

FINAL
Examination Paper

(COVER PAGE)

Session : April 2016

Programme : Diploma In Hotel Management (DHMN)

Course : DHM1105 : Theory of Food

Date of Examination : July 27, 2016 (Wednesday)

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.

Section B : Answer All short answer questions in the answer booklet provided.

Section C : Short answer questions. Answer ALL questions.

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

Materials Permitted : Nil

Materials Provided : OMR Sheets

Examiner(s) : Chef Jonathan Lim Gim Wei, Chef Syamsul Idham Musa

Moderator : En Muharis Mohamed

This paper consists of 8 printed pages, including the cover page.

DIPLOMA IN HOTEL MANAGEMENT PROGRAMME (DHMN)
DHM1105: THEORY OF FOOD
FINAL EXAMINATION: APRIL 2016 SESSION

SECTION A: (20 marks)

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

1. With a deficiency of energy, the person may display the symptoms of _____ by becoming extremely thin, losing muscle tissue, and becoming prone to infection and disease.
 - A. undernutrition
 - B. overnutrition
 - C. malnutrition
 - D. complex nutrition

2. With an excess of energy, the person may become obese and vulnerable to diseases associated with _____ such as heart disease and diabetes.
 - A. undernutrition
 - B. overnutrition
 - C. malnutrition
 - D. complex nutrition

3. _____ is a symptoms-such as diarrhea, skin rashes, and fatigue-are easy to miss because they resemble the symptoms of other diseases.
 - A. undernutrition
 - B. overnutrition
 - C. malnutrition
 - D. complex nutrition

4. A comprehensive analysis of a person's nutrition status that uses health, socioeconomic, drug, and diet histories; anthropometric measurements; physical examinations; and laboratory test. This statement refers to _____.
 - A. nutrition definition
 - B. nutrition values
 - C. nutrition statement
 - D. nutrition assessment

5. What is the meaning of USDA?
- A. United States Federal Food and Nutrition Administration
 - B. United States Food and Nutrition Service
 - C. United States Food and Drug Administration
 - D. United States Department of Agriculture
6. Using the results of thousands of research studies, nutrition experts have produced a set of standards that define the amounts of energy, nutrients, other dietary components, and physical activity that best support health. These recommendations are called _____, and they reflect the collaborative efforts of researchers in both the United States and Canada.
- A. Adequate Intake (AI)
 - B. Recommended Dietary Allowance (RDA)
 - C. Estimated Average Requirement (EAR)
 - D. Dietary References Intakes (DRI)
7. The sum of food consumed by a person or other organism.
- A. Traditional diet
 - B. Healthy diet
 - C. Diet
 - D. Dietary habits
8. The habitual decisions an individual or culture makes when choosing what foods to eat.
- A. Traditional diet
 - B. Healthy diet
 - C. Diet
 - D. Dietary habits
9. The diets of native populations such as the Native Americans, Khoisan or Australian Aborigines.
- A. Traditional diet
 - B. Healthy diet
 - C. Diet
 - D. Dietary habits

10. Diet has always played a vital role in supporting health . Early nutrition research focused on identifying the nutrients in foods that would prevent such common diseases as rickets and scurvy, the _____-deficiency diseases.
- A. vitamin A- and vitamin B
 - B. vitamin B- and vitamin C
 - C. vitamin D- and vitamin C
 - D. vitamin D- and vitamin E
11. Chemical analysis of a food such as a tomato shows that it is composed primarily of water _____.
- A. 100%.
 - B. 95%.
 - C. 85%.
 - D. 75%.
12. The atoms, molecules, and cells of your body continually move and change, even though the structures of your tissues and organs and your external appearance remain relatively constant.
Your skin, which has covered you since your birth, is re-placed entirely by new cells every _____.
- A. seven day.
 - B. seven month.
 - C. seven years.
 - D. seven weeks.
13. The fat beneath in our skin is not the same fat that was there a year ago. Our oldest red blood cell is only 120 days old, and the entire lining of our digestive tract is renewed every _____.
- A. 3 to 5 days.
 - B. 5 to 8 days.
 - C. 8 to 12 days.
 - D. 12 to 15 days.
14. The human body is made of compounds similar to those found in foods-mostly water _____ and some fat (13 - 21% for young men, 23 - 31% for young women), with carbohydrate, protein, vitamins, minerals, and other minor constituents making up the remainder.
- A. 40%
 - B. 50%
 - C. 60%
 - D. 70%

15. The next simplest nutrient is water, a compound made of two elements _____.
Minerals and water are inorganic nutrients-which means they do not contain carbon.
- A. hydrogen and iron.
 - B. iron and oxygen.
 - C. lipids and oxygen.
 - D. hydrogen and oxygen.
16. Carbohydrate, fat, and protein are sometimes called _____ because the body requires them in relatively large amounts, many grams daily.
- A. macronutrients
 - B. micronutrients
 - C. multinutrients
 - D. malnutrients
17. Vitamins and minerals are _____, required only in small amounts, milligrams or micrograms daily.
- A. macronutrients
 - B. micronutrients
 - C. multinutrients
 - D. malnutrients
18. Energy is expressed in 1000-calorie metric units known as _____.
- A. kilogram.
 - B. miligramcalories.
 - C. gramcalories.
 - D. kilocalories.
19. The international unit for measuring food energy is the _____, a measure of work energy.
- A. jouli
 - B. jeule
 - C. jaule
 - D. joule

20. _____ are found in structures such as the muscles and skin and help to regulate activities such as digestion and energy metabolism.

