone protects liver from injury via elevation in _____ level.

1. insulin
2. glutathione
3. progesterone
4. calcitonin

Options :

51245257089. 1
51245257090. 2
51245257091. 3
51245257092. 4

Question Number : 82 Question Id : 51245217584 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Too much exposure to apigenin can lead to _____ damage.

1. lungs
2. liver
3. heart
4. brain

Options :

- 51245257093. 1
- 51245257094. 2
- 51245257095. 3
- 51245257096. 4

Question Number : 83 Question Id : 51245217585 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Rosmarinic acid is effective in aiding memory as a possible treatment for_____.

1. Alzheimer's disease
2. cancer
3. diabetes
4. arthritis

Options :

- 51245257097. 1
- 51245257098. 2
- 51245257099. 3
- 51245257100. 4

Question Number : 84 Question Id : 51245217586 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Diosgenin is a precursor of synthetic_____ used in pharmaceutical industries.

1. steroidal drugs
2. insulin
3. thyroxine
4. serotonin

Options :

- 51245257101. 1
- 51245257102. 2
- 51245257103. 3
- 51245257104. 4

Question Number : 85 Question Id : 51245217587 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No 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.

- A. lipids
- B. phenolic compounds
- C. mucilaginous fibre
- D. trigonalline alkaloid

Choose the **correct** answer from the options given below:

1. A, B and C only
2. B, C and D only
3. A, C and D only
4. A, B and D only

Options :

- 51245257105. 1
- 51245257106. 2
- 51245257107. 3

51245257108. 4

Question Number : 86 Question Id : 51245217588 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Fenugreek gum derived from the endosperm of the seeds consists of _____

- A. mannose
- B. glucose
- C. galactose
- D. arabinose

Choose the **correct** answer from the options given below:

- 1. A, B and C only
- 2. A, B and D only
- 3. B, C and D only
- 4. A and C only

Options :

- 51245257109. 1
- 51245257110. 2
- 51245257111. 3
- 51245257112. 4

Question Number : 87 Question Id : 51245217589 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____ is an animal origin fat which is good source of omega-3 fatty acid.

- 1. Margarine
- 2. Lard
- 3. Krill oil
- 4. Tallow

Options :

51245257113. 1

51245257114. 2

51245257115. 3

51245257116. 4

Question Number : 88 Question Id : 51245217590 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Omega-3 dietary supplements in excess may interfere with drugs like _____ medications.

1. anti-histamine
2. anti-coagulating
3. anti-emetic
4. antispasmodic

Options :

51245257117. 1

51245257118. 2

51245257119. 3

51245257120. 4

Question Number : 89 Question Id : 51245217591 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____ destroys the fatty acid composition of Omega-3 fats.

1. Heating
2. Reheating
3. Refrigeration
4. Over heating

Options :

51245257121. 1

51245257122. 2

51245257123. 3

51245257124. 4

Question Number : 90 Question Id : 51245217592 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____ is a precursor of Conjugated Linoleic Acid which is naturally produced during bacterial fermentation in ruminant animals.

1. Butyric acid
2. Lipoic acid
3. Alpha linolenic acid
4. Trans vaccenic acid

Options :

51245257125. 1

51245257126. 2

51245257127. 3

51245257128. 4

Question Number : 91 Question Id : 51245217593 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____ is a functional ingredient which is a natural trans-fat.

1. Eicosapentaenoic acid
2. Docosahexaenoic acid
3. Essential fatty acid
4. Conjugated Linoleic Acid

Options :

51245257129. 1

51245257130. 2

51245257131. 3

51245257132. 4

Question Number : 92 Question Id : 51245217594 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

During semi starvation, glycogen levels are dramatically decreased, and the role of _____ in maintaining blood glucose levels is lessened in a relative manner.

1. glycogenolysis
2. glycogenesis
3. gluconeogenesis
4. lipolysis

Options :

51245257133. 1
51245257134. 2
51245257135. 3
51245257136. 4

Question Number : 93 Question Id : 51245217595 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The metabolic response to the ingestion of food has been referred to as -----

- A. thermic effect of food
- B. specific dynamic action
- C. diet induced thermogenesis
- D. metabolic heat

Choose the **correct** answer from the options given below:

1. A, B and C only
2. A, B and D only
3. B, C and D only
4. A, C and D only

Options :

- 51245257137. 1
- 51245257138. 2
- 51245257139. 3
- 51245257140. 4

Question Number : 94 Question Id : 51245217596 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

A large number of food peptides have already been validated for their anti-inflammatory and _____ properties.

- 1. functional
- 2. anti-oxidant
- 3. anti depressant
- 4. anti coagulant

Options :

- 51245257141. 1
- 51245257142. 2
- 51245257143. 3
- 51245257144. 4

Question Number : 95 Question Id : 51245217597 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Vitamin E has a pronounced effect in infectious diseases where immune _____ is involved, but is less effective in the case of cell-mediated immune defences.

- 1. responses
- 2. phagocytosis
- 3. stimulation
- 4. inhibition

Options :

- 51245257145. 1
- 51245257146. 2
- 51245257147. 3
- 51245257148. 4

Question Number : 96 Question Id : 51245217598 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

The continuing attack of DNA by unquenched _____ is believed to cause cancer.

- 1. RNA
- 2. ROS
- 3. AMD
- 4. LDL

Options :

- 51245257149. 1
- 51245257150. 2
- 51245257151. 3
- 51245257152. 4

Question Number : 97 Question Id : 51245217599 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

Insufficient amounts of _____ and vitamin B₁₂ limit the conversion of homocysteine into methionine, which is a direct precursor of S-adenosylmethionin.

- 1. Vitamin A
- 2. folate
- 3. niacin
- 4. Vitamin E

Options :

- 51245257153. 1
- 51245257154. 2

51245257155. 3

51245257156. 4

Question Number : 98 Question Id : 51245217600 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____ preserves normal irritability of muscles, cell permeability, activates nerve and muscle function.

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

Options :

51245257157. 1

51245257158. 2

51245257159. 3

51245257160. 4

Question Number : 99 Question Id : 51245217601 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____modulates immune response and exhibits antioxidant and anti-inflammatory activity.

1. Zinc
2. Iron
3. Iodine
4. Copper

Options :

51245257161. 1

51245257162. 2

51245257163. 3

51245257164. 4

Question Number : 100 Question Id : 51245217602 Question Type : MCQ Option Shuffling : No Is Question Mandatory : No Correct Marks : 1 Wrong Marks : 0

_____ has an improving effect on insulin binding and increases the number of insulin receptors on the cell surface.

1. Chromium
2. Calcium
3. Cadmium
4. Chlorine

Options :

- 51245257165. 1
- 51245257166. 2
- 51245257167. 3
- 51245257168. 4