

FACULTY OF CULINARY ARTS

FINAL EXAMINATION

Student ID (in Figures) :

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Student ID (in Words) : _____

Course Code & Name : **CUL1553 NUTRITION**
Trimester & Year : JAN-APRIL 2018
Lecturer/Examiner : HARYATI ABU HUSIN
Duration : 3 HOURS

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 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 = 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.

1. Elaborate on the function of Vitamin C. (10 marks)
2. Discuss **FOUR (4)** characteristics of a nutritious diet. (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.

SCENARIO QUESTION 1

Garret , 21 year-old college student has a body weight of 50 kg with the height of 165cm. He is an active footballer and he is currently training for the forthcoming tournament next month. Lately he has been suffering from muscle cramps, weakness and nausea and his last medical checkup detected an abnormality in his heart rhythms. He noticed that he has been eating less fruits and vegetables and his intake was more from animal meat and products. He is a heavy smoker and he normally likes to spend time with his friends and go clubbing. To release his stress he often drinks alcoholic beverages in a large amounts during clubbing.

1. Calculate the BMI for Garret and elaborate in the category his BMI falls into. (4 marks)
2. Design a one day healthy meal plan (breakfast, lunch and dinner) that contains an appropriate amount of the entire requirement food group. (12 marks)
3. Suggest ways to improve his health. (14 marks)

SCENARIO QUESTION 2

Geena , is a retired teacher, aged 60 years old. She lives by herself after losing her husband last year. She was detected to have breast cancer a month ago. She was advised by the doctors to change her eating patterns, from all animal based food to more vegetable and fruits, including eating more whole grain compared to refined grains.

1. Design a recipe for breakfast for Geena based on her condition. (10 marks)
2. Illustrate a chart that explains how cancer cells develop in the body. (10 marks)
3. Elaborate the guidelines from American Cancer Society for cancer patients. (10 marks)

END OF PART B

PART C : ESSAY QUESTIONS (20 MARKS)

INSTRUCTION(S) : ONE (1) essay question. Answer ALL questions in the Answer Booklet(s) provided.

1. Discuss the factors that affect the nutrition status among adolescent. (20 marks)

END OF EXAM PAPER