

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 2019
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 = 5 (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. Discuss the functions of food labeling in food product. (10 marks)
2. Justify the reasons why there are changes in nutrient intake in lactating mothers compared to pregnant women. (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.

Answer these questions based on the scenario below:

SCENARIO QUESTION 1

Valentine a 60 year-old retired high school teacher was admitted to the hospital last week due to excessive dehydration and hypoglycemia. Her blood glucose level was 3.4mg/dl. She has a family history of having diabetes.

Recently, before she was admitted, she was advised by the doctor to monitor her blood glucose as her blood glucose was high and she was given insulin to help lower the blood glucose. The doctor suggested that she reduces her weight, as her BMI was at the border line. Because of that, she limited her consumption of food and hardly took any breakfast.

After being discharged, she was told to check her blood glucose everyday and the insulin volume taken was reduced.

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

SCENARIO QUESTION 2

Dodie, a 25 year-old engineer just moved out from his family's house. He decided to stay in an apartment that is not far from the office. He wants to practice healthy eating, but he doesn't have time to cook.

He relies on eating out for most of his meals and his options are food from a fast food outlet and nearby restaurants that serve high calorie food.

He is concerned about his weight, and plans to lose weight. His current weight is 75kg, with a height of 150cm.

1. Calculate the current BMI for Dodie , explain which BMI category he is in . (4 marks)
2. Design a one day healthy meal (breakfast, lunch and dinner) for him, having approximately not less than 1200kcal per day. (10 marks)
3. Discuss what type of health problems he might be suffering from if he does not change his eating patterns and lifestyle . (6 marks)
4. Discuss how he can improve his eating pattern. (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. After completing this course, CUL1553 Nutrition, elaborate ways on how you would improve your eating patterns. Discuss which areas you will consider changing and justify the reasons why you need to make the changes. (20 marks)

END OF EXAM PAPER