

問答題(100%)

1. 健康食品許可證目前有那兩種二規制，其標章有何差別，請說明？(20%)
2. 試說明如何達到『健康素食』的飲食？(20%)
3. 試列舉說明 5 種植物化學物質如何達到疾病預防之作用？(20%)
4. 請列舉長壽的飲食特色，共十點？(20%)
5. 試翻譯下列英文全名或縮寫？(20%) (請抄題回答)每題 1 分

(1) Oligosaccharide:	(11) Resveratrol:
(2) Phytochemicals:	(12) Anthocyanin:
(3) ROS:	(13) Catechin:
(4) Dietary fiber:	(14) DHA:
(5) RDA:	(15) Probiotics:
(6) DASH:	(16) Psyllium:
(7) Pectin:	(17) Oat bran:
(8) MUFA:	(18) Flaxseed oil:
(9) Polysaccharide:	(19) LDL:
(10) GMP:	(20) Nutrient: