

 **INTI International
University & Colleges**

**FINAL
Examination Paper**

(COVER PAGE)

Session : August 2018

Programme : Diploma In Hotel Management (DHMN)

Course : DHM1105 : Theory of Food

Date of Examination : December 12, 2018 (Wednesday)

Time : 2:00 pm- 4:00 pm

Duration : 2 Hours Reading Time : Nil

Special Instructions :

Section A : TWENTY (20) multiple choice questions. Answer **ALL** questions in the **OMR** sheet provided.

Section B : THIRTEEN(13) questions. Answer **ALL** questions in the answer booklet provided.

Section C : Answer **ALL** questions in the answer booklet provided.

IMPORTANT NOTE : THIS PAPER SHOULD NOT BE TAKEN OUT OF THE EXAMINATION HALL

Materials Permitted : Nil

Materials Provided : OMR Sheets

Examiner(s) : Mohd Khairul Anuar

Moderator : En Muharis Mohamed

This paper consists of 7 printed pages, including the cover page.

DIPLOMA IN HOTEL MANAGEMENT PROGRAMME (DHMN)
DHM1105: THEORY OF FOOD
FINAL EXAMINATION: AUGUST 2018 SESSION

Section A (20 marks)

Instructions: This section consists of **Twenty (20)** questions. Answer **ALL** questions in the OMR sheet provided.

1. One of the theories believed that _____ leading human learn to use fire.
 - A. forest fire
 - B. intelligence
 - C. accidental spark
 - D. observing nature

2. _____ requires not just a style of cooking, but an awareness about how the food is prepared and consumed.
 - A. Indulgence
 - B. Eating
 - C. Cuisine
 - D. Ethics

3. Potato, corn, chocolate and vanilla is some example of _____.
 - A. Mediterranean food
 - B. Asian food
 - C. livestock
 - D. New world food

4. This ingredient is very much synonymous with Canada as a country.
 - A. saffron
 - B. vanilla
 - C. kaffir lime
 - D. maple syrup

5. The sacred literature of Hinduism is called.
- A. Vedas
 - B. Torah
 - C. Bible
 - D. Quran
6. The word "kosher" is synonymous to which religion?
- A. Buddhism
 - B. Shinto
 - C. Judaism
 - D. Islam
7. The celebration of God's deliverance of the Jews from slavery out of Egypt is called _____.
- A. kosher
 - B. passover
 - C. pareve
 - D. Christmas
8. Which month in Islamic calendar does the Muslim population fast.
- A. Muharam
 - B. Safar
 - C. Ramadhan
 - D. Syaaban
9. In Jewish diet, meat and dairy is prohibited to be consume at the same time, and must be consume at least ____ hours apart.
- A. three
 - B. four
 - C. five
 - D. six

10. Islamic teaching and rituals include praying _____ times a day.
- A. five
 - B. ten
 - C. two
 - D. one
11. Food is products derived from plants or animals that can be consumed to yield _____.
- A. nutrient
 - B. foods
 - C. diet
 - D. energy
12. The science of foods and nutrients, and the reaction of said substances within the body including ingestion, digestion, absorption, transport, metabolism and excretion.
- Statement above is used to define _____.
- A. diet
 - B. nutrition
 - C. food
 - D. body
13. _____ consumed in small quantity and amount, normally in milligram.
- A. Outside nutrient
 - B. Essential nutrient
 - C. Micronutrient
 - D. Macronutrient
14. Vitamins are separated into water or fat soluble vitamins, there are _____ fat soluble vitamins.
- A. 1
 - B. 2
 - C. 3
 - D. 4

15. Which of the statement listed below best describe the terminology Meal.
- A. Restrict oneself to small amounts or special kinds of food in order to lose weight.
 - B. A nutritional diagram in the shape of a pyramid.
 - C. Any of the regular occasions in a day when a reasonably large amount of food is eaten.
 - D. A feeling of discomfort or weakness caused by lack of food.
16. This initiative is published in 2011 to replace Food Guide Pyramid.
- A. Myplate
 - B. Mywish
 - C. Mydiet
 - D. Myfood
17. _____ is the first publicly popularized diet published in 1863.
- A. William
 - B. Banting
 - C. Atkin
 - D. Hacker
18. Vegan is classified as _____ human diet.
- A. omnivore
 - B. herbivore
 - C. carnivore
 - D. sweet
19. Listed below is energy providing nutrients, **EXCEPT**.
- A. carbohydrate
 - B. proteins
 - C. fats
 - D. water

20. Fats provide _____ calorie (kcal) per gram.
- A. nine
 - B. four
 - C. ten
 - D. five

Section B: Fill in the blanks. Write your answers clearly on the answer booklet provided. (30 marks)

meat	Halal	treyf	harosset	rodents	Hajj
caste	Hinduism	dates	fat	Eid il-fitr	cow
Ramadhan	blood	Pareve	Brahmin	fruit	Seder
dairy	Matzoh	three	Buddhism	buffalo	halva

1. India gave world two major religion, which is _____ and _____.
2. _____ is considered sacred in India.
3. Animals that does not underwent kosher butchering is considered _____ thus forbidden
4. Kosher dictate that meat must be soaked, salted and rinsed to remove traces of _____.
5. Jewish diet also prohibits eating of _____ and reptiles.
6. Kosher kitchen custom mentions that _____ and _____ must never touch each other.
7. Kosher standard mention that _____ is the term use to refer to neutral foods.
8. _____ is unleavened bread consumed during Jewish Passover dinner.
9. _____ refer to Muslim pilgrimage in honor of Muhammad's triumphant return to Mecca.
10. One of the pillar in Islamic rituals include fasting during the month of _____.
11. Fasting is broken after sun down, traditionally by consuming _____.
12. Like Kosher, _____ teaching of Islam forbids the consumption of pork.
13. The month of Ramadhan is ended with celebration of _____.

Section C (50 marks)

Instructions: Answer **ALL** questions in the answer booklet provided.

Question 1

- (a) Identify **FOUR (4)** different context in which the word “Race” are used. (2 marks)
- (b) Name **FOUR (4)** ingredients consider to be New World Food. (2 marks)
- (c) List **SIX (6)** spice mix available around the world. (6 marks)

Question 2

List **TEN (10)** factors affecting people choice of foods. (10 marks)

Question 3

- (a) Explain **THREE (3)** roles of carbohydrates inside human body. (6 marks)
- (b) Provide **FOUR (4)** example of food rich in proteins. (4 marks)

Question 4

Briefly explain **FIVE (5)** types of vegetarianism. (10 marks)

Question 5

- (a) Name **FIVE (5)** basic parameters use in assessing reference values within the Dietary Reference Intake (DRI) (5 marks)
- (b) Define dietary data in Nutritional Assessment (1 mark)
- (c) Identify **FOUR (4)** data that can be collected through dietary data (4 marks)

-THE END-

