



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 2021
 Lecturer/Examiner : Wan Ruzanna Wan Ibrahim
 Duration : 2 Hours

INSTRUCTIONS TO CANDIDATES

- 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) : FIVE (5) 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.**
- Candidates are not allowed to bring any unauthorized materials except writing equipment into the Examination Hall. Electronic dictionaries are strictly prohibited.
- 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.
- 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 **FIVE (5)** short answers. Write your answers in the Answer Booklet(s) provided.

1. Define the following terminology:
 - a. Kilocalories
 - b. Food guide pyramid (8 marks)

2. List down **SIX (6)** classes of essential nutrients that a human needs in order to promote growth. (6 marks)

3. A healthy diet should include a wide variety of nutritious foods for sufficient intake of all essential nutrients. Identify **FOUR (4)** characteristics of a nutritious diet. (8 marks)

4. Analyze **FIVE (5)** major functions of water in the human body. (10 marks)

5. State the difference between monosaccharides and disaccharides. (10 marks)

6. Vegetarians are one of the nutrients diet groups, which most of their diet derived from plants, with or without eggs and dairy products. Explain **FOUR (4)** types of major vegetarians group. (8 marks)

END OF PART B

PART C : ESSAY QUESTIONS (30 MARKS)

INSTRUCTION(S) : Answer **ONE (1)** essay question. Write your answers in the Answer Booklet(s) provided.

1. Maureen 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 150 ml/dl (8.5 mmol/L).

Maureen is surprised that her blood sugar was high because she doesn't really eat sweets. She prefers savoury treats like potato chips. Maureen love 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. Maureen and her husband do like to go for an evening walk around their neighbourhood and do a few night walks once in a while.

- a. In your opinion, is Maureen at risk of Type 2 diabetes? Support your answer with the possible factors based on Maureen's lifestyle.

(10 marks)

- b. Recommend a dietary advice for Maureen to improve her health status.

(10 marks)

- c. Examine how the information on food labels help in identifying foods that are high in added sugars.

(10 marks)

END OF EXAM PAPER