



FACULTY OF CULINARY ARTS

FINAL EXAMINATION

Student ID (in Figures) :

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Student ID (in Words) :

Course Code and Name : **CUL1173 Nutrition and Sensory Analysis**
 Semester and Year : January – April 2021
 Lecturer/Examiner : Wan Ruzanna Wan Ibrahim
 Duration : 2 Hours

INSTRUCTIONS TO CANDIDATES

- This question paper consists of 3 parts:
 - PART A (20 marks) : Answer all TWENTY (20) multiple choice questions. Answers are to be shaded in the Multiple Choice Answer Sheet provided.**
 - PART B (50 marks) : FOUR (4) short answer questions. Answers are to be written in the Answer Booklet provided.**
 - PART C (30 marks) : Answer ALL questions. Write your answers in the Answer Booklet(s) provided.**
- Candidates are not allowed to bring any unauthorized materials except writing equipment into the Examination Hall. Electronic dictionaries are strictly prohibited.
- 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.
- 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 = 8 (Including the cover page)

PART B : SHORT ANSWER QUESTIONS (50 MARKS)

INSTRUCTION(S) : Answer **FOUR (4)** short answer questions. Write your answers in the Answer Booklet(s) provided.

1. Define the following terminology:
 - a. Mono-saccharides
 - b. Denaturation (8 marks)

2. Major minerals are needed in relatively large amount in our diet (over 100 milligram daily). Sodium and calcium are common examples for major minerals.
 - a. State **TWO (2)** functions of sodium and **TWO (2)** functions of calcium in our human body process. (8 marks)
 - b. Most people eat more salt (and therefore sodium) than they need. Analyze **FIVE (5)** strategies to reduce the salt intake in our daily diet. (10 marks)

3. Vegetarian is one of nutrients diet group where most of their diet derived from plants with or without eggs and dairy products.
 - a. List down and explain **FOUR (4)** types of major vegetarian group. (8 marks)
 - b. Being a vegetarian does not guarantee that your diet will meet current dietary recommendations. Briefly explain **FOUR (4)** reasons why a person becomes a vegetarian. (8 marks)

4. Draw and label the human digestive tract (gastrointestinal tract). (8 marks)

END OF PART B

PART C : ESSAY QUESTIONS (30 MARKS)

INSTRUCTION(S) : Answer **ALL** questions. Write your answers in the Answer Booklet(s) provided.

1. Case study

Gower age, 42, and his whole family love baseball. They love to play baseball and watch baseball. Gower played baseball in college, but now that he has a job at a law firm working many hours, he just plays every once in a while on Saturdays. In college he was in great shape and could eat anything he wanted. Now he just doesn't make it to the gym that often and has lost muscle and has been gaining some weight. He is about 6 feet and weighs 115 kg.

Gower and his family also love "meat and potatoes" type of food. On the weekend they often barbeque ribs and burgers that are washed down with several beers. During the week, Gower gets coffee and donut on the way to work and goes to lunch with clients in various restaurants. His wife usually cooks dinner like his mum used to. He knows that he has been gaining some weight but he still feels pretty good. A few years ago, his cousin was diagnosed with colorectal cancer. Recently, Gower's father was also diagnosed with the same cancer disease. This makes Gower a little nervous and he wonders if there is anything that he can do to prevent or lower his chances of getting cancer as well.

- a. Do you think that Gower is at risk for colorectal cancer? Justify your answer.
(10 marks)
- b. Recommend **FIVE (5)** dietary advices for Gower to improve his health status.
(10 marks)
- c. Provide **FIVE (5)** tips to be used as guidelines to plan menus to lower the risk of the cancer.
(10 marks)

END OF EXAM PAPER