

**FACULTY OF CULINARY ARTS**

**ONLINE FINAL EXAMINATION**

Student ID (in Figures) : 

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Student ID (in Words) : \_\_\_\_\_  
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Course Code & Name : **CUL1553 NUTRITION**  
Semester & Year : JAN-APRIL 2020  
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 typed in the answer booklet provided.
- PART B (60 marks) : TWO (2) SCENARIO QUESTIONS. Answers are to be typed in the answer booklet provided.
- PART C (20 marks) : ONE (1) ESSAY QUESTION. Answers are to be typed 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. Candidates are encourage to download the question paper and the answer booklet during the first 10 minutes before the start of the examination.
4. Please make sure all the answers are to be type in the answer booklet provided.
5. Please save the file in PDF format and using this file name : CUL1553 ( your student ID number)  
Example : CUL1553 ( B10102030)
6. Answers are to be submitted along with Student Declaration Form attached in the answer booklet.
7. Answer booklet to be submitted via CN email (user CN Id: HA88) OR gmail ([haryati@berjaya.edu.my](mailto:haryati@berjaya.edu.my)) within 3 hours.

**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.

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1. Elaborate on the major **FIVE (5)** health problems faced by children nowadays. (10 marks)
2. Discuss **FOUR (4)** types of transportation of nutrients (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**

Ursila , 40 year-old housewife suffered heartburn at her last stage of pregnancy. She was asked by the doctor to eat moderately and avoid taking spicy and acidic food.

She has been experiencing severe back pain lately, which doesn't allow her to be as flexible as before. She has visited a doctor and was diagnosed with low calcium content in her blood test.

1. Explain how the heartburn can happen to her. (4 marks)
2. Explain how you would advise her to change her diet and lifestyle to ease her problems. (16 marks)
3. Design one lunch recipe for her that contains an appropriate amount of all the requirements in the food group (10 marks)

**SCENARIO QUESTION 2**

Crystal is a five-year old preschool kid who was diagnosed with ADHD. She is unable to concentrate and sometimes becomes aggressive when her wishes are not fulfilled. Her mother Marrison was instructed by the doctor to limit her carbohydrate intake. She was asked to bring Crystal for behavioral therapy classes to help her in managing her anxiety.

1. Design a recipe for breakfast for Crystal based on her condition. ( 10 marks)
2. Based on the information given, suggest how you can help Crystal's mother help her in controlling her anxiety. (10 marks)
3. Elaborate how ADHD can cause issues for Crystal in future. (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.**

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1. Discuss the nutritional factors that affect the nutrition status of women who plan to get pregnant in future

(20 marks)

**END OF EXAM PAPER**