



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 2023
Lecturer/Examiner : Nurul Fadhillah Ahmad Fakhry
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) : SEVEN (7) short answer questions. Answers are to be written in the Answer Booklet provided.**
 - PART C (30 marks) : Answer ONE (1) essay question. 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 7 = (Including the cover page)

PART B : SHORT ANSWER QUESTIONS (50 MARKS)

INSTRUCTION(S) : Answer **SEVEN (7)** short answers. Write your answers in the Answer Booklet(s) provided.

1. Describe the term of Nutrients. (2marks)
2. State the **EIGHT (8)** factors affecting food choice. (8marks)
3. Distinguish between the **TWO (2)** types of simple carbohydrates group. (10marks)
4. Classify **FIVE (5)** common simple carbohydrates. Identify where they can be found in the diet or in the body. (10marks)
5. Draw and label the Malaysian Food Pyramid into four levels corresponding to six food groups. (8marks)
6. Describe the term of Vitamin. (2marks)
7. Briefly explain **TWO (2)** general characteristics of vitamins, and distinguish the difference of water-soluble vitamins and fat-soluble vitamins. (10marks)

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. Mazlan is 50 years old and always been lucky to have metabolism and has never had to worry about his weight. He figured that he didn't to have to exercise and he really didn't have time with the long stressful hours at work and lots of out of town travels. Due to the stress of his job, he started smoking more than normal.

When he went in for the yearly medical check-up, his blood pressure was 140/90 and the result showed his cholesterol was 250. Mazlan always feel that keeping his weight down would prevent him from having heart disease. He really doesn't eat much, usually one meal a day at a Mamak's restaurant or on the go.

- a. In your opinion, is Mazlan at risk of heart disease? Support your answer with the possible factor base on Mazlan's lifestyle. (10marks)
- b. What suggestions could you give to Mazlan to have a healthier lifestyle? (10marks)
- c. Identify a nutritional plan to minimize hypertension and high blood pressure. (10marks)

END OF EXAM PAPER