



FINAL
Examination Paper

(COVER PAGE)

Session : August 2014

Programme : Diploma In Culinary Arts (DCA)

Course : DCA2103 : Vegetarian Cuisine

Date of Examination : December 8, 2014 (Monday)

Time : 3:00 pm – 5:00 pm Reading Time: Nil

Duration : 2 Hours

Special Instructions :

Section A: FIFTY (50) Multiple Choice questions. Answer ALL the questions.

Section B : Short answer questions. Answer ALL the questions.

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

Materials permitted :

Nil

Materials provided : **OMR Sheets**

Examiner (s) : Ms Chef Yuzrem Ezri Mohd Yunus

Moderator : En Muhammad Uda bin Taha

INTI INTERNATIONAL COLLEGE SUBANG
DIPLOMA IN CULINARY ARTS PROGRAMME (DCA)
DCA2103 : VEGETARIAN CUISINE
FINAL EXAMINATION: AUGUST 2014 SESSION

Instructions: This section consists of **FIFTY (50)** questions. Answer **ALL** questions in the **OMR** sheet provided.

1. Calcium is a nutrient of concern when milk and other dairy products are not included. Vegans need to make sure their milk substitutes are fortified with calcium. All of the ingredient below is a calcium substitute for vegan **EXCEPT**.
 - A. Legumes
 - B. Almond
 - C. Leafy green
 - D. Spinach
 - E. All of the above

2. The *Dietary Guidelines for Americans* include several food groups to encourage. Those food groups includes :
 - A. Whole grain
 - B. Vegetables
 - C. Fruits
 - D. Legumes
 - E. All of the above

3. Which of the vegetarian diet contain the less protein?
 - A. Vegan
 - B. Lacto-ovo
 - C. Lacto
 - D. Exchange
 - E. All of the above

4. What is the most difficult nutrient for vegan to get in their diet?
 - A. Protein
 - B. Iron
 - C. Fiber
 - D. Minerals
 - E. None of the above

5. What are the health and nutrition benefits of vegetarian diets?
- A. Lowers blood cholesterol and blood pressure levels
 - B. Reduces the risk of heart disease, high blood pressure, and stroke
 - C. Lowers body mass index (BMI)
 - D. Reduces the risk of type 2 diabetes and some cancers
 - E. All of the above
6. A vegan person may consume _____.
- A. Meat
 - B. Egg
 - C. Milk
 - D. Fish
 - E. None of the above
7. What is a vegetarian diet?
- A. diet excludes chicken
 - B. diet excludes meats, poultry, and fish
 - C. diet excludes garlic and onion
 - D. diet excludes potato and eggs
 - E. none of the above
8. Listed below is the reason why people choose to become vegetarian **EXCEPT**:
- A. Religion
 - B. Heritage
 - C. Personal philosophy
 - D. Health
 - E. None of the above
9. Which of the following is **NOT** a vegetarian diet?
- A. Vegan
 - B. Lacto
 - C. Lacto-ovo
 - D. Exchange diet
 - E. None of the above

10. A Lacto-ovo vegetarian eat/s _____.
- A. Milk and egg
 - B. White meat
 - C. Prawn
 - D. Young meats
 - E. All of the above
11. Listed below is the three main types of tofu **EXCEPT** :
- A. Silken
 - B. Firm
 - C. Soft
 - D. Japanese
 - E. All of the above
12. _____ is made by soaking dried soy beans, draining them, grinding them, combining them with water, boiling and the straining the resulting milky liquid.
- A. Bean milk
 - B. Soya milk
 - C. Cow milk
 - D. Paste milk
 - E. Butter milk
13. What are the main ingredients for Mexican bean pot recipe?
- A. Red kidney or haricot.
 - B. Soya bean
 - C. Black eye peas
 - D. Green bean
 - E. All of the above
14. Originate from Japan, also called bean paste made of fermented soy bean, sometimes with the additions of wheat, rice or barley. This product refers to;
- A. Miso
 - B. Sushi
 - C. Katsu
 - D. Sashimi
 - E. Tofufa

