



Private & Confidential

**SCHOOL OF LIBERAL ARTS
FINAL EXAMINATION**

Student ID (in Figures) :

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Student ID (in Words) : _____

Subject Code & Name : **MPU 2232 Thinking Skills**
Semester & Year : January – April 2016
Lecturer/Examiner : Harizah Faiz
Duration : 2 hours

INSTRUCTIONS TO CANDIDATES

1. This question paper consists of 2 parts:

- PART A (60 marks) : READING COMPREHENSION**
There are **TWO (2)** sections in this part. Read the passages and answer all questions in the space provided.
- PART B (40 marks) : PROBLEM SOLVING**
There is only **ONE (1)** section in this part. Write your answers in the space 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 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 = 11 (including the cover page)

PART A : READING COMPREHENSION (60 marks)

INSTRUCTION(S) : There are **TWO (2)** sections in this part. Read the passages and answer **ALL** questions in the space provided.

SECTION 1: Questions 1 – 7 (30 marks)

Read the passage carefully and answer the questions that follow.

Breakfast is a nutritious way to start out the day. Eating breakfast refuels the body, enhances mood, improves concentration, helps maintain a healthy weight, and is the foundation of a healthy diet. Eating a healthy breakfast can be quick and easy, and can provide benefits that can last the entire day.

- 5 Typically, there is a period of 8 to 12 hours between dinner and the morning meal. Therefore, when a person eats breakfast, he or she is breaking a fast from the night before. Breakfast is a chance to give the human body the food it needs to replenish its blood glucose levels. Glucose is the body's main energy source; it fuels the brain and the body. Eating breakfast will provide the human body with the glucose it needs to function properly and fight fatigue.
- 10 Eating a healthy breakfast is a great opportunity to eat nutritious foods, which provide the body with essential vitamins and minerals. Vitamins and minerals are needed for proper growth and maintenance, carbohydrate and protein metabolism, and to build up bone strength – all of which results in a healthier immune system for the body. People who regularly consume a healthy breakfast are more likely to meet their daily nutrient requirements, eat less fat and
- 15 have lower cholesterol, which may reduce the risk of heart disease and other serious disorders.

A well-balanced breakfast can help keep a person alert and productive throughout the morning. Breakfast improves concentration, problem-solving skills, hand-eye coordination, creativity and attention span. Eating breakfast will also give energy which can help make a person more physically active, and miss fewer days of school or work due to illness.

- 20 Many people have the misconception that skipping breakfast will help them lose weight. However, doing this may actually cause them to snack throughout the day, eat more at their next meal, and negatively impact their mood. Breakfast boosts the body's metabolism first thing in the morning. It curbs hunger, prevents binge eating later in the day, and stabilizes blood sugar. In addition, eating a fibre-rich breakfast keeps the stomach full for longer so that
- 25 extra calories are not consumed throughout the day.

People who eat breakfast regularly are more likely to consume a healthier diet overall. By skipping breakfast, a person may have a difficult time consuming essential nutrients the body needs to stay healthy. Breakfast foods typically consist of milk, whole grains, fruit and even vegetables, which are significant sources of vitamins C and D, calcium, iron and fibre. Without

30 breakfast, a person may not meet the daily nutrient recommendations. Most importantly, eating breakfast leads to healthier food choices at other meals.

Eating breakfast does not mean downing a cup of coffee and a doughnut. The core of a healthy breakfast consist of whole grains, such as hot or cold cereals; a bran muffin; whole-wheat rolls or bagels; low-fat protein, such as peanut butter, lean meat, poultry, fish or hard boiled eggs;

35 low-fat dairy, including skim milk, low-fat yogurt and low-fat cheeses; and fruit and vegetables, such as 100 percent juices, parfaits, smoothies and fresh or frozen fruit. Less healthy options such as sweet buns, fried eggs, sausage, deep fried cakes and soft drinks do not provide the lasting benefits of a healthy breakfast.

