

Student Name

ID number

Total Grade

First Question:

Answer the following questions: 9.5 Marks

1- What are the criteria that must be included in the microorganisms to be included in the food as a probiotics? 2.5 mark

2-What does symbiotic food term refers to? 1 mark

3-What does EVO refers to? 1 mark

4-What is the effect of coffee on type 2 diabetes? 1 mark

5-What is metabolic syndrome?

And what type of diet is promoted to prevent metabolic syndrome? 2marks

6-How Does Caffeine promote lipolysis? 2 marks**Second Question:****Fill in the blanks: 5.5**

1- _____ and _____ are the most common types of microbes used as probiotics.

2- _____ fatty Acids are twice as effective at raising blood cholesterol as are _____ and _____ at lowering blood cholesterol.

3- Research has suggested that drinking regular coffee may decrease the risk of _____ and _____ cancer.

4- In commercial yogurt, B-galactosidase activity has been found to vary depending on:

1. _____
2. _____
3. _____.
4. _____

Third Question:

Place T in front the correct statement and F in front the wrong one.

5 Marks

	1-Whole grains are the only source of prebiotics.
	2-Green olives have greater acidity than black olives.
	3-Caffeine is the only ingredient in coffee that have beneficial effects on health.
	4-Probiotics are concerned with bacteria in the small intestine.
	5-Yogurt reduces the duration of diarrhea in infants.
	6-Olive oil has been shown to promote the development of mammary glands tumor.
	7-coffee and caffeine are synonymous.
	8-Drinking coffee lower the activity of the sympathetic nervous system.
	9-The most common fibers of probiotics are soluble fibers.
	10-Drinking coffee is positively correlated with triglycerides level.