15. Why is HACCP used in food manufacture?
- A. To increase food production rates
 - B. To reduce the use of food additive
 - C. To set fair working conditions for employees
 - D. To identify potential hazards in food production
 - E. None of the above
16. People opting for a vegetarian diet are at greater risk of developing which of the following?
- A. Anemia
 - B. Diabetes
 - C. Hypertension
 - D. Gluten intolerance
 - E. All of the above
17. What is the cooking method used to prepare potato gnocchi?
- A. Blanching
 - B. Boiling
 - C. Frying
 - D. Steaming
 - E. Searing
18. Polenta is made from _____.
- A. Flour
 - B. Corn
 - C. Soya
 - D. Potato
 - E. None of the above
19. _____ is made by curdling soy milk, just as cheese is made by curdling dairy milk. The result is a soft, white cake with a mild, faintly beany flavor that is adapted in many sauces and accompaniments.
- A. Milk
 - B. Tofu
 - C. Polenta
 - D. Vegetables
 - E. All of the above

20. _____ is a fermented soy bean product that is originated in Indonesia.

- A. Rending
- B. Tempeh
- C. Bean curd
- D. Biryani
- E. None of the above

21. Soy flour product, flavored to resemble various meats for vegetarian is call _____.

- A. TVP
- B. ATP
- C. BVB
- D. BPL
- E. None of the above

22. _____ is the traditional Middle Eastern food using chickpeas as the main ingredients.

- A. Falafel
- B. Cajun
- C. Biryani
- D. Tabouleh
- E. Nan

23. Masoor dal is an Indian vegetarian dish that contains _____ as the main ingredient.

- A. Yellow bean
- B. Black bean
- C. Fennel seed
- D. Red lentil
- E. Cumin

24. Samosa is the popular vegetarian snacks originate from _____.

- A. Malaysia
- B. Indonesia
- C. India
- D. Sri lanka
- E. None of the above

25. _____ is an Indian vegetarian dish cooked using cottage cheese and spinach
- A. Lassi
 - B. Raita
 - C. Palakpaneer
 - D. Vindaloo
 - E. Paratha
26. Which one of the salad dressing is you prefer to suggest your vegan customer that ordered mix green salads
- A. Mayonnaise
 - B. Aioli
 - C. Thousand island
 - D. Basic vinaigrette
 - E. None of the above
27. Which of the following is the Mediterranean vegetarian food?
- A. Sicilian caponata
 - B. Andalusian gazpacho
 - C. Broccoli affogati
 - D. Rice e bisi
 - E. All of the above
28. What is the cooking method for vegetarian beans goulash?
- A. stewing
 - B. frying
 - C. deep frying
 - D. blanching
 - E. stirring
29. _____ is used to extract oil from soy products.
- A. Benzoic acid
 - B. Hexane
 - C. Sodium
 - D. Monosodium Glutamate
 - E. Potassium

30. Fermentation of food typically involves the breakdown of food carbohydrates into all the below **EXCEPT**:
- A. Gasses
 - B. Alcohol
 - C. Carbon dioxide
 - D. Acids
 - E. Bacteria
31. Micro-organisms that responsible for fermentation of food is _____.
- A. Molds
 - B. Yeasts
 - C. Bacteria
 - D. None of the above
 - E. All of the above
32. Vegetarian sauces are prepared using stock consist of the following ingredients **EXCEPT**.
- A. Onion
 - B. Cabbage
 - C. Carrot
 - D. Browned mirepoix
 - E. Browned bones
33. A certain straight vegetarian practiced by people don't allow the consumption of _____.
- A. Onion and garlic
 - B. Cherries
 - C. Carrot and kale
 - D. Winter melon
 - E. Dragon fruit
34. What is the major vegetarian tendencies?
- A. Veganism
 - B. Ovo vegetarianism
 - C. Lacto vegetarianism
 - D. Ovo-lacto vegetarianism
 - E. All the above

