

FINAL  
Examination Paper

(COVER PAGE)

Session : April 2016

Programme : Diploma In Culinary Arts (DCA)

Course : DCA2103 :Vegetarian Cuisine

Date of Examination : July 26, 2016 (Tuesday)

Time : 8:00 am – 10:00 am 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) : Chef Syahrizan Syed Hasan

Moderator : Chef Eliezer Campuzano Lopez

*This paper consists of 11 printed pages, including the cover page.*

DIPLOMA IN CULINARY ARTS PROGRAMME (DCA)  
DCA2103: VEGETARIAN CUISINE  
FINAL EXAMINATION: APRIL 2016 SESSION

**SECTION A: (50 marks)**

**Instructions:** This section consists of **FIFTY (50)** multiple choice questions. Answer **ALL** questions. **ONE (1)** mark per question.

1. The major motivator in becoming a vegetarian is?
  - A. Health
  - B. Love for animals
  - C. Religious reason
  - D. To lose weight
  
2. Tofu is made from?
  - A. Coagulation of milk
  - B. Pressing soymilk
  - C. Fermentation of milk
  - D. Curdling of soymilk
  
3. Below are the benefits of consuming tofu **EXCEPT**:
  - A. Helps to increase fatty acids
  - B. Cancer prevention
  - C. Boost cardiovascular system
  - D. Prevention of diabetes
  
4. What is the major vegetarian tendencies?
  - A. Veganism
  - B. Ovo vegetarianism
  - C. Lacto vegetarianism
  - D. All the above
  
5. The main characteristic of Lacto vegetarianism are:
  - 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

6. 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
7. TVP stands for?
- A. Textured Valued Protein
  - B. Textured Valued Product
  - C. Tested Vegetable Product
  - D. Textured Vegetable Protein
8. Which of the vegetarian diet contain the less protein?
- A. Vegan
  - B. Lacto-ovo
  - C. Lacto
  - D. All of the above
9. 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. Leafy green
  - C. Spinach
  - D. All of the above
10. The *Dietary Guidelines for Americans* include several food groups to encourage. Those food groups includes:
- A. Whole grain
  - B. Vegetables
  - C. Fruits
  - D. All of the above
11. 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

12. People opting for a vegetarian diet are at greater risk of developing which of the following?
- A. Anemia
  - B. Diabetes
  - C. Hypertension
  - D. All of the above
13. Which is the important staple for vegans and vegetarians?
- A. Milk
  - B. Cheese
  - C. Soybeans
  - D. Sprouts
14. All of the below motivates people to become a vegetarian **EXCEPT**:
- A. Health
  - B. Environment
  - C. Ethical reasons
  - D. Economic
15. Germination process need all of the below **EXCEPT**:
- A. Oxygen
  - B. Carbon dioxide
  - C. Pest control
  - D. Sunlight
16. Example of germination in dicots is?
- A. Rice
  - B. Bean sprouts
  - C. Corns
  - D. Wheats
17. Sprouts are excellent source of \_\_\_\_\_.
- A. Vitamin A
  - B. Vitamin B
  - C. Vitamin E
  - D. Vitamin K

18. Which of the following is the Mediterranean vegetarian food?
- A. Sicilian caponata
  - B. Andalusian gazpacho
  - C. Broccoli affogati
  - D. All of the above
19. Vegetarian sauces are prepared using stock consist of the following ingredients **EXCEPT**.
- A. Onion
  - B. Cabbage
  - C. Carrot
  - D. Browned bones
20. A certain straight vegetarian practiced by people don't allow the consumption of \_\_\_\_\_.
- A. Onion and garlic
  - B. Cherries
  - C. Winter melon
  - D. Dragon fruit
21. The flavor of alfalfa is?
- A. Mild
  - B. Bitter
  - C. Spicy
  - D. Peppery
22. 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
23. Which food in the following breakfast has the highest fiber?
- A. Rice bubbles
  - B. Milk
  - C. Sugar
  - D. Wholegrain toast

