

## SCHOOL OF CULINARY ARTS

### FINAL EXAMINATION

Student ID (in Figures) : 

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Student ID (in Words) : \_\_\_\_\_  
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Subject Code & Name : **BCA 1301 Nutrition**  
Semester & Year : January –April 2016  
Lecturer/Examiner : Haryati Abu Husin  
Duration : 3 Hours

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#### INSTRUCTIONS TO CANDIDATES

1. This question paper consists of 3 parts:

**PART A (20 marks) : TWO (2) SHORT ANSWER QUESTIONS. Answers are to be written in the Answer Booklet provided.**

**PART B (60 marks) : TWO (2) SCENARIO QUESTIONS. Answers are to be written in the Answer Booklet provided.**

**PART C (20 marks) : ONE (1) ESSAY QUESTION. Answers are to be written in the Answer Booklet provided.**

2. Candidates are not allowed to bring any unauthorised 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 of Hospitality 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 of Hospitality.

**Total Number of pages = 4 (Including the cover page)**

**PART A : SHORT ANSWER QUESTIONS (20 MARKS)**

**INSTRUCTION(S)** : **TWO (2)** short answer questions. Answer **ALL** questions in the Answer Booklet(s) provided.

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1. Discuss the importance of copper in humans and identify sources of copper in food. (10 marks)
  
2. Justify the functions of food guidelines: My Plate to plan meals. (10 marks)

**END OF PART A**

**PART B : SCENARIO QUESTIONS (60 MARKS)**

**INSTRUCTION(S) : TWO (2) scenario questions. Answer ALL questions in the Answer Booklet(s) provided.**

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**Answer these questions based on the scenario below:**

**SCENARIO QUESTION 1**

Dorine, a 50 year old retired teacher complains that she has severe back pain and she suffers from cramps, especially when she walks, stand for too long and normally during sleeping. She had a minor fall previously and that caused her to use a wheelchair due to a severe bone fracture. She found out that she has a family history of having osteoporosis. She also noticed that her height decreased as she aged. She has the tendency to avoid consuming milk and milk products due to her lactose intolerance problems.

1. Based on the information given, discuss Dorine's health issues. (10 marks)
2. What can Dorine do to overcome this problem? (10 marks)
3. Design **ONE (1)** complete lunch recipe (main meal) suitable for Dorine. (10 marks)

**SCENARIO QUESTION 2**

Marvell, a 25 year old engineer is suffering from insomnia lately due to his heavy workload and high levels of stress. His doctor has prescribed medication and a change of dietary plan for him. It seems that lately he has low intake of calcium, iron and magnesium that caused him to suffer from insomnia.

1. Design a one day healthy meal (breakfast, lunch and dinner) for him, having approximately not less than 1600kcal per day. (10 marks)
2. Discuss what type of health problems he might be suffering from if he does not increase his calcium, iron and magnesium intake. (10 marks)
3. Discuss how he can improve his eating patterns. (10 marks)

**END OF PART B**