



2nd SEM. 2015/16

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**UNIVERSITY OF SWAZILAND
FINAL EXAMINATION PAPER**

**PROGRAM : BACHELOR OF SCIENCE IN FOOD SCIENCE,
NUTRITION AND TECHNOLOGY YEAR IV**

COURSE CODE : FSNT 411

**TITLE OF PAPER : FUNCTIONAL FOODS AND DIET
SUPPLEMENTS**

TIME ALLOWED : TWO (2) HOURS

**INSTRUCTIONS : ANSWER QUESTION ONE (1) AND ANY OTHER
TWO (2) QUESTIONS.**

**DO NOT OPEN THIS PAPER UNTIL PERMISSION HAS BEEN GRANTED BY
THE CHIEF INVIGILATOR**

QUESTION 1 (COMPULSORY)

- (a) Discuss how functional foods aid in the normal functioning of the human gastro intestinal system. (15 Marks)
- (b) State **five (5)** roles of soy products in preventing the risk of chronic diseases. (15 Marks)
- (c) Identify the dietary sources of β -glucan and discuss the possible mechanism by which it gives health benefits. (10 Marks)

[TOTAL MARKS = 40]

QUESTION 2

- (a) Write short notes on the following: (15 Marks)
- i. Probiotic food
 - ii. Isoflavones
 - iii. Whole grain
- (b) Outline the aim of emulsion delivery systems. (15 Marks)

[TOTAL MARKS = 30]

QUESTION 3

- (a) Write short notes on the following: (15 Marks)
- i. Prebiotic
 - ii. phytosterols
 - iii. Microencapsulation
- (b) Name the compounds in lipids which are associated with health benefits and classify them based on different criteria. (15 Marks)

[TOTAL MARKS = 30]

QUESTION 4

- (a) Discuss the counteracting ideas about yoghurt starter culture on the basis of fulfilling the criteria to be probiotic. (15 Marks)
- (b) Describe **five (5)** therapeutic effects of consuming tea. (15 Marks)

[TOTAL MARKS = 30]