



FACULTY OF CULINARY ARTS

FINAL EXAMINATION

Student ID (in Figures) :

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Student ID (in Words) :

Course Code and Name : **CUL1173 Nutrition and Sensory Analysis**

Semester and Year : May – August 2021

Lecturer/Examiner : Wan Ruzanna Wan Ibrahim

Duration : 2 Hours

INSTRUCTIONS TO CANDIDATES

1. 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.

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 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. In your own diagram, draw and label the human digestive in the correct sequence.

(8 marks)

2. Distinguish between fat-soluble and water-soluble vitamins and give examples of each.

(8 marks)

3. Cholesterol and lecithin are in the lipids groups that are required to build and maintain of healthy membranes in our body.
 - a. Define cholesterol and lecithin.

(8 marks)
 - b. State at least three (3) functions of cholesterol and three (3) functions of lecithin in human body.

(12 marks)

4. Carbohydrates are one of the main types of nutrients. They are the most important source of energy for your body.
 - a. Distinguish between two types of carbohydrates group.

(8 marks)
 - b. List three (3) common simple carbohydrates. Where are they found in the diet or in the body?

(6 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

Stephanie just went to the health fair that her work was sponsoring. She is 44 and works as an administrative assistant. At the health fair they checked her weight, blood pressure and blood sugar. She is 160cm and at the health fair her weight was 75kg. Her blood pressure was 120/85 and her blood sugar was 8.5 mmol/dl, slightly higher from a normal reading. (normal reading read between 4.0 – 6.0 mmol/dl)

Stephanie is surprised that her blood sugar was high because she doesn't really eat sweets; she prefers savoury treats like potato chips. Stephanie love to cook and usually eats 3 large meals a day, but rarely taking a snacks except for drinking a can of soda and her favourite is F&N Fanta every day. Stephanie and her husband do like to go for an evening walk around their neighbourhood and do a few nights walk once in a while.

a. Do you think that Stephanie is at risk for any food related disease? Justify your answer.

(10 marks)

b. Recommend the dietary advices for Stephanie to improve her health status.

(10 marks)

2. How can you use the information on food labels to help you identify foods that are high in added sugars?

(10 marks)

END OF EXAM PAPER