



FACULTY OF MANAGEMENT

June Examination

DEPARTMENT

Hospitality Management

<u>MODULE</u>	CULINARY STUDIES & NUTRITION III
<u>CODE</u>	CSN31T1
<u>DATE</u>	03 JUNE 2014
<u>DURATION</u>	2 HOURS
<u>TIME</u>	14:00-16:00
<u>TOTAL MARKS</u>	120

<u>EXAMINER</u>	Dr H. Kesa
<u>EXTERNAL MODERATOR</u>	Dr C Kleynhans (Tshwane University of Technology)
<u>NUMBER OF PAGES</u>	4 PAGES + 2 annexures

INSTRUCTIONS TO CANDIDATES:

- This is a closed book assessment.
- Read the questions carefully and answer only what is asked.
- Number your answers clearly.
- Write neatly and legibly.
- Structure your answers by using appropriate headings and sub-headings.
- The general University of Johannesburg policies, procedures and rules pertaining to written assessments apply to this assessment.

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Question 1:

As a Food and Beverage Manager in a private clinic you have been asked to do research on diets specifically for patients suffering from chronic peptic ulcers and hypertension.

- 1.1 Identify two (2) diets that will be suitable for the diseases mentioned above. (2)
- 1.2 Give a brief description of the diets. (4)
- 1.3 Plan a lunch menu (starter, main course and dessert) for the patients suffering from the chronic peptic ulcers (6)
- 1.4 There are specific dietary guidelines that have to be followed with the conditions mentioned above. Name two (2) guidelines for each condition. (2X2=4)

[16]

Question 2:

- 2.1 What diets/meals would you recommend to patients suffering from the following? (2x3=6)
 - 2.1.1 Gout
 - 2.1.2 Celiac disease
 - 2.1.3 Constipation
- 2.2 Give a brief explanation of those diets. (2x3=6)
- 2.3 Explain the health benefits of the diet followed in 2.1.3 (5)
- 2.4 Describe the symptoms of Celiac Disease (5)
- 2.5 Plan a dinner menu (starter, main course and dessert) for each of the above-mentioned patients. (6x3=18)

[40]

Question 3:

Read the attached abstracts titled “Determinants of obesity in an urban township of South Africa” by Malhotra et al 2008: 216 and “Dietary intake and metabolic control of children aged six to ten with type 1 diabetes mellitus in KwaZulu-Natal” by Pillay et al, 2009:95 and answer the questions that follow:

- 3.1 Identify the two (2) diets that will be suitable for the diseases mentioned in the abstracts. (2)

....cont.....

- 3.2 Give a brief description of the diets. (2X2=4)
- 3.3 Plan a lunch menu (starter, main course and dessert) for each of those diets. (6X2=12)
- 3.4 There are specific dietary guidelines that have to be followed with the conditions mentioned in the abstracts. Name four (4) for each condition. (4X2=8)
- 3.5 The lunch menu below requires changes to be suitable for a low calorie diet. Make the possible corrections, give a reason for each of your changes and plan a new lunch menu: (6+6=12)

Mushrooms served in a rich, creamy wine sauce

Beef Wellington served with potatoes, creamed spinach and glazed carrots

Tiramisu served with fresh cream

[38]

Question 4:

- 4.1 Explain the difference between a strict vegetarian diet and an ovo-lacto vegetarian diet. (2)
- 4.2 Plan a dinner menu (starter, main course and dessert) for Hindu person that is lactose intolerant (6)
- 4.3 Provide two (2) dietary guidelines for the preparation of meals for a Hindu diet and a lactose free diet (2x2=4)
- 4.4 Infants and children suffer from various allergies. Provide basic guidelines for meals for children. (4)

[16]

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Question 5:

You are a Hospitality Manager in a hospital and you were requested by a clinic sister to plan an information session on nutrition for HIV positive patients.

- 5.1 Design an information leaflet with pictures on basic dietary guidelines and healthy lifestyle for these patients.

(10)

[10]

TOTAL: 120 MARKS
