

## FACULTY OF CULINARY ARTS

### FINAL EXAMINATION

Student ID (in Figures) :

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Student ID (in Words) :

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Course Code & Name : **CUL1553 NUTRITION**  
Trimester & Year : MAY-AUGUST 2018  
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 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 = 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 on the components of healthy diet. (10 marks)
2. Discuss **FOUR (4)** functions of Vitamin A. (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**

Barry, a 60-year old ex-military has a body weight of 80 kg with the height of 160cm. He was an active footballer but has stopped playing since he left the military. Lately he has been encountering issues regarding his health in which he has difficulty in breathing after a long distance walk and his recent visit to the doctor revealed that he had cases of atherosclerosis and his blood cholesterol was 300mg/dL of blood.

He was asked to change his diet to increase more fruits and vegetables and decrease the intake of animal and animal products. He was also asked to stop smoking and consuming alcohol beverages.

1. Calculate the BMI for Barry and elaborate the category his BMI falls into. ( 4 marks)
2. Design a one day healthy meal plan (breakfast, lunch and dinner) that contains an appropriate amount of the entire required food group. (12 marks)
3. Suggest ways to improve his health. ( 14 marks)

**SCENARIO QUESTION 2**

Amira , is a teenager, aged 15-years old. She lives with her parents. After losing her father last year, she was depressed. She was detected with a minor case of eating disorder. She was advised by the doctors to change her eating patterns, currently she is avoiding food after being told by her close relatives that she has gained weight after her loss. Her mother , Eva tried to persuade her but no use.

1. Design a breakfast recipe for Amira based on her condition. ( 10 marks)
2. Elaborate **THREE (3)** different case of eating disorders. Explain which category she (Amira) falls into . (10 marks)
3. Discuss how you as her friend is able to help her change her lifestyle. (10 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. After completing this course, CUL1553 : Nutrition, elaborate ways on how you would improve your eating patterns. Discuss which areas you will consider changing and justify the reasons why you need to make the changes. (20 marks)

**END OF EXAM PAPER**