24. The vegetarian market includes which group of consumers?
- A. Adults
  - B. Adolescents
  - C. Children
  - D. A, B and C
25. Reason why people choose to become vegetarian **EXCEPT**.
- A. Religion
  - B. Heritage
  - C. Health
  - D. None of the above
26. Which of the following is **NOT** a vegetarian diet?
- A. Vegan
  - B. Lacto
  - C. Lacto-ovo
  - D. Exchange diet
27. A Lacto-ovo vegetarian eats \_\_\_\_\_.
- A. Milk
  - B. White meat
  - C. Young meats
  - D. All of the above
28. A vegan person may consume \_\_\_\_\_.
- A. Meat
  - B. Milk
  - C. Fish
  - D. None of the above
29. What are the health and nutrition benefits of vegetarian diets?
- A. Lowers blood cholesterol and blood pressure levels
  - B. Lowers body mass index (BMI)
  - C. Reduces the risk of type 2 diabetes and some cancers
  - D. All of the above

30. \_\_\_\_\_ is a fermented soy bean product that is originated in Indonesia.
- A. Tempeh
  - B. Bean curd
  - C. Biryani
  - D. None of the above
31. 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
32. \_\_\_\_\_ 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
33. What are the main ingredients for Mexican bean pot recipe?
- A: Red kidney or haricot
  - B. Soya bean
  - C. Black eye peas
  - D. All of the above
34. Listed below is the three main types of tofu **EXCEPT**:
- A. Silken
  - B. Firm
  - C. Soft
  - D. Japanese
35. Soy flour product, flavored to resemble various meats for vegetarian is call \_\_\_\_.
- A. TVP
  - B. ATP
  - C. BVB
  - D. BPL

36. 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. Religion
37. By gender, the majority of vegetarians are ?
- A. More male than female
  - B. More female than male
  - C. Equally balance
  - D. Unknown
38. \_\_\_\_\_ is used to extract oil from soy products.
- A. Benzoic acid
  - B. Hexane
  - C. Sodium
  - D. Potassium
39. Fermentation of food typically involves the breakdown of food carbohydrates into all the below **EXCEPT**:
- A. Alcohol
  - B. Carbon dioxide
  - C. Acids
  - D. Bacteria
40. Micro-organisms that responsible for fermentation of food is \_\_\_\_\_.
- A. Molds
  - B. Yeasts
  - C. Bacteria
  - D. All of the above
41. Samosa is the popular vegetarian snacks originate from \_\_\_\_\_.
- A. Malaysia
  - B. Indonesia
  - C. India
  - D. Sri lanka

42. \_\_\_\_\_ is an Indian vegetarian dish cooked using cottage cheese and spinach
- A. Raita
  - B. Palak paneer
  - C. Vindaloo
  - D. Paratha
43. Suggest a **SALAD DRESSING** to you vegan customer that ordered mix green salads.
- A. Mayonnaise
  - B. Aioli
  - C. Thousand island
  - D. Basic vinaigrette
44. What is the cooking method for vegetarian beans goulash?
- A. stewing
  - B. frying
  - C. deep frying
  - D. blanching
45. What is the most difficult nutrient for vegan to get in their diet?
- A. Protein
  - B. Iron
  - C. Fiber
  - D. Minerals
46. What is the cooking method used to prepare potato gnocchi?
- A. Blanching
  - B. Boiling
  - C. Steaming
  - D. Searing
47. Polenta is made from \_\_\_\_\_.
- A. Flour
  - B. Corn
  - C. Soya
  - D. Potato

48. \_\_\_\_\_ 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
49. Vegetarian Middle Eastern dish using chickpeas as the main ingredients.
- A. Falafel
  - B. Cajun
  - C. Biryani
  - D. Nan
50. 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

**SECTION B: (50 marks)**

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

**Question 1**

Discuss the health benefits found in soy foods.

(5 marks)

**Question 2**

What are the **Five (5)** category for Vegetables provide calcium, iron, and phytonutrients and trace minerals?

(5 marks)

**Question 3**

Explain on how to select and store Tofu.

(5 marks)

**Question 4**

Draw and list the steps of 'Germination'.

(5 marks)

**Question 5**

Draw, label and list **ALL** groups in a Vegan Food Pyramid.

(5 marks)

**Question 6**

List **FIVE (5)** keys of phytonutrients that can be found in soy foods.

(5 marks)

**Question 7**

**EXPLAIN** on how to sprout seeds at home.

(5 marks)

**Question 8**

Explain the steps of 'pressing' Tofu.

(5 marks)

**Question 9**

Elaborate the production process or 'Textured Vegetarian Protein'.

(5 marks)

**Question 10**

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

(5 marks)

**-THE END -**

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