35. Which one of the listed statements below refer to lacto vegetarianism.
- A. Do not eat meat of any kind and do not eat eggs and dairy product
 - B. Refers to people who do not eat meat or dairy product but do eat eggs
 - C. Are people who do not eat meats or eggs but consume dairy products
 - D. Do not eat meats but do eat eggs and dairy products
 - E. Is a diet consist of unprocessed foods
36. Which is the important staple for vegans and vegetarians?
- A. Milk
 - B. Cheese
 - C. Soybeans
 - D. Sprouts
 - E. None of the above
37. All of the below motivates people to become a vegetarian **EXCEPT**:
- A. Health
 - B. Enviroment
 - C. Ethical reasons
 - D. Economic
 - E. Religion
38. Germination process need all of the below **EXCEPT**:
- A. Oxigen
 - B. Carbon dioxide
 - C. Pest control
 - D. Sunlight
 - E. Temperature
39. Example of germination in dicots is _____.
- A. Rice
 - B. Bean sprouts
 - C. Corns
 - D. Wheats
 - E. Oats

40. Sprouts are excellent source of _____.
- A. Vitamin A
 - B. Vitamin B
 - C. Vitamin D
 - D. Vitamin E
 - E. Vitamin K
41. Which of the following is best to describe the flavor of alfalfa sprouts.
- A. Mild
 - B. Bitter
 - C. Spicy
 - D. Distinct
 - E. Peppery
42. According to general guides for healthy eating, which food group needs to be increased to meet the minimum serves for good health?
- A. Fruits and vegetables
 - B. Meat alternatives
 - C. Dairy foods
 - D. Breads and cereals
 - E. Seeds and nuts
43. Which food in the following breakfast has the highest fibre?
- A. Rice bubbles
 - B. Milk
 - C. Sugar
 - D. Wholegrain toast
 - E. Cocopops
44. The vegetarian market includes which group of consumers?
- A. Adults
 - B. Adolescents
 - C. Children
 - D. A and B
 - E. A, B and C

45. Mitch is a vegetarian who do not eat any animal products. He based this lifestyle decision on his love of animals and he did not want an animal to suffer for his pleasure. On which motive did Mitch base his decision?
- A. Economics
 - B. Moral
 - C. Health
 - D. Ecological
 - E. Religion
46. By gender, the majority of vegetarians are _____.
- A. More male than female
 - B. More female than male
 - C. Equally balance
 - D. Unknown
 - E. None of the above
47. The major motivator in becoming a vegetarian is _____.
- A. Health
 - B. Love for animals
 - C. Religious reason
 - D. To lose weight
 - E. To reduce global hunger
48. Tofu are made from _____.
- A. Coagulation of milk
 - B. Pressing soymilk
 - C. Fermentation of milk
 - D. Curdling of soymilk
 - E. Curdling milk
49. Below are the benefits of consuming tofu **EXCEPT**:
- A. Helps to increase fatty acids
 - B. Cancer prevention
 - C. Prevention of obesity
 - D. Boost cardiovascular system
 - E. Prevention of diabetes

50. TVP stands for _____.

- A. Tested Vegetable Protein
- B. Textured Valued Protein
- C. Textured Valued Product
- D. Tested Vegetable Product
- E. Textured Vegetable Protein

SECTION B : (50 marks)

Instructions : This section consists of **TEN (10)** short answer questions. Answer **ALL** questions.

1. Define the terms below :
 - (i) Vegan
 - (ii) Lacto-ovo vegetarian
 - (iii) Lacto vegetarian

(6 marks)
2. Briefly define the terms *pescitarian* & *flexitarian*

(4 marks)
3. List down **THREE (3)** farinaceous products that you have used to prepare vegetarian cuisine in kitchen class.

(3 marks)
4. Explain in detail the **FIVE (5)** health benefits of vegetarian cuisine.

(5 marks)
5. Describe **FIVE (5)** nutritional needs of vegetarian diet

(5 marks)
6. List down **SEVEN (7)** vegetarian sources of calcium.

(7 marks)
7. Define **FIVE (5)** types of whole grains that are popular for vegetarian diets.

(5 marks)
8. Based on the five major plant based food groups. Give **ONE (1)** example for each group that provide most Calcium, Iron, Phytonutrients, and Trace minerals.

(5 marks)

9. Explain the steps of 'pressing' Tofu. (5 marks)
10. List FIVE (5) keys of phytonutrients that can be found in soy foods. (5 marks)

-THE END-

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