

FACULTY OF CULINARY ARTS

FINAL EXAMINATION

Student ID (in Figures) :

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Student ID (in Words) : _____

Subject Code & Name : **BCA 1301 NUTRITION**
Semester & Year : SEPTEMBER-DECEMBER 2016
Lecturer/Examiner : HARYATI ABU HUSIN
Duration : 3 HOURS

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 = 5 (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.

1. Differentiate between Type 1 and Type 2 Diabetes. (10 marks)
2. Discuss **FOUR (4)** different types of nutrient's transportation throughout human body. (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.

SCENARIO QUESTION 1

Lorrie is a 65 years old, a retired teacher who is living alone in her apartment. She was diagnosed with osteoporosis a few years back. Recently she fell down on the floor which had caused fracture on her left arm.

Her doctor suggested an increase of Fosamax dosage in order to increase her bone density. He also suggested her to undergo a weekly physiotherapy treatment.

She was instructed to change her meal pattern by the dietitian. She likes to eat green leafy vegetables and she will have it in every meal she take. She likes to stay indoor and dislike the exposure of direct sunlight. She is not a huge fan of dairy product and often avoid taking any dairy products on a daily basis.

1. What are the possible symptoms that could be detected on a patient that has been diagnosed with osteoporosis? (10 marks)
2. Based on the information given, how you can help Lorie to change her meal pattern? (10 marks)
3. Design **ONE (1)** complete lunch recipe (main meal) that suitable for Lorrie. (10 marks)

SCENARIO QUESTION 2

Ika, a 15 years old teenager is having an issue with her current weight. Her last weight was 75kg, with 1.6m height .

Her last visit to the doctor revealed that her blood cholesterol was 200mg/dl, her blood glucose was 9mg/dl.

She has the problem of binge eating disorder. Her doctor suggested nutritional medicine for her, as the family therapy and individual counselling are not effective in solving her problems.

1. Calculate Ika's BMI and explain in which category of BMI she is in. (4 marks)

2. Discuss the symptoms of binge eating disorder. (10 marks)
3. Using My Plate as a guideline, design **ONE(1)** breakfast menu for Ika. (10 marks)
4. Suggest ways for her to improve her health besides changes her daily meal consumption. (6 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.

1. Discuss on factors that effecting nutritional changes elderly. (20 marks)

END OF EXAM PAPER