



2nd SEM. 2017/18

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UNIVERSITY OF SWAZILAND
SUPPLEMENTARY EXAMINATION PAPER

PROGRAMME : **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 ((OMPULSORY)

- (a) Discuss the dietary sources and health issues associated with trans fatty acids. (15 Marks)
- (b) Discuss the main elements in the definition of functional foods. (15 Marks)
- (c) State health benefits of symbiotic foods. (10 Marks)
- [TOTAL MARKS = 40]

QUESTION 2

- (a) Discuss the characteristics and health benefits of functional ingredients from oats. (15 Marks)
- (b) Discuss the technology and purpose of emulsion delivery systems in functional food product design. (15 Marks)
- [TOTAL MARKS = 30]

QUESTION 3

- (a) Describe the points that need to be considered in selecting functional ingredients to develop functional High boils. (15 Marks)
- (b) Define functional confectionary. Identify **three (3)** such products and explain their health benefits. (15 Marks)
- [TOTAL MARKS = 30]

QUESTION 4

- (a) Identify the deleterious effects of fibre in bread and outline ways of counteracting these effects. (15 Marks)
- (b) Identify **five (5)** bioactive compounds in breast milk and indicate their functional properties. (15 Marks)
- [TOTAL MARKS = 30]