



Private & Confidential

FACULTY OF HOSPITALITY AND TOURISM

SCHOOL OF HOSPITALITY

FINAL EXAMINATION

Student ID (in Figures) : [grid of 14 empty boxes]

Student ID (in Words) : _____

Subject Code & Name : HOS1113 FOOD HYGIENE AND NUTRITION ALIMENTATION
Semester & Year : MAY - AUGUST 2024
Lecturer/Examiner : Joseph Tang
Duration : 2 Hours

INSTRUCTIONS TO CANDIDATES

- 1. This question paper consists of 3 parts: PART A (20 marks) : TWENTY (20) multiple choice questions. PART B (60 marks) : SIX (6) short answer questions. PART C (20 marks) : ONE (1) Essay Question.
2. Candidates are not allowed to bring any unauthorized materials except writing equipment into the Examination Hall.
3. This question paper must be submitted along with all used and/or unused rough papers and/or graph paper (if any).
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 A : MULTIPLE CHOICE QUESTIONS (20 MARKS)

INSTRUCTION(S) : TWENTY (20) multiple choice questions. Shade your answers in the Multiple Choice Answer Sheet provided. You are advised to use a 2B pencil.

1. Food processing is :
 - a. a process that involve a series of procedures from ingredient selections to serving.
 - b. a process of inspection food and distributing it to local market.
 - c. a process in which manufacturer create / invent new products and tests its market.
 - d. a process which alter the ingredients into new product using several processes.

2. Cooking technique listed below are classified as dry techniques **EXCEPT** :
 - a. roasting
 - b. grilling.
 - c. baking.
 - d. stewing

3. You want to cook **ONE (1)** kg of beef. You have longer time to cook and you wanted to have a dry beef at the end of cooking. Which of the following method that you will use?
 - a. Boiling.
 - b. Sous vide.
 - c. Smoking.
 - d. Simmering.

4. Grains could be classified in:
 - a. Protein.
 - b. Carbohydrate.
 - c. Lipid.
 - d. Vitamin.

5. One molecule of glucose combined with one molecule of glucose produces:
 - a. maltose.
 - b. lactose.
 - c. sucrose.
 - d. galactose.

6. Custard could be classified as :
- semi perishable food.
 - perishable food.
 - non-perishable food.
 - moderate perishable food.
7. Cold food should be handle and kept at :
- 4 °C
 - 10 °C
 - 9 °C
 - 4 °C
8. The best place to store unripe avocado is :
- In refrigerator.
 - In freezer.
 - In cabinet.
 - On kitchen counter.
9. The cycle of food production starts from :
- Retailer.
 - Farmer.
 - Manufacturer.
 - Consumer.

10. Calculate the percentage of kcalories of fat for the food item below:

TOTAL Kilocalorie (kcal)	=	250
Protein (kcal)	=	80
Carbohydrate (kcal)	=	60

- 44.0%
 - 45.0%
 - 14.0%
 - 10.0%
11. A healthy menu should consist of the following criteria:
- 15-35% kcal from protein.
 - a total of 800kcal or more.
 - 800g of sodium.
 - 250mg or less cholesterol.

12. What is refined food?
- Food that has been processed in which impurities have been removed.
 - Food that is prepared using a certain procedure.
 - Food that is added with nutrients to replace the nutrient lost in processing.
 - Food that is added with nutrients which previously were not present originally.
13. Illness caused by under- nutrition is stated below, **EXCEPT** :
- Diabetes
 - Anemia.
 - Hypoglycemia.
 - Marasmus.
14. Rendy is practicing lacto vegetarian diet. What food / beverage he needs to avoid?
- miso.
 - tempeh.
 - cheese.
 - omelet.
15. This Malaysian Ministry is in charge of downstream level of food supply chain that is in charge of the quality of the product consume by consumers in Malaysia. Which Ministry is this refereeing to?
- Ministry of Agriculture & Agro-Based Industry.
 - Ministry of Defense.
 - Ministry of Health.
 - Ministry of Plantation Industries & Commodities.
16. Jamie is a 15 years old teenager, who avoided eating as she is worried to gain weight. She refuses to eat anything, but only rely on water as her food source. She started this behavior after her close friends and family members commented her body. What eating disorder is she currently suffering?
- Bulimia nervosa.
 - Anorexia nervosa.
 - Binge eating disorder.
 - Female athlete triad.
17. New gloves need to be worn :
- before using the toilet.
 - before smoking.
 - after handling food.

- d. after touching hair , scalp and body.
18. Below are the causes of the food spoilage due to physical changes **EXCEPT**:
- a. temperature
 - b. mechanical effect.
 - c. microbiological.
 - d. pH.
19. In Islam, all listed animals below are consider halal **EXCEPT** :
- a. aquatic animals that being fed with “najs”.
 - b. animals that being slaughter according to Shariah law.
 - c. non predators animals that have been slaughter following to Shariah law.
 - d. non poisonous plants.
20. What is **NOT** the regulation for packaging and labelling Islam?
- a. Packaging material should be made from non-toxic material .
 - b. Packaging design, sign and logo contains misleading information
 - c. Labeling material used in direct contact with the product shall be nonhazardous and halal.
 - d. Details in the labeling should be clearly stated .

PART B : SHORT ANSWER QUESTIONS (60 MARKS)

INSTRUCTION(S) : **SIX (6)** short answer questions. Answer **ALL** questions in the Answer Booklet(s) provided

1. Discuss **FOUR (4)** different methods of storing fresh vegetables, such as green leafy vegetables in a restaurant kitchen. (10 marks)
2. Elaborate **FIVE (5)** importance of food labeling for consumer. (10 marks)
3. Your factory manufactures fresh yogurt. Discuss **FOUR (4)** methods on how you would be able to store and the method of transporting these products without damaging their qualities. (10 marks)
4. Elaborate **FIVE (5)** factors that affect food selection. (10 marks)
5. Elaborate any **FIVE (5)** requirements of practicing Halal in food and beverage outlet/premises (10 marks)
6. Describe **FIVE(5)** facts regarding the nutrient values in condensed milk (10 marks)

PART C : ESSAY QUESTION (20 MARKS)

INSTRUCTION(S) : ONE (1) essay question. Answer ALL questions in the Answer Booklet(s) provided.

Discuss the **FOUR (4)** factors influencing food requirements.

(20 marks)

END OF QUESTION PAPER