

**FINAL**  
ALTERNATIVE ASSESSMENT

(COVER PAGE)

Session : January 2022

Programme : Diploma in Hotel Management (DHMN)

Course : DHM1105 : Theory of Food

Date of Examination : 7 March, 2022 (Monday) @10am - 8 March, 2022 (Tuesday) @10am

Time : 10:00am Reading Time : Nil

Duration : 24 Hours

**Special Instructions :**

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

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

Material permitted : Nil

Materials provided : STANDARDIZED RECIPE FORM

Examiner(s) : Mr. Mohd Khairul Anuar bin Yaacob and Mr. Jeff Lim

Moderator : Mr. Darren Ngui

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

DIPLOMA IN HOTEL MANAGEMENT PROGRAMME (DHMN/DHM)  
DHM1105: THEORY OF FOOD  
FINAL ALTERNATIVE ASSESSMENT: JANUARY 2022 SESSION

**Alternative Assessment (100 marks)**

**Instructions:** This Assessment is report based and must be submitted within 24 hours of release; 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 goal in mind with niche value and customer base. Your client for this task is an owner of a vegan restaurant set to offer a new line of menu offering to a wider set of vegetarian customers due to demand. You need to help the owner decide what group of consumers to cater with the restaurant next seasonal menu.

The restaurant current menu line-up offers exclusive menu for **vegan** only consumer. You need to help the owner explore other types of vegetarianism 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 vegetarian other than vegan. (15 marks)
2. Listed below is one of the restaurant main course menu recipe and nutritional information, *Singapore stir-fry noodle* and Recommended Dietary Allowances (RDA) table.

*Singapore stir-fry noodle*

Serve 1

120g	rice noodles
5g	curry powder
1g	turmeric powder
2g	sugar
2ml	sesame oil
15ml	soy sauce
15ml	vegetable oil
30g	green onion
30g	oyster mushroom
5g	red chilli

Nutrition Facts	
Servings: 1	
Amount per serving	
<b>Calories</b>	<b>432</b>
	% Daily Value*
<b>Total Fat</b> 16.7g	21%
Saturated Fat 11.5g	57%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 966mg	42%
<b>Total Carbohydrate</b> 59.5g	22%
Dietary Fiber 8.6g	31%
Total Sugars 5.2g	
<b>Protein</b> 12.5g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 6mg	34%
Potassium 319mg	7%
<small>*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.</small>	
<small>Recipe analyzed by <b>verywell</b></small>	

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

(15 marks)

≈ The End ≈