

## FACULTY OF CULINARY ARTS

### FINAL EXAMINATION

Student ID (in Figures) : 

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Student ID (in Words) : \_\_\_\_\_  
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Subject Code & Name : **CUL1553 NUTRITION**  
Semester & Year : MAY-AUGUST 2017  
Lecturer/Examiner : HARYATI ABU HUSIN  
Duration : 3 HOURS

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#### INSTRUCTIONS TO CANDIDATES

**1. This question paper consists of 3 parts:**

**PART A (20 marks) : TWO (2) SHORT ANSWER QUESTIONS. Answers are to be written in the Answer Booklet provided.**

**PART B (60 marks) : TWO (2) SCENARIO QUESTIONS. Answers are to be written in the Answer Booklet provided.**

**PART C (20 marks) : ONE (1) ESSAY QUESTION. Answers are to be written in the Answer Booklet provided.**

**2. Candidates are not allowed to bring any unauthorised 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 of Hospitality 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 of Hospitality.

**Total Number of pages = 4 (Including the cover page)**

**PART A : SHORT ANSWER QUESTIONS (20 MARKS)**

**INSTRUCTION(S)** : **TWO (2)** short answer questions. Answer **ALL** questions in the Answer Booklet(s) provided.

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1. Elaborate the nutrition risks for pregnant women. (10 marks)
2. Discuss **FOUR (4)** characteristics of a nutritious diet. (10 marks)

**END OF PART A**

**PART B : SCENARIO QUESTIONS (60 MARKS)**

**INSTRUCTION(S) : TWO (2) scenario questions. Answer ALL questions in the Answer Booklet(s) provided.**

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**SCENARIO QUESTION 1**

Kat is five year old kindergarten child who was diagnosed with diabetes since she was an infant. She is an active kid where most of the time she will be playing with her friends.

Her mother, Jessy was instructed by the doctor to put her on a low intake of processed carbohydrates and concentrate on high amounts of vegetables and fruits.

Currently, Kat has low weight and has to rely on insulin injections. This has affected her active behaviour.

1. Design a recipe for breakfast for Kat based on her condition. ( 10 marks)
2. Based on the information given, suggest how you can help Kat's mother help Kat in gaining her weight, thus helping Kat to become more active. (10 marks)
3. Elaborate how diabetes type 1 and 2 occurs. (10 marks)

**SCENARIO QUESTION 2**

Jamie, a 15-year old teenager is having an issue with her current weight. Her last weight was 45kg, at 1.6m in height. She is currently suffering from bulimia nervosa.

She rarely eats as she is afraid that she might gain weight. She forces herself to vomit as to ensure that she will not put on weight.

1. Calculate Jamie's BMI. ( 2 marks)
2. Discuss the symptoms of bulimia nervosa. (10 marks)
3. Using My Plate as a guideline, design **ONE (1)** breakfast menu for Jamie. ( 10 marks)
4. Suggest ways for her to improve her health besides changes in her daily meal consumption. (8 marks)

**END OF PART B**

**PART C : ESSAY QUESTIONS (20 MARKS)**

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

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1. Discuss the characteristics of nutrition guidelines in Malaysia (20 marks)

**END OF EXAM PAPER**