

FINAL

ALTERNATIVE ASSESSMENT

(COVER PAGE)

Session : April 2021

Programme : Diploma In Hotel Management (DHMN/DHM)

Course : DHM1105 : Theory of Food

Date of Examination :

Time Start : July 31, 2021 (Saturday) @ 10:00 am

Time End : Aug 01, 2021 (Sunday) @ 10:00 am

Duration : 24 Hours

Special Instructions :

Answer ALL the questions ONLY in MICROSOFT WORDS DOCUMENT format

Material permitted : NIL

Materials provided : NIL

Examiner(s) : Mohd Khairul Anuar Yaacob and Yuzrem Ezri Mohd Yunus

Chief Moderator : Ms Haslina Hussein

This paper consists of 3 printed pages, including the cover page

DIPLOMA IN HOTEL MANAGEMENT (DHMN/DHM)
DHM1105: THEORY OF FOOD
FINAL ALTERNATIVE ASSESSMENT : APRIL 2021 SESSION

Alternative Assessment (100 marks)

Instructions: This Assessment is report based and must be submitted within 24 hours of release; the report must be written with a **minimum of 1000 words**. Rubrics are included in the Final Examination folder for your reference.

Working as a menu engineer can be a challenging task, especially when your client has a set of goals in mind with niche value and customer base. Your client for this task is an owner of a weight-control diet restaurant set to offer a new line of menu offering to a wider set of weight conscious customer due to demand. You need to help the owner decide what group of consumers to cater for the restaurant next seasonal menu.

The restaurant current menu line-up offers an exclusive menu for **Cookie diet** and **Atkin's diet** followers. You need to help the owner explore other types of weight control diet and in the end design a special seasonal menu item for the restaurant next marketing cycle.

The restaurant specially requests you to design **ONE (1) Main Course** item for their campaign.

Your report must contain the following discussion in detail each written in its own subtopic.

1. Explain the other **FIVE (5)** types of weight control diets. (15 marks)
2. Listed below is one of the restaurant main course menu recipe and nutritional information, Bake Salmon with bak-choy and Recommended Dietary Allowances (RDA) table.

Baked salmon with bok-choy

Serve 1

30 ml Lemon juice Reconstituted Lemon Juice
15 ml Soy Sauce Made Tamari
180 g Pacific Silver Coho Salmon
2 no Chinese bok-choy
90 g Button Mushrooms
5 g Salted butter
1 g Salt
1 g Black pepper
15 ml Olive Oil

Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	626
	% Daily Value*
Total Fat 31.3g	40%
Saturated Fat 6g	30%
Cholesterol 83mg	28%
Sodium 2351mg	102%
Total Carbohydrate 41.1g	15%
Dietary Fiber 17.9g	64%
Total Sugars 22.2g	
Protein 63.1g	
Vitamin D 308mcg	1541%
Calcium 1831mg	141%
Iron 17mg	97%
Potassium 5236mg	111%
*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.	
Recipe analyzed by verywell	

	MEN	
Energy	9900kJ* (2366cal)	12,700kJ** (3035cal)
Protein (at 22% of energy)	130g	167g
Total fat (at 33% of energy)	88g	113g
Saturated fat (up to 10% of energy)	≤27g	≤34g
Carbohydrate (at 45% of energy)	267g	342g
Free sugars (at 10% of energy)	59g	76g
Fibre	30-38g	
Sodium	up to 2000mg	
Calcium	1000mg (≤70years)	1300mg (71+years)
Iron	8mg	

Analyze the recipe against the Recommended Dietary Allowances table while providing recommendation and opinion.

(20 marks)

- Construct a new seasonal main course standard recipe for your client, information should include ingredient, portion size, weightage, measurement using metric systems, and preparation procedure in detail within the included standardized recipe form.

(20 marks)

- Analyze and design a simplified Nutritional Facts Label for Main Course design in Question 3.

You may use freely available Nutritional Facts Label maker such as very well fit (<https://www.verywellfit.com/recipe-nutrition-analyzer-4157076>) to help in your design and analysis.

(30 marks)

- Discuss **FIVE (5)** nutrition misinformation associated with Atkin’s diet.

(15 marks)

-THE END-