

FINAL
Examination Paper

(COVER PAGE)

Session : April 2017

Programme : Diploma In Hotel Management (DHMN)

Course : DHM1105 : Theory of Food

Date of Examination : August 1, 2017 (Tuesday)

Time : 8:00 am – 10:00 am

Duration : 2 Hours Reading Time : Nil

Special Instructions :

Section A : TWENTY (20) multiple choice questions. Answer **ALL** questions in the **OMR** sheet provided.

Section B : FIFTEEN (15) questions. Answer **ALL** questions in the answer booklet provided.

Section C : Answer **ALL** questions in the answer booklet provided.

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

Materials Permitted : Nil

Materials Provided : OMR Sheets

Examiner(s) : Ms Kartina Abu Bakar, En Syed Shahrizan Jamalullail Syed Hasan

Moderator : En Muharis Mohamed

DIPLOMA IN HOTEL MANAGEMENT PROGRAMME (DHMN)
DHM 1105: THEORY OF FOOD
FINAL EXAMINATION: APRIL 2017 SESSION

Section A (20 marks)

Instructions: This section consists of **Twenty (20)** questions. Answer **ALL** questions in the OMR sheet provided.

1. Which of the following is **NOT** the principle of Hinduism?

- A. Purity
- B. Self-control
- C. Responsibility
- D. Detachment

2. Which are the following that is **NOT TRUE**?

- A. Monks live a simple life
- B. Monks are also known as Brahmins.
- C. Monks do not own any property.
- D. Monks are vegetarian.

3. There are numerous sect in Buddhism, **THERAVEDA** refers to _____.

- A. Philosophy of life
- B. Nature of life
- C. Fate of life
- D. Destiny of life

4. Which of the following is **NOT** a 'New World Food'?

- A. Potato
- B. Chocolate
- C. Corn
- D. Mushroom

5. The accurate statement that describes the word '**diet**' is _____.

- A. The meal plan of a person in a day.
- B. The amount of nutrients intake of a person.
- C. The foods and beverages a person eats and drinks.
- D. The number of meals a person has in a day.

6. The number one reason why people choose food is _____.
- A. Appearance
 - B. Packaging
 - C. Sweetness
 - D. Ingredients
7. Which of the following is **NOT TRUE**?
- A. Sweetness of sugar is a widely shared preference
 - B. 'Tasty effects' of salt is a widely shared preference
 - C. High fat foods is a widely shared preference
 - D. Spicy foods is a widely shared preference
8. Nutrition is also called _____, is the provision, to cells and organisms, of the materials necessary to support life
- A. life support
 - B. nutrients
 - C. nourishment
 - D. healthy diet
9. To maintain yourself, you must continually replenish, from foods, the energy and the _____ as the body deplete to maintain itself.
- A. Nutrients
 - B. Vitamins
 - C. Minerals
 - D. Proteins
10. The unit for measuring food energy is the _____, a measure of work energy.
- A. Joule
 - B. Kcalories
 - C. Calories
 - D. Kilometer

11. Due to vitamins vulnerability, which of the following is the best cooking method to retain it inside foods?
- A. Blanching
 - B. Pan frying
 - C. Grilling
 - D. Steaming
12. Chronic diseases is characterized by a _____.
- A. Slow progression and short duration
 - B. Fast progression and long duration
 - C. Slow progression and short duration
 - D. Fast progression and fast duration
13. To minimize the risk of obtaining a chronic disease, which of the following is the most effective method?
- A. Early prevention
 - B. Preventing
 - C. Cautious
 - D. No prevention
14. Ethnicity may relate to study of food cultures via the following EXCEPT _____.
- A. highs and lows of social classes
 - B. currency exchange rates of different countries
 - C. migration of countries
 - D. one's own believes
15. Which of the following country was the first to make sugar crystals from sugar cane?
- A. China
 - B. India
 - C. Mexico
 - D. England

