



## 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 : **CUL1553.v2 Nutrition and Dietary Requirement in Culinary Arts**  
 Semester and Year : January – April 2023  
 Lecturer/Examiner : Wan Ruzanna Wan Ibrahim  
 Duration : 3 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 ALL questions. 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 answer questions. Write your answers in the Answer Booklet(s) provided.

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1. Define the following terminology:
  - a. Nutrition labeling (4 marks)
  - b. Gastrointestinal tract (4 marks)
  
2. What do you understand about nutrients? (4 marks)
  
3. There are six classes of essential nutrients that a human must consume in order to promote growth. Identify and explain all **SIX (6)** classes of nutrients. (12 marks)
  
4. Carbohydrates are one of the main types of nutrients. It is the most important source of energy for body function. Digestive system changes carbohydrates into glucose (blood sugar) and body uses this sugar for energy for human cells, tissues and organs.
  - a. Briefly explain **TWO (2)** different types of simple carbohydrates group. (8 marks)
  - b. Identify **FOUR (4)** common simple carbohydrates and where they can be found in the diet. (8 marks)
  
5. The problem of obesity in Malaysia is growing. Not only are Malaysian adults outweighing other South East Asian neighbors, but the children are also following suit among their peers as one in every five school-going Malaysian children is overweight or obese. To be labeled as one of Asia's fattest countries is certainly worrying.

Analyze how childhood obesity can be combated through nutritional diet and healthy lifestyle.

(10 marks)

**END OF PART B**

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

**INSTRUCTION(S) :** Answer **ALL** questions. Write your answers in the Answer Booklet(s) provided.

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1. Case study:

Najib is 55 years old and has always been lucky to have normal metabolism rate and has never had to worry about his weight. He figured that he didn't have to exercise as he really didn't have time with the long stressful hours at work and lots of out of town travels. Due to the stress of his job, he started smoking more than normal.

When he went in for the yearly medical checkup, his blood pressure was 145/90 and the result showed his cholesterol was 250 mg/dl, borderline high, as the normal reading for adults indicates at below 200 mg/dl. Najib always feels that keeping his weight down would prevent him from having heart disease. He really doesn't eat much, usually one meal a day at a Mamak's restaurant to enjoy his *nasi kandar* or *mee goreng* along with *teh tarik*.

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

(10 marks)

- b. Recommend **FIVE (5)** dietary advices Najib could add to his diet to decrease chances of getting any chronic disease.

(10 marks)

2. There are 2.1 million older populations (65 years old or older) in Malaysia. The older population will continue to grow significantly in year 2021. The maximum efficiency of many organ systems occurs between 20 and 35 years old. After age 35, the functional capability of almost every organ system declines. Basal metabolism rate (BMR) declines as we age, we lose muscle mass and the function of cardiovascular system declines with age too.

Discuss on the nutrient concerns for the elderly and plan a menu that is suitable with their age.

(10 marks)

**END OF EXAM PAPER**