



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 2022

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) : FIVE (5) short answer questions. Answers are to be written in the Answer Booklet provided.

PART C (30 marks) : Answer TWO (2) essay 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 answers. 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 **TWO (2)** essay questions. Write your answers in the Answer Booklet(s) provided.

1. Case study:

Neymar is starting an exercise program. He plans to run before lunch and then play racket ball every night after dinner. His typical diet is listed below:

Neymar's Typical Diet

Breakfast	Lunch	Dinner
Orange Juice Coffee	Big Mac French Fries Milkshake	Steak Baked potato with sour cream and butter Green beans in butter sauce Salad with Italian dressing Whole milk

Once he begins his exercise program he finds that he feels tired and hungry before his late-morning run. After running he doesn't have much of an appetite so he saves his fast food lunch until mid-afternoon. He is still hungry enough to eat dinner at home with his family, but finds that he is getting stomach cramps and is too full when he goes to play racket ball.

- a. Examine how Neymar might change his diet so it is better suited to his exercise program. (10 marks)
- b. Recommend **FIVE (5)** changes that Neymar might take to have a more balanced program. (10 marks)

2. Various forms of soybeans are eaten in Malaysia: soy oil, tofu (bean curd), soy sauce, miso, *tempeh*, meat analogs, soy cheese, soymilk, soy-flour and soy nuts. Much research is being done on the health effects of soy. Food containing soy protein may reduce the risk of coronary heart disease when it is consumed as part of diet low in saturated fat and cholesterol. Soybeans contain phytoestrogens, which are chemically similar to estrogen, the female hormone. Some possible health effects of soy are due to the fact that phytoestrogen can mildly mimic the action of estrogen in the body. Some studies suggest that soy food may reduce hot flashes in women after menopause when natural estrogen is lacking, as well as prevent bone loss. Soy's possible role in preventing breast cancer is uncertain.

As a health advisor, make use of the information above to advise your client regarding the importance of protein for daily intake.

(10 marks)

END OF EXAM PAPER