

 **INTI International
University & Colleges**

**FINAL
Examination Paper**

(COVER PAGE)

Session : April 2018

Programme : Diploma In Hotel Management (DHMN)

Course : **DHM1105: Theory of Food**

Date of Examination : July 31, 2018 (Tuesday)

Time : 2:00 pm – 4:00 pm

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 : SIXTEEN (16) 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) : Nur Adilah Zulkipli & Kartina Abu Bakar

Moderator : En Muharis Mohamed

This paper consists of 9 printed pages, including the cover page.

DIPLOMA IN HOTEL MANAGEMENT PROGRAMME (DHMN)

DHM1105: THEORY OF FOOD

FINAL EXAMINATION: APRIL 2018 SESSION

Section A (20 marks)

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

1. The word 'sugar' came from an Indian word which is _____.
 - A. shaghar
 - B. sharkar
 - C. sukar
 - D. seegar

2. All of below is refer to kitchen rules for Jewish, **EXCEPT**:
 - A. Must use separate sink and dishwashers.
 - B. Must have two separate sets of tables, pots, pans, dishes, cooking and dining utensils.
 - C. Meat and dairy can touch each other.
 - D. Must use red dishes for meat item.

3. Parveh foods is refer to _____.
 - A. foods that maybe be eaten with anything
 - B. foods for celebration
 - C. foods that mix with chopped apples and nuts
 - D. food that represent bitterness of slavery

4. Prohibition of eating "fish without scales" best describes
 - A. a Muslim diet
 - B. a Jewish diet
 - C. a Chinese diet
 - D. a Japanese diet

5. A Muslim diet discourages the dietary patterns of
- A. veganism
 - B. carnivores
 - C. raw carnivores
 - D. omnivores
6. Brahmins' main diet is
- A. vegetarian
 - B. carnivorous
 - C. raw foodist
 - D. holy foodism
7. Protein may be obtained by eating the following **EXCEPT**:
- A. legumes
 - B. egg
 - C. poultry
 - D. wheat
8. The simplest of nutrients are the minerals and water. The other four classes of nutrients which are more complex are:
- i. Carbohydrates
 - ii. Lipids
 - iii. Proteins
 - iv. Vitamins
- A. i, ii and iii
 - B. i, iii and iv
 - C. ii, iii and iv
 - D. All of above

9. The groups of nutrients below will help to provide energy, **EXCEPT**:
- A. Carbohydrate
 - B. Fat
 - C. Mineral
 - D. Protein
10. _____ has a greater energy density than carbohydrate or protein.
- A. Fat
 - B. Mineral
 - C. Calories
 - D. Vitamins
11. Which of the following food contains the least amount of calories?
- A. low fat yoghurt
 - B. raw bean sprouts
 - C. cooked bean sprouts
 - D. pure water
12. Which of the following diet is suitable for most religions?
- A. Vegan diet
 - B. Raw food diet
 - C. Dairy only diet
 - D. High protein diet
13. Below is the example of fat-soluble vitamins, **EXCEPT**:
- A. Vitamin A
 - B. Vitamin C
 - C. Vitamin D
 - D. Vitamin K

14. Water will participate in:

- i. Metabolic reactions
- ii. Helps in structured as bones and teeth
- iii. Medium for transporting vital materials to cells
- iv. Carry waste products away

- A. i, ii and iii
- B. i, iii and iv
- C. ii, iii and iv
- D. All of above

15. The symptom of undernutrition may include all below, **EXCEPT**:

- A. Extremely thin
- B. Losing muscle tissue
- C. Becoming prone to infection and disease
- D. Heart disease

16. Essential nutrients are

- A. nutrients that an individual would like to consume
- B. nutrients that may be produced in the body
- C. necessary nutrients that the body cannot produce
- D. for an example vitamin D

17. The following nutrients are considered inorganic **EXCEPT**:

- A. water
- B. calcium
- C. iron
- D. beta carotene

18. A "Paleo Diet" refers to _____.
- A. a "caveman's" way of food consumption
 - B. eating only processed foods
 - C. eating only high protein foods
 - D. a Jewish friendly way of food consumption
19. Usually, the best choice of energy in a diet is obtained from _____.
- A. margarine
 - B. sweet potatoes
 - C. iced lemon tea
 - D. raw lettuce
20. Judging an individual's personality by his physical characteristics is best described by _____.
- A. ethnicity
 - B. religion
 - C. moral qualities
 - D. racism

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

1. During 6000 B.C, people from _____ migrated into India and brought with them cattle, sheep, goats and wheat growing expertise.
2. In a Passover menu, ingredients such as _____ symbolizes bitterness of slavery while _____ dipped in hot water represents the tears the slaves cried.
3. 'Mashbooh' foods containing ingredients such as _____, _____, _____ and flavors.
4. Calcium, phosphorus, potassium and sodium are the example of _____.

5. Only _____ minerals are known to be essential in human nutrition.
6. Macronutrients may be divided to _____, _____ and _____.
7. Micronutrients may be divided to _____, _____ and _____.
8. _____ is the hormone responsible for controlling blood sugar levels while _____ is the hormone responsible for “telling the brain to consume more food.”
9. Proteins are found in structures such as the muscles and skin and help to regulate activities such as _____ and _____.
10. _____ is the sum of food consumed by a person or other organism.
11. _____ are the habitual decisions an individual or culture makes when choosing what foods to eat.
12. With a sudden nutrient _____, a person may experience hot flashes, yellowing skin, a rapid heart rate, low blood pressure, or other symptoms.
13. _____ food are permitted by Judaism and _____ food are permitted by Islam.
14. _____ in coffee is known to “wake you up” and it also encourages the release of a hormone known as _____.
15. Fasting from sunrise to sundown is a practice commonly observed by _____ during the holy month of _____.
16. _____ refers to characteristics of individuals based on cultural origins and influences due to migration while _____ refers to physical aspects such as skin and hair color.

horseradish	protein	16	major minerals	diet
trace minerals	water	middle east	vitamins	gelatin
leptin	hard-boiled eggs	Syawal	enzymes	fat
emulsifiers	13	dietary habits	energy metabolism	insulin
overdose	carbohydrate	water-soluble	minerals	kosher
digestion	caffeine	ethnicity	cortisol	Muslim
Jewish	Ramadhan	malnutrition	race	vegetarian
energy	flavors	Harosset	halal	overnutrition

Section C (Short Answers) 50 marks

Instructions: Answer ALL questions in the answer booklet provided.

Question 1

- (a) Identify any **FIVE 5** diseases caused by undernutrition. (5 marks)
- (b) State **FIVE (5)** factors that affected humans' body weight. (5 marks)

Question 2

Explain the Caste system that was practiced by the Hinduism with the diagram illustration. (10 marks)

Question 3

Explain **FIVE (5)** reasons on food selection for an individual person. (10 marks)

Question 4

Vitamins are also organic, but they do not provide energy. There are different types of vitamins which group as water-soluble vitamins and fat-soluble vitamins.

Identify any **FIVE (5)** types of B vitamins.

(5 marks)

Minerals are inorganic and they can indestructible and need to be handled with special care that vitamins require. However mineral can be bound by substances that interfere with the body's ability to absorb them. Thus it was classified as major minerals and trace minerals.

List any **FIVE (5)** types of trace minerals.

(5 marks)

Question 5

Some cultures and religions have restrictions concerning what foods are acceptable in their diet.

(a) State **FIVE (5)** examples of "Haram" food that can't be consumed by the Muslim.

(5 marks)

(b) State **FIVE (5)** types of "Kosher" food that can't be consumed by the Judaism

(5 marks)

-THE END-

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