- A. Carbohydrates
- B. Vitamins
- C. Fats
- D. Proteins

SECTION B: (30 marks)

Instructions : Fill in the blank. This section consists of **FIFTEEN (15)** questions. Answer **ALL** questions in the answer script provided.

A. Completing the list below into the correct answer from the ancient agricultural revolution.

Question no.	When B.C	Where	What
1.	10,000	Southwest Asia	_____, barley, sheep, goats domesticated
2.	8,000	Mexico	_____ and squash domesticated
3.	8,000	Peru	_____ domesticated
4.	7,000	Southwest Asia	_____ developed
5.	6,000	Northern China (1st agriculture in China)	_____ domesticated
6.	6,000	Middle East	_____ cultivated
7.	6,000 – 5,000	Southwest Asia	_____, chickpeas, lentils domesticated
8.	6,000 – 4,000	Southwest Asia (modern Armenia)	_____ cultivated for wine
9.	5,000	Yangtze River Delta, China; Central India	_____ domesticated
10.	4,000	Southwest Asia	_____ domesticated

(20 marks)

B. Completing the list below into the correct answer (countries) from the new world food origin.

Question no.	Date	Place (Countries)	Event
11.	1535		Spanish conquistadores see potatoes for the first time.
12.	1550s		Returning conquistadores introduce potato.
13.	1590		Pope gives potatoes to botanist Clusius, who paints first pictures of them.
14.	1651		Government forces people to cultivate potatoes.
15.	1748		Parliament declares potatoes cause leprosy, forbids growing them.

(10 marks)

SECTION C: Short answer question (50 marks)

Instructions: This section consists of **FIVE (5)** questions. Answer **ALL** questions in the answer booklet.

Question 1

Identify, what do you understand about the term “Halal”? Provide **5 examples** from your understanding of the term “Halal”?

(10 marks)

Question 2

- (a) The word “Race” are used in **FOUR (4)** different contexts. List and name all the **FOUR (4)** contexts.
- (b) What does “Demise of Race” means?

(10 marks)

Question 3

Ethnicity can be categorized into **FOUR (4)** apparent themes. Identify all the **FOUR (4)** themes and provide one example from each theme.

(10 marks)

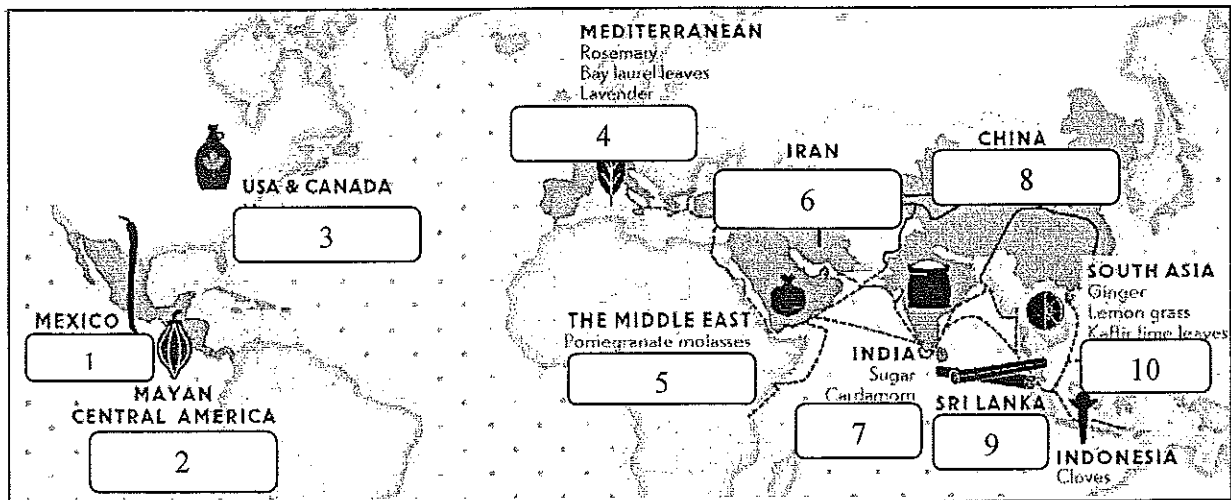
Question 4

The word “cuisine” can be defined in two ways. What are the **TWO (2)** definitions of the word “cuisine”?

The word “cooking” can be defined in several ways. Can you explain **THREE (3)** definitions of the word “cooking”?

(10 marks)

Question 5



List the origin types of spices from the map given above?

(10 marks)

-THE END-