

FACULTY OF CULINARY ARTS**FINAL EXAMINATION**

Student ID (in Figures) :

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Student ID (in Words) :

Course Code & Name : **CUL1553 NUTRITION**

Semester & Year : SEPTEMBER-DECEMBER 2019

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 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.

1. Define on how you would plan a menu for adolescents (10 marks)

2. Discuss **FIVE (5)** advantages of breastfeeding (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.

Answer these questions based on the scenario below:

SCENARIO QUESTION 1

Katie is a 16 year-old high school student who is actively involved in gymnastics. Lately, she discovered that she has encountered problems on her menstrual cycle.

She noticed that ever since she followed the diet routine designed by her trainer which consists of low carbohydrate and low fat food, she has been losing weight and having problems with her appetite.

She has been experiencing severe back pain lately, which doesn't allow her to be as flexible as before. She has visited a doctor and was diagnosed with low calcium content in her blood test.

1. Explain what type of eating disorder Katie has experienced. (4 marks)
2. Explain how you would advise her to change her diet and lifestyle. (16 marks)
3. Design a one day healthy meal plan (breakfast, lunch, tea break and dinner) for her that contains an appropriate amount of all the requirements in the food group. (10 mark)

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 Crystal's mother help her in controlling her anxiety. (10 marks)
3. Elaborate how ADHD can cause issue for 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.

1. Discuss the factors that affect the nutrition status based on physiology

(20 marks)

END OF EXAM PAPER