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FINAL EXAMINATION**

COURSE NAME : FOOD NUTRITION
COURSE CODE : DCA 1083
EXAMINATION : APRIL 2019
DURATION : 3 HOURS

INSTRUCTION TO CANDIDATES

1. This examination paper consists of **THREE (3)** parts :
PART A (20 Marks)
PART B (40 Marks)
PART C (40 Marks)
2. Candidates are not allowed to bring any material to examination room except with the permission from the invigilator.
3. Please check to make sure that this examination pack consist of:
 - i. Question Paper
 - ii. Objective Answer Paper
 - iii. Answering Booklet

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO

*This examination paper consists of **9** printed pages including front page*

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PART A

This part contains of **TWENTY (20)** questions.

Answer ALL in Objective Answer Paper.

1. What is nutrition?

- A Chemical compound found in foods.
- B Estimates nutrient intakes for planning diets.
- C Nutrients studies and how they relate to health.
- D Food and beverages you normally eat and drink.

2. What are the characteristics of a nutritious diet?

- i. Balanced
- ii. Moderate
- iii. Enough
- iv. Exercise

- A i, ii
- B i, iii
- C ii, iv
- D i, ii, iii

3. Carbohydrates serve as _____.

- i. energy provider
- ii. maintain body weight
- iii. regulate body process
- iv. growth and maintainance

- A i, ii
- B i, iii
- C ii, iv
- D i, ii, iii

4. What is Insulin?
- A A symptom where blood sugar levels are low.
 - B A hormone that controls glucose levels in blood.
 - C Foods that provide few nutrients for kcalories they contain.
 - D Process where starches when heated in liquid, absorb water and swell.
5. Proteins are mainly found in _____.
- A nuts
 - B sugar
 - C barley
 - D starches
6. Dong Wook is 56kg in weight. The RDA for protein for both men and women is 0.8g per kg of body weight. How many gram of protein shall Dong Wook consume?
- A 44g.
 - B 56g.
 - C 44.8g.
 - D 56.5g.
7. Too much _____ is the primary contributor to high blood cholesterol levels.
- A saturated fat
 - B unsaturated fat
 - C polyunsaturated fat
 - D monounsaturated fat
8. Which of the followings is the source of food for unsaturated fat?
- A Eggs.
 - B Seed.
 - C Poultry.
 - D Dairy products.

9. Which of these are water soluble vitamins?

- i. A
 - ii. B
 - iii. E
 - iv. C
- A i, ii
B i, iii
C ii, iv
D i, ii, iii

10. Which of these is referring to vitamin?

- A Vitamins have no kilocalories.
- B Vitamins are solid in room temperature.
- C Vitamins causes blood sugar becomes lower.
- D Carbohydrates spare vitamins from being burned for energy.

11. _____ minerals are needed in our body in relatively over 100 miligrams daily.

- A Trace
- B Major
- C Deficiency
- D Water soluble

12. Which of the followings is a major mineral?

- A Iron.
- B Iodine.
- C Calcium.
- D Chromium.

13. What is kilocalorie (kcal)?

- A Measure of the energy in food.
- B When a person maintaining weight.
- C Energy consumed equals to the energy spent.
- D Painful sensation caused by lack of food intake.

QUESTION 14 is based on statement below.

Energy In equals to Energy Out

14. Statement above is referring to _____.
- A energy consumed equals energy expended
 - B energy consumed is less than energy expended
 - C energy consumed is more than energy expended
 - D energy consumed is depends on the composition of food intake
15. What are the categories of which total energy of a body expends?
- i. Food consumption
 - ii. Basal metabolism
 - iii. Physical activity
 - iv. Medication
- A i, ii
 - B i, iii
 - C ii, iv
 - D i, ii, iii
16. Anorexia nervosa is an _____.
- A eating disorder by eating excessively
 - B eating disorder by practising unhealthy diet plan
 - C eating disorder by refusing to eat as to maintain a minimally normal body weight
 - D eating disorder by excessive overeating followed by vomiting to control body weight
17. In physical pyramid, which of the followings is sedentary activity?
- A Dancing.
 - B Canoeing.
 - C Watch TV.
 - D Scrub floors.

18. What is the estimated daily kcalories for children below 3 years old?

- A 1000 kcal – 1400 kcal.
- B 1200 kcal – 1800 kcal.
- C 1400 kcal – 2000 kcal.
- D 1800 kcal – 2600 kcal.

19. Osteoarthritis is a _____.

- A condition of which deposits of uric acid crystal in joints
- B disease of immune system involving inflammation of the joints
- C disease of the joints that occurs when cartilage in joints deteriorates
- D deterioration of the macular area of the eye that can lead to blindness

20. Which nutrient is **NOT** able to act as antioxidant?

- A Protein.
- B Vitamin C.
- C Vitamin E.
- D Carotenoids.

[20 MARKS]

PART B

This part contains of **FIVE (5)** questions.

Answer ALL questions in Answering Booklet.

QUESTION 1

- a. Discuss **three (3)** factors influencing food selection.

(6 marks)

- b. Explain Dietary Reference Intakes (Recommended Dietary Intakes).

(2 marks)

**QUESTION 2**

- a. Describe Monosaccharides as in Carbohydrates.

(6 marks)

- b. Explain gelatinization process in carbohydrates cookery.

(2 marks)

QUESTION 3

- a. Explain denaturation process in protein.

(2 marks)

- b. Briefly describe **two (2)** conditions of health risk due to lack of protein intake.

(6 marks)



QUESTION 4

a. Describe rancidity of fat and how to prevent them.

(2 marks)

b. Briefly explain **three (3)** functions of fat in food.

(6 marks)

QUESTION 5

a. Differentiate water-soluble vitamins and fat-soluble vitamins.

(2 marks)

b. Diagram 1 below shows a picture of a bowl of salad. Find out **three (3)** vitamins and their functions that available in the diagram below;



Diagram 1

(6 marks)

[40 MARKS]

PART C

This part contains of **FOUR (4)** questions.

Answer **ALL** questions in Answering Booklet.

QUESTION 1

Obese people may suffer embarrassment psychologically and some even view their own bodies as grotesque and loathsome. Construct weight management strategies to help them overcome their problem.

(10 marks)

QUESTION 2

No one should practice inactivity. Some physical activity is better than none. And those who practice fitness shall gain some health benefits. Assess the benefits gained when he/she becomes physically fit.

(10 marks)

QUESTION 3

When physically developing from children to adulthood, adolescence (teenager) gain about 20% of adult height and 50% of adult weight. Prepare diet plan that suitable for adolescence.

(10 marks)

QUESTION 4

Aging is inevitable. Its a natural process, programmed into genes at conception. However, the process can be slowed down through good diet and lifestyle. Construct strategies for growing old healthfully.

(10 marks)

[40 MARKS]

END OF QUESTION PAPER