



FACULTY OF LIBERAL ARTS

School of Service Professional Development

FINAL EXAMINATION

Student ID (in Figures) : 

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

Student ID (in Words) : \_\_\_\_\_  
\_\_\_\_\_

Course Code & Name : **MPU3232 Academic Writing Skills**  
Trimester & Year : May – August 2021  
Lecturer/Examiner : Nur Harizah Mohd Faiz  
Duration : 2 hours

**INSTRUCTIONS TO CANDIDATES**

1. **This question paper consists of 2 parts:**  
**PART A : READING COMPREHENSION & SUMMARY**  
**(55 marks)** There are **TWO (2)** sections in this part. Answer both questions in the space provided.  
**PART B : ESSAY WRITING**  
**(45 marks)** There is only **ONE (1)** section in this part. Answer the question in the space 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 = 6 (Including the cover page)**

**PART A : READING COMPREHENSION & SUMMARY (55 MARKS)**

**INSTRUCTION(S)** : There are **TWO (2)** sections in this part. Answer both questions in the space provided.

---

**Are There Health Benefits to Going Vegan?**

**Adapted from:** Brown, J 2020, *Are there health benefits to going vegan?*, viewed 13 June 2021, <https://www.bbc.com/future/article/20200122-are-there-health-benefits-to-going-vegan>

A vegan diet is higher in fibre and lower in cholesterol, but also lower in protein, calcium and salt than an omnivorous diet – so there are still misconceptions and concerns around cutting meat, fish, eggs and dairy completely from diets. But the common motivation for shunning steaks going vegan is the promised benefits of a longer life as the vegan diet is generally considered to be healthier.

To see if a dietary change affects health, participants involved in such research have to be observed for long enough to develop disease outcomes, with intervention studies that are at least a year long. However, Faidon Magkos, associate professor at the University of Copenhagen's Department of Nutrition, Exercise and Sports published a review into an eight-year long research examining the health effects of the vegan diet and reported that vegans smoke less, drink less alcohol and exercise more, thus contributing to an overall healthier lifestyle.

Marco Springmann, senior researcher of environmental sustainability and public health at the University of Oxford discovered that the vegan diet could be one of the healthiest diets, because the vegan diet is higher in fruit, vegetables and legumes and the health benefits from this compensate anything else. As a result, it is observed that vegans have a lower body mass index (BMI) which means less inclination towards obesity. Other studies have also concluded that a vegan diet results in lower risk of being overweight and obese, and doctors have advised patients to consume more plant foods and less animal products which may be helpful for individuals to control their weight.

Author Casey Rebholz, an assistant professor at the John Hopkins Bloomberg School of Public Health's in Baltimore states that her study found a striking relationship between adherence to dietary patterns and risk of important clinical outcomes. People who ate more fruits and vegetables generally ate less red and processed meat, dairy and fish and those who had the most plant-based diets, and lower intakes of animal products, scored better on heart health markers. There was up to a 32% lower risk among those with the highest intake of plant-based foods to develop cardiovascular diseases, after adjusting for age, sex, race, education and health behaviours such as smoking, alcohol intake and exercise.

The human body can work more efficiently with a vegan diet. Although some studies have suggested iron deficiencies from lack of red meat, it is thought unlikely that a vegan diet will cause any long-term effects as a result of this. As long as the diet includes fruit and vegetables of every colour, Rebholz's research further reports that the body can adapt over time to how much iron there is in the diet, and that by having a lower iron intake through a vegan diet, the body can make more efficient use of that iron.

Studies on diet trends and patterns serve as a starting point, but because most data on veganism is observational, there are still uncertainties around the vegan diet, particularly when it comes to long-term health effects. A recent study involving 48,000 people over 18 years found that while low cholesterol is protective for heart disease, there's some evidence showing that low cholesterol levels may be linked to a risk of haemorrhagic stroke. This is also associated with a common concern of whether a vegan diet provides enough vitamin B12. B12 helps prevent nerve damage, and is found in meat, fish, eggs and dairy, but not in fruit or vegetables. According to Janet Cade, of the Nutritional Epidemiology Group, School of Food Science and Nutrition, a B12 deficiency can also lead to neurological symptoms such as numbness, and it's irreversible if the deficiency is present for too long.

But perhaps the biggest concern regarding the vegan diet is protein deficiency. Serious protein deficiency can cause swelling, fatty liver, skin degeneration and increase severity of infections. While true deficiency is rare with a vegan diet, lower than recommended intake may cause muscle wasting and the increased risk of stunted growth in children. Furthermore, there is concern about the rising popularity of vegan junk food. Vegan replacements in the form of junk foods can give the same consumption profile as an unhealthy omnivore diet. This is considering what is added to vegan food to make it as rewarding and fulfilling as meat equivalents. A vegan burger from KFC in the UK, for example, contains 2.91g of salt compared to 2.02g for their fillet burger or 1.97g for the Zinger burger. There is more sugar and carbohydrates, and less protein added on that vegan burger, and high amount of salt is added to other vegan fast foods to give the same meaty, rewarding sensation that would otherwise be missing.

According to the Vegan Society, many of these alarming results are not a cause for serious concern. While higher blood glucose could indicate a higher risk of developing diabetes, for example, this is not necessarily the case. Research on the prevalence of stroke with a vegan diet also needs to take into consideration other risk factors such as high blood pressure, elevated cholesterol and triglyceride levels, all of which are more evident with an uncontrolled omnivorous diet.

