



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 2023
 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) : FIVE (5) short answer questions. Answers are to be written in the Answer Booklet provided.**
 - PART C (30 marks) : Answer TWO (2) essay questions. 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 **FIVE (5)** short answers. Write your answers in the Answer Booklet(s) provided.

1. Define the following terminologies:
 - a. Lactose intolerance
 - b. Hypervitaminosis (8 marks)

2. There many factors that will influence people in the process of choosing their food. List down and explain five (5) factors that influence food selection. (10 marks)

3. Carbohydrates are one of the classes of nutrients. They are the most important source of energy for your body. Digestive system changes carbohydrates into glucose (blood sugar). Body uses this sugar to generate energy for your cells, tissues and organs.
 - a. Describe two (2) types of simple carbohydrates group. (8 marks)
 - b. Explain four (4) common simple carbohydrates and identify where they are commonly found in the diet? (8 marks)

4. Osteoporosis is often referred to as one of the 'silent killers' and is one of the biggest health diseases around the world. As a person grows older, they fall under the high-risk group of developing osteoporosis where it has been found that about 85% of most adults in Asia are in this group.

Identify six (6) factors that increase the risk of osteoporosis. (6 marks)

5. Diabetes is a major public health concern in Malaysia, and the prevalence of Type 2 diabetes (T2D) has escalated to 20.8% in adults above the age of 30, affecting 2.8 million individuals. Explain what you understand about diabetes. Examine the long-term complications of this disease. (10 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. Case study

Sabrina is 25 and has always been conscientious about her health. She always has to struggle with her weight but has been able to maintain her current weight for about 3 years (5'5" and 72kg). Her BMI rate has indicated as pre-obese but Sabrina does feel like she is in good shape and goes to the gym or exercises outside 2-3 times a week for 30-45 minutes depending on how much time she has.

Sabrina just graduated from college and has just started teaching at an elementary school. She is a vegetarian, so she brings her lunch every day and it contains lots of vegetables and legumes. She also eats breakfast, usually whole grain cereal with soy milk. She does love sweets and will indulge in some cookies or an ice cream almost every day. Each year at her annual medical check-up, her physician tells her that she is in good health but still need to concern on her diet based on BMI reading.

- a. Based on the statement above, explain the risk of Sabrina has in getting any chronic disease. Justify your answer.

(10 marks)

- b. Recommend the suggestion that the doctor might give to Sabrina regarding on her diet and exercise program.

(10 marks)

2. Thousands of studies have shown the critical function of fish oil, in particular its most important essential fatty acid (omega-3) to overall cardiovascular well-being at any age. Essential fatty acid is the most deficient nutrient in the 21st century diet. Examine the importance of essential fatty acid in our food.

(10 marks)

END OF EXAM PAPER