



**FACULTY OF CULINARY ARTS**

**FINAL EXAMINATION**

Student ID (in Figures) : 

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Student ID (in Words) : \_\_\_\_\_  
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Course Code and Name : **CUL1173 Nutrition and Sensory Analysis**  
 Semester and Year : January - April 2022  
 Lecturer/Examiner : Wan Ruzanna Wan Ibrahim  
 Duration : 2 Hours

**INSTRUCTIONS TO CANDIDATES**

1. This question paper consists of 3 parts:
  - PART A (20 marks) : Answer all TWENTY (20) multiple choice questions. Answers are to be shaded in the Multiple Choice Answer Sheet provided.**
  - PART B (50 marks) : FIVE (5) short answer questions. Answers are to be written in the Answer Booklet provided.**
  - PART C (30 marks) : Answer ONE (1) essay question. Write your answers in the Answer Booklet(s) provided.**
2. Candidates are not allowed to bring any unauthorized materials except writing equipment into the Examination Hall. Electronic dictionaries are strictly prohibited.
3. This question paper must be submitted along with all used and/or unused rough papers and/or graph paper (if any). Candidates are NOT allowed to take any examination materials out of the examination hall.
4. Only ballpoint pens are allowed to be used in answering the questions, with the exception of multiple choice questions, where 2B pencils are to be used.

**WARNING:** The University Examination Board (UEB) of BERJAYA University College regards cheating as a most serious offence and will not hesitate to mete out the appropriate punitive actions according to the severity of the offence committed, and in accordance with the clauses stipulated in the Students’ Handbook, up to and including expulsion from BERJAYA University College.

**Total Number of pages = 8 (Including the cover page)**

**PART B : SHORT ANSWER QUESTIONS (50 MARKS)**

**INSTRUCTION(S) :** Answer **FIVE (5)** short answers. Write your answers in the Answer Booklet(s) provided.

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1. Distinguish between the **TWO (2)** types of simple carbohydrates group. (10 marks)
  
2. List **FIVE (5)** common simple carbohydrates. Identify where they can be found in the diet or in the body. (10 marks)
  
3. Cholesterol and lecithin are two lipid groups that are required to build and maintain healthy membranes in our body.
  - a. Define cholesterol and lecithin and give an example of food in which they are found. (10 marks)
  - b. State **FIVE (5)** functions of cholesterol in the human body. (5 marks)
  
4. Classify **TWO (2)** general characteristics of vitamins and distinguish the differences between water-soluble vitamins and fat-soluble vitamins. (10 marks)
  
5. Identify **FIVE (5)** main functions of water in our body. (5 marks)

**END OF PART B**

**PART C : ESSAY QUESTIONS (30 MARKS)**

**INSTRUCTION(S) :** Answer **ONE (1)** essay question. Write your answers in the Answer Booklet(s) provided.

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1. Crystal is 25 and has always been conscientious about her health. She always has to struggle with her weight but has been able to maintain her current weight for about 3 years (5'5" and 72kg). But Crystal does feel like she is in good shape and goes to the gym or exercises outside 4-5 times a week for 30-60 minutes depending on how much time she has.

Crystal just graduated from college and has just started teaching at an elementary school. She is a vegetarian, so she brings her lunch every day and it contains lots of vegetables and legumes. She also eats breakfast, usually whole grain cereal with soy milk. For a snack she will usually have some fresh fruits or nuts. She does love sweets and will indulge in some cookies or an ice cream almost every day. Each year at her annual medical check-up her physician tells her that she is in good health.

- a. Does Crystal need to worry about being at risk for any chronic disease? Justify your answer.

(10 marks)

- b. If you were her physician, would you make any adjustment to Crystal's diet or exercise program? What suggestions could you give to Crystal to have a healthier lifestyle?

(10 marks)

- c. Briefly explain why choosing a variety of foods is important to a healthy diet. Please include examples to support your answers.

(10 marks)

**END OF EXAM PAPER**