

**King Saud University
Collage of Applied Medical Sciences
Community Health Sciences Department
Clinical Nutrition**

1st Term Exam

CHS 457

Functional Food

Time: 2 Hours

Date:4/11/2012

Student's Name:

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Student's ID

.....

Total Grade

/20

I. Please Answer the Following Questions

1. Define functional food: (2 grades)

2. How do free radicals contribute to heart disease? (2 grades)

3. What are the grades of olive oil? List them as per quality. (2 grades)

4. List 3 advantages of using olive oil in frying: (3 grades)

5. Kindly fill out the following table: (9 grades)

Food	Active Component	Contribution to Health
Garlic		
Tomato		

6. Write T for true statements and F for false ones: (1 grade)

- In garlic, Alliin concentrations are increased during storage
- Frying garlic retards its ability to inhibit platelet aggregation

7. Fill in the blanks with the suitable answer: (1 grade)

- Ripe olives are while un ripe are "color"