Adapted from <http://www.livestrong.com/article/404122/>

1. What is the overall message delivered by the article above? (1 mark)

- A. Breakfast is the most important meal of the day
- B. People who eats breakfast are healthier
- C. There are many benefits to eating breakfast
- D. There is a correct way to eat breakfast

2. Glucose will prevent the following **EXCEPT** (1 mark)

- A. tiredness
- B. sleepiness
- C. weakness
- D. alertness

3. Downing a coffee and a doughnut for breakfast will... (1 mark)

- A. not provide a lasting benefit of a healthy breakfast
- B. provide healthy food choices for breakfast
- C. help meet the daily nutrient recommendation
- D. give people the misconception that they can lose weight

4. Why is eating breakfast considered breaking a fast from the night before? (2 marks)

5. What are **THREE (3)** ways eating breakfast help develop a healthier body? (6 marks)

6. Explain in detail why it is not advisable to skip breakfast if a person is trying to lose weight from **overeating**. (10 marks)

7. Categorise the types of food that are recommended to eat for breakfast by naming **THREE (3)** types of food and providing **TWO (2)** examples for each type. (9 marks)

Type of Food	Examples of Food

SECTION 2: Questions 8 – 17 (30 marks)

Read the passage carefully and answer the questions that follow in the space provided.

The Pink Tax

A study of 800 nearly identical products with male and female versions released in December 2015 by the New York City Department of Consumer Affairs found that the women’s products, on average, cost 7% more than the men’s products. And a study from the state of California on this so-called woman tax found that women, on average, pay about \$1,351 annually in extra costs for similar goods and services. Some experts say that such pricing discrepancies are here to stay: “I don’t see this going away anytime soon, because the dialogue in our culture is that men and women are different — we call each other the ‘opposite sex,’” says Nicholas Guittar, an assistant professor of sociology at the University of South Carolina Lancaster, who has studied gendered pricing; thus, he says, pricing differences don’t bother Americans enough for people to rebel against them. “Gendered pricing disparities will persist despite the presence of increased gender equality in society.”

One of the things women fork more money out for is laundry. Not all items are more expensive for women to get dry-cleaned — suits, blazers and slacks tend to have similar prices — but shirts are, according to the study published in the journal *Gender Issues* in 2011. The average price to clean a men’s shirt was \$2.06, while it was \$3.95 for a woman’s shirt — and that’s before considering the added cost of shirts made from special fabric like silk or rayon, or with embellishments like sequins or pleats. “The observed pricing disparity is for identical shirts except that one is labelled a ‘men’s’ shirt while the other is a ‘women’s’ shirt,” the authors write. This means that if a man and woman got one shirt dry cleaned per month for 10 years, on average, it would cost a man \$247.20 in today’s dollars, while a woman would end up paying \$474.

Personal care is also something that costs more for women compared to men. Stopping odour is a pricier proposition for women than for men, according to a 2011 study published in the journal *Gender Issues*. While on the surface, prices for a stick of deodorant for men and women seem the same (roughly \$3.15 per stick), men’s deodorant sticks tend to be larger than women’s (2.86 ounces vs. 2.29 ounces). This means that, on average, women pay \$1.44 per ounce of deodorant, compared with \$1.15 for men — a difference of about 20%. Guittar points out that companies defend this practice by saying that it often costs more to market to women than to men. Among the other pricier products for women: Razor cartridges and razors cost more for women than men by an average of 11%, and body wash costs 6% more. “Of all the industries analysed, personal care had the highest premium for women, with products costing, on average, 13% more than personal care products for men,” the study concluded.

What’s more, the 2015 study by the NYC Department of Consumer Affairs found that the largest price discrepancy between men’s and women’s products existed for shampoo and conditioner. Women, on average, paid 48% more for a similar product. As almost every woman knows, getting a haircut costs far more for women than for men. A study by economist Liston-Heyes found that even

for the same haircut, women paid more than men. “We started calling different hairdressers and explicitly said we had the same haircut [as a man],” she says. Still, she says, in almost every case, the price for them to get the same haircut was more than the price charged for a man. A 1996 study done in New York City had similar findings: Nearly half of hair salons charged women more
40 for a simple haircut. (New York City now prohibits gender-based pricing, though the practice persists.) Liston-Heyes says that this may be because, on average, it takes more time and effort for salons to cut women’s hair than men’s hair, so when they create their pricing structure, they make women’s cuts more expensive.

