



FACULTY OF CULINARY ARTS

FINAL EXAMINATION

Student ID (in Figures) :

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Student ID (in Words) : _____

Course Code and Name : **CUL1173 Nutrition and Sensory Analysis**
 Semester and Year : September – December 2020
 Lecturer/Examiner : Wan Ruzanna Wan Ibrahim
 Duration : 2 Hours

INSTRUCTIONS TO CANDIDATES

1. This question paper consists of 3 parts:
 - PART A (20 marks) : Answer all TWENTY (20) multiple choice questions. Answers are to be shaded in the Multiple Choice Answer Sheet provided.
 - PART B (50 marks) : SIX (6) short answer questions. Answers are to be written in the Answer Booklet provided.
 - PART C (30 marks) : Answer ONE (1) essay question. Write your answers in the Answer Booklet(s) provided.
2. Candidates are not allowed to bring any unauthorized 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 = 8 (Including the cover page)

PART B : SHORT ANSWER QUESTIONS (50 MARKS)

INSTRUCTION(S) : Answer **SIX (6)** short answer questions. Write your answers in the Answer Booklet(s) provided.

1. Define the following terminology:
 - a. Adequate diet
 - b. Lactose intolerance (8 marks)

2. There are **SIX (6)** classes of essential nutrients that a human must consume in order to promote growth. Distinguish between macro-nutrients and micro-nutrients and explain each of nutrient belong to the group. (12 marks)

3. What do you understand about the denaturation process? (4 marks)

4. Identify **FOUR (4)** examples of denaturation process that occurs in cooking process. (8 marks)

5. Vitamins are classified according to how soluble they are in either fat or water. Briefly examine **FIVE (5)** characteristic of vitamins. (10 marks)

6. List down and explain **FOUR (4)** functions of vitamin D in the body. (8 marks)

END OF PART B

PART C : ESSAY QUESTIONS (30 MARKS)

INSTRUCTION(S) : Answer **all** questions. Write your answers in the Answer Booklet(s) provided.

1. A healthy diet should include a wide variety of nutritious foods for sufficient intake of all essential nutrients. Identify **FOUR (4)** types of a nutritious diet.

(10 marks)

2. Case study

Laura just went to the health fair that her work was sponsoring. She is 44 and works as an administrative assistant. At the health fair they checked her weight, blood pressure and blood sugar. She is 160cm and at the health fair her weight was 75kg. Her blood pressure was 120/85 and her blood sugar was 9 mmol/L.

Laura is surprised that her blood sugar was high because she doesn't really eat sweets; she prefers savoury treats like potato chips. Laura loves to cook and usually eats 3 large meals a day, but rarely eats between meals except for drinking a can of soda and her favourite is F&N Fanta. Laura and her husband like to go for an evening walk around their neighbourhood and do so a few nights walk a week.

- a. Does Laura need to worry about being at risk for any chronic disease? Justify your answer.

(10 marks)

- b. Recommend **FIVE (5)** dietary advices for Laura to improve her health status.

(10 marks)

END OF EXAM PAPER