

## 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 : SEPTEMBER - DECEMBER 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 on the process of hepatic portal circulation. (10 marks)
2. Discuss **FOUR (4)** factors that influence your food selection. (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**

Lisa , a 16-year old high school student has a body weight of 85 kg, with the height of 140cm. She likes to eat food, especially junk food, fast food and high calorific foods. Lately she noticed that she eats more quickly and in unusually big portions. She will eat until she becomes physically uncomfortable and nauseated due to the amount of food consumed. She tends to eat a lot when she is under pressure and she normally will eat alone. She will feel disgusted, depressed or guilty after eating a lot.

1. Explain the type of eating disorder she is currently suffering from. ( 4 marks)
2. Design a one day healthy meal plan (breakfast, lunch and dinner) that contains an appropriate amount of the entire requirement food group. (12 marks)
3. Explain the treatment that is suitable for her condition. ( 14 marks)

**SCENARIO QUESTION 2**

Crystal is a five year old preschool kid who was diagnosed with ADHD. She is unable to concentrate and sometimes becomes aggressive when her wishes are not fulfilled. Her mother Marrion was instructed by the doctor to limit her carbohydrate intake. She was asked to bring Crystal for behavioral therapy classes to help her in managing her anxiety.

1. Design a recipe for breakfast for Crystal based on her condition. (10 marks)
2. Based on the information given, suggest how you can help Marion help Crystal in controlling her anxiety. (10 marks)
3. Elaborate how ADHD can affect Crystal in future. (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. Discuss the factors that affect the nutrition status for elderly based on physiology

(20 marks)

**END OF EXAM PAPER**