



FINAL
Examination Paper

(COVER PAGE)

Session : April 2014

Programme : Diploma In Culinary Arts (DCA)

Course : DCA2103 : Vegetarian Cuisine

Date of Examination : 23 JULY 2014

Time : 2.00pm - 4.00pm 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

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Moderator : En Muhammad Uda bin Taha

This paper consists of 13 printed pages, including the cover page.

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DIPLOMA IN CULINARY ARTS (DCA)
DCA2103: VEGETARIAN CUISINE
FINAL EXAMINATION: APRIL 2014 SESSION

Section A (20 marks)

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

1. 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

2. Reason why people choose to become vegetarian **EXCEPT:**
 - A. Religion
 - B. Heritage
 - C. Personal philosophy
 - D. Health
 - E. None of the above

3. Which of the following is **NOT** a vegetarian diet?
 - A. Vegan
 - B. Lacto
 - C. Lacto-ovo
 - D. Exchange diet
 - E. None of the above

4. A Lacto-ovo vegetarian eats _____.
 - A. milk
 - B. white meat
 - C. prawn
 - D. young meats
 - E. all of the above

5. A vegan person may consume _____.
- A. meat
 - B. egg
 - C. milk
 - D. fish
 - E. none of the above
6. 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
7. 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
8. Which of the vegetarian diet contain the less protein?
- A. Vegan
 - B. Lacto-ovo
 - C. Lacto
 - D. Exchange
 - E. 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. Almond
 - C. Leafy green
 - D. Spinach
 - E. 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. Legumes
 - E. 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
 - E. None of the above
12. 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
13. What is the cooking method used to prepare potato gnocchi?
- A. Blanching
 - B. Boiling
 - C. Frying
 - D. Steaming
 - E. Searing
14. Polenta is made from _____.
- A. flour
 - B. corn
 - C. soya
 - D. potato
 - E. none of the above

15. _____ 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
16. _____ 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
17. 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
18. _____ 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

19. What are the main ingredients for Mexican bean pot recipe?
- A. Red kidney or hericot
 - B. Soya bean
 - C. Black eye peas
 - D. Green bean
 - E. All of the above
20. Listed below is the three main types of tofu **EXCEPT**:
- A. Silken
 - B. Firm
 - C. Soft
 - D. Japanese
 - E. All 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. Vegetarian Middle Eastern dish 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. Palak paneer
 - D. Vindaloo
 - E. Paratha
26. Suggest a salad dressing to you 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. Vegetarian sauces are prepared using stock consist of the following ingredients **EXCEPT**:
- A. Onion
 - B. Cabbage
 - C. Carrot
 - D. Brownd mirepoix
 - E. Brownd bones

29. 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
30. What is the major vegetarian tendencies?
- A. Veganism
 - B. Ovo vegetarianism
 - C. Lacto vegetarianism
 - D. Ovo-lacto vegetarianism
 - E. All the above
31. 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
32. Which is the important staple for vegans and vegetarians?
- A. Milk
 - B. Cheese
 - C. Soybeans
 - D. Sprouts
 - E. None of the above
33. All of the below motivates people to become a vegetarian **EXCEPT**:
- A. Health
 - B. Enviroment
 - C. Ethical reasons
 - D. Economic
 - E. Religion

34. Germination process need all of the below **EXCEPT**:

- A. Oxigen
- B. Carbon dioxide
- C. Pest control
- D. Sunlight
- E. Temperature

35. Example of germination in dicots is _____.

- A. rice
- B. bean sprouts
- C. corns
- D. wheats
- E. oats

36. Sprouts are excellent source of _____.

- A. vitamin A
- B. vitamin B
- C. vitamin D
- D. vitamin E
- E. vitamin K

37. The flavor of alfalfa is _____.

- A. mild
- B. bitter
- C. spicy
- D. distinct
- E. peppery

38. 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

39. Which food in the following breakfast has the highest fibre?

- A. Rice bubbles
- B. Milk
- C. Sugar
- D. Wholegrain toast
- E. Cocopops

40. The vegetarian market includes which group of consumers?

- A. Adults
- B. Adolescents
- C. Children
- D. A and B
- E. A, B and C

41. 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

42. 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

43. 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

44. Tofu is made from _____.
- A. coagulation of milk
 - B. pressing soymilk
 - C. fermentation of milk
 - D. curdling of soymilk
 - E. curdling milk
45. 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
46. TVP stands for _____.
- A. tested vegetable protein
 - B. textured valued protein
 - C. textured valued product
 - D. tested vegetable product
 - E. textured vegetable protein
47. _____ is used to extract oil from soy products.
- A. Benzoic acid
 - B. Hexane
 - C. Sodium
 - D. Monosodium Glutamate
 - E. Potassium
48. 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

49. 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

50. What is the cooking method for vegetarian beans goulash?

- A. stewing
- B. frying
- C. deep frying
- D. blanching
- E. stirring

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. Suggest with example **ONE (1)** 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-