Lastly, it doesn’t matter your age: If you’re a female, your clothes cost more than similar male
45 clothing. The NYC study found that adult women, on average, pay 8% more for their clothes than men do. The largest price discrepancies were in shirts (15%), dress shirts (13%) and jeans (10%). What’s more, girl’s clothing costs 4% more than boy’s clothing. Children’s shirts have the largest discrepancies (13%), followed by baby pants (9%) and children’s jeans (8%). (Incidentally, children’s toys geared for girls are also priced more, by about 7%, the study found.)

50 However, there are some retail situations in which women get better prices. “Ladies night” at a bar — when ladies get in free but men must pay admission — is one of them. Car insurance is another: Men pay an estimated \$15,000 more over their lifetime for car insurance than women do, according to insurance comparison site CoverHound.com. And just because men may tend to pay less for an item doesn’t mean gender discrimination is always at work, says Catherine Liston-Heyes,
55 an economist at the University of Ottawa who has studied differential pricing. Sometimes an item or service costs, on average, more to provide for women than men, so that is reflected in the pricing, she explains. Whatever the reason for differential pricing, one thing’s certain: “The cumulative cost of these differences is significant,” says Nicholas Guittar.

Adapted from <http://www.marketwatch.com/story/5-things-women-pay-more-for-than-men>

8. In this article, the writer talks about the _____ in the prices of products for men and women. (1 mark)
- A. benefits
 - B. stability
 - C. values
 - D. differences
9. All the categories below are mentioned in the article **EXCEPT** (1 mark)
- A. laundry
 - B. toiletries
 - C. housing
 - D. transportation

10. According to the article, the biggest price discrepancy between men and woman product is for... (1 mark)
- A. health products
 - B. hair products
 - C. clothes
 - D. haircut

11. Explain what you understand by the title of the article **“The Pink Tax”**. (2 marks)

12. Why is **‘stopping odour’** mentioned in **line 21** as part of personal care? (3 marks)

13. Why do you think it costs more to market to women than to men, as mentioned in **line 27**? Provide **ONE (1)** concrete example to support your answer. (4 marks)

14. Give **TWO (2)** possible reasons men pay more for car insurance than women. (4 marks)

15. What are **TWO (2)** ways owning a shirt is more expensive for a woman than a man? Explain with relevant details of the difference in costs as mentioned in the article. (4 marks)

16. How did economist Liston-Heyes get evidence that it costs more for a woman to get a haircut as mentioned in *line 38*? (4 marks)

17. Fill in the table below with the percentage of the difference in price of different types of clothes between males and females. (6 marks)

Items of Clothing	Difference in Price between Males and Females (%)

END OF PART A

PART B : PROBLEM SOLVING (40 marks)

INSTRUCTION(S) : There is only **ONE (1)** section in this part. Write your answer in the space provided.

SECTION 1: (40 marks)

*Write a 300 to 400-word essay to discuss the situation given below. In your essay, you must **identify the main problem, analyse the possible causes of the problem, and propose at least THREE (3) solutions** that can help solve the problem. You must write in detail with explanations and examples taken from the given situation.*

Maria was worried about her good friend Pam. Pam was always talking about how fat she was and what she was trying to do about it. But the truth is that Pam was not at all fat. In fact, she was very thin. Since their first semester, Pam had lost at least 5 kilograms. Now, they were in their third semester and Maria was afraid that Pam had an eating disorder. Maria was also getting frustrated. Where were all the grown-ups? Who was watching out for Pam besides Maria and her friends?

Maria knew that someone from their college had talked to Pam's parents last semester, and that Pam's mother had gotten angry about the college poking its nose into family business. Pam's mother claimed that Pam had a dancer's body and a high metabolism. That was last year. Now things were worse and Maria felt like she was literally watching her friend disappear.

Finally, one Monday afternoon Maria had had enough. As she watched Pam take three diet pills and eat four grapes for lunch she decided she had to do something. As helpless and scared as she felt now, how would it compare to how she would feel if Pam actually ended up in the hospital... or worse?

Maria decided to tell the college counsellor about Pam and her family. The college counsellor suggested they called a therapist to come to the college and talk to Pam about her physical and mental health and help her to get better. The college counsellor straightaway scheduled a meeting for Pam.

Maria knew Pam would be furious when she found out that Maria had talked about her to someone behind her back. But Maria also feared losing her good friend forever.

Adapted from www.goodcharacter.com/dilemma/archive.html