16. Which of the following country consider cows as a sacred animal?
- A. China
 - B. India
 - C. Pakistan
 - D. Australia
17. The word "kosher" is related to _____.
- A. Judaism
 - B. Muslim
 - C. Hinduism
 - D. Buddhism
18. Kosher diet includes _____.
- A. prohibition of eating four-legged animals that do not ruminate.
 - B. eating animals with cloven hooves only.
 - C. eating sea animals that do not have scales only.
 - D. eating shellfishes such as crabs and clams
19. Which of the following possibly influences personal preferences of food?
- A. Springy
 - B. Crispiness
 - C. Sourness
 - D. Umami
20. In Malaysia, ethnic awareness was profoundly influence by _____.
- A. Malay rulers
 - B. American models
 - C. British rulers
 - D. Japanese invasion during World War 1

Section B: Fill in the blanks. Write your answers clearly on a separate answer sheet provided. (30 marks)

1. Jewish food customs prohibit boiling meat of _____ in the _____ of its mother.
2. It is typical to find separate _____ and _____ in a Jewish home.
3. _____ foods impose restrictions that fruit must not be eaten from a tree that has been bearing for less than _____ years.
4. In a Passover menu, ingredients such as _____ symbolizes bitterness of slavery while _____ dipped in hot water represents the tears the slaves cried.
5. Ramadhan is the holy month of Muslims where _____ can be _____ from sun-rise to sun-down.
6. Early Muslim recipes as recorded by al-Baghdadi such as glorious tagines with _____ that are cooked until it falls apart complies with the Arab dietary law of not eating _____.
7. In a Muslim diet, eating of animals that may live on both _____ and _____ are prohibited.
8. Nutrition, also called _____ or _____, is the provision of the materials necessary to support life.
9. _____ is the science of foods, nutrients and their actions within the body while _____ are foods and beverages a person eats and drinks.
10. In regards to eating habits, some research suggests that _____ may influence people's food _____.
11. Among the strongest influences on food choices are ethnic _____ and _____.
12. _____ - _____ invite people to accept food or drink offered by a host or shared by a group.
13. Today's consumers value _____ and spends their food budget on _____ to prepare foods due to their busy lifestyles.
14. People tend to like foods associated with _____ occasions and dislike foods associated with _____ experiences.
15. Eating in response to emotions can easily lead to _____ and _____.

sinks	pork	obesity	Ailment	Convenience	three
negative	horseradish	Diet	vitamins	malnutrition	fish
minerals	Nutrition	dishwashers	nourishment	Milk	meat
overeating	vegetables	genetics	blood	protein	Heritage
Parveh	Heart diseases	nothing	Social	Easy	tradition
fats	carbohydrates	positive	customs	Kid	Preferences
government	cooking	civilization	parliament	cuisine	Hard-boiled eggs

Section C (50 marks)Instructions: Answer **ALL** questions.**Question 1**

- a) What are the **THREE (3)** energy yielding nutrients? (3 marks)
- b) You are required to identify **THREE (3)** non-energy yielding nutrients. (3 marks)
- c) List **FOUR (4)** food products that contain at least one of the above mentioned nutrients. (4 marks)

Question 2

- a) List the **FOUR (4)** noble truths of the basic teachings of Buddha. (4 marks)
- b) Believers of Buddhism practices encourage what sort of lifestyle? (1 mark)
- c) Define the **FIVE (5)** precepts of Buddhism. (5 marks)

Question 3

- a) List the **SIX (6)** actions that happen within the body in the context of nutrition. (6 marks)
- b) Elaborate the word on 'macronutrients'. (2 marks)
- c) Elaborate the word on 'micronutrients'. (2 marks)

Question 4

Many different food choices can support good health and understanding of nutrition helps you make sensible selections more often. Most of the times, food choices selected by human are affected by many factors. Explain **FIVE (5)** factors that affect food choices and with each factor, you are required to elaborate and explain with reasonable examples.

(10 marks)

Question 5

Explain the following terms.

- a) **DRI**
- b) **EAR**
- c) **RDA**
- d) **AI**
- e) **UL**

(10 marks)