It's easy to get the amount of B12 needed from nutritional yeast or fortified food, such as plant-based milks. For those who worry that the vegan diet doesn't offer enough variety, one study in 2018 found no evidence that a more varied diet promotes a healthier diet or weight. In fact, it is found that those who ate a more diverse diet tended to consume more processed foods and sugary drinks usually found in junk foods. While there is not much protein in fruits and vegetables, the only issues reported regarding protein deficiencies are usually in people who don't eat enough calories since protein is in everything. Plant foods is a great source of healthy protein and of real benefit in helping to reduce less healthy animal proteins in the diet whether a person chooses to be an omnivore, a vegetarian or a vegan.

The vegan diet is much like any other. It can help lower your risk of disease, or increase it – depending on the foods you eat. There is a lot more digging to be done before we know for certain if veganism can be healthier than any other diet – especially when it comes to long-term health effects. In the meantime, it is advised that the best vegan diet is one that includes fruit and vegetables, and B12 supplements, and less vegan junk food.

**SECTION 1 : Reading Comprehension (30 marks)**

**Instructions** : Reconstruct the argument presented in the article above by identifying the following elements:

a) the main claim (3 marks)

b) the reasons in support of the main claim (8 marks)

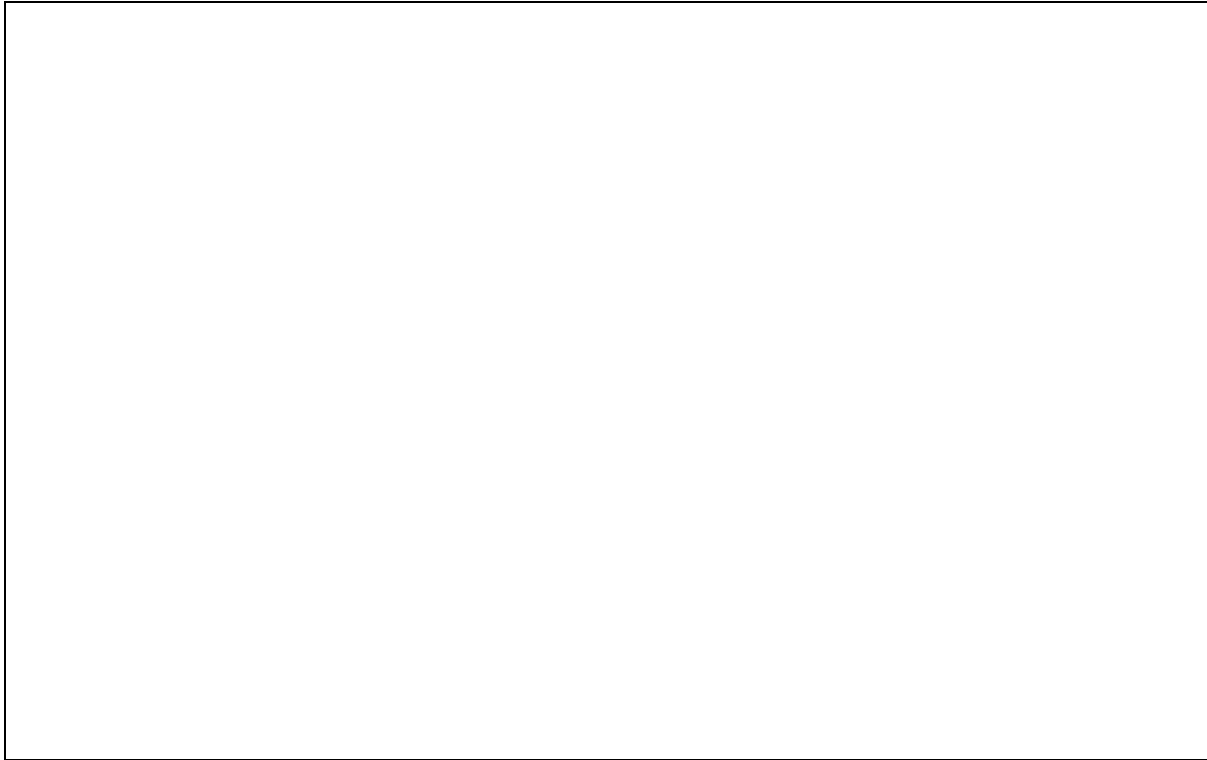
c) the opposing claim (3 marks)

d) the reasons in support of the opposing claim (8 marks)

e) the refutations of the reasons in support of the opposing claim (8 marks)

**SECTION 2 : Summary (25 marks)**

**Instructions** : Summarise the article given above in 60 words, using (i) vocabulary and sentence structures different from those in the original and (ii) one short in-text citation (using Harvard referencing style).



**END OF PART A**

**PART B : ESSAY WRITING (45 MARKS)**

**INSTRUCTION(S)** : There is only **ONE (1)** section in this part. Answer the question in the space provided.

---

*Corporal punishment in school is the act of using physical force to punish a student for wrongdoing. It might involve a ruler across the palm of the hand or a cane to the rear. Corporal punishment has since been outlawed as a cruel and unusual punishment. However, some people feel that if properly regulated, it is necessary as an effective way of maintaining discipline in an educational setting.*

Write an argumentative essay to express your point of view on this issue. Your essay should contain **approximately 350 words**.

**END OF EXAMINATION PAPER**