



**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 2024  
 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 TWO (2) essay 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 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 **ALL** questions. Write your answers in the Answer Booklet(s) provided.

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1. Jessica just went to the health fair that her work was sponsoring. She is 44 and works as an administrative assistant. At the health fair they checked her weight, blood pressure and blood sugar. She is 160cm and at the health fair her weight was 75kg, her blood pressure was 120/85 and her blood sugar was 8.5 mmol/L – higher than normal blood sugar level 5.6 mmol/L. Her BMI rate indicates 29.3 – overweight.

Jessica was surprised that her blood sugar was high because she doesn't really eat sweets. She prefers savoury treats like potato chips. Jessica love to cook and usually eats 3 large meals a day, but rarely eats between meals except for drinking a can of soda and her favourite is F&N Fanta. Jessica and her husband do like to go for an evening walk around their neighbourhood and do a few night walks once in a while.

- a. In your opinion, is Jessica at risk of Type 2 diabetes? Support your answer with the possible factors based on Jessica's lifestyle.

(10 marks)

- b. Recommend a dietary advice for Jessica to improve her health status.

(10 marks)

2. In 2016, Food and Drug Administrative (FDA) finalized significant changes to food and beverage labeling, including updates to daily values, serving sizes, the nutrition facts chart, and more. The compliance deadline for these rules was January 1, 2020, or January 1, 2021 for manufacturers with less than 10 million in annual sales. Since January 2021, FDA has enforced its new labeling requirements on products being marketed in the U.S.

Examine how the information on food labels help in identifying foods that are high in added sugars.

(10 marks)

**END OF EXAM PAPER**