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**SCHOOL OF HOSPITALITY AND TOURISM
KOLEJ YAYASAN PELAJARAN JOHOR**

**FINAL EXAMINATION
SEMESTER JANUARY 2015**

COURSE	:	FOOD NUTRITION
COURSE CODE	:	DCA 1083
TIME / DURATION	:	9.00 AM-12.00 PM (3 HOURS)
DATE	:	6 MAY 2015

INSTRUCTIONS TO CANDIDATES

1. This examination paper consists of **FOUR (4) Parts**:
 - Part A (15 Marks)
 - Part B (15 Marks)
 - Part C (20 Marks)
 - Part D (50 marks)
2. Answer **ALL** questions.
3. Candidates are not allowed to bring any material into the examination room **EXCEPT** with the permission from the invigilator.
4. Please check to make sure that this examination pack consists of:
 - i. Question Paper
 - ii. OMR Form
 - iii. Answering Booklet

THERE ARE 8 PAGES OF QUESTIONS, INCLUDING THIS PAGE

PART A (Total: 15 marks)**MULTIPLE CHOICE QUESTIONS****INSTRUCTION: Circle the correct answer for each question.****Please use the OMR sheet provided.**

1. Gary consumed a lunch that contained 120 grams of protein, 25 grams of fat and 150 grams of carbohydrate. How many kilocalories did Gary eat at lunch?
 - A. 1180 kilocalories
 - B. 1305 kilocalories
 - C. 1780 kilocalories
 - D. 1930 kilocalories

2. What element makes protein different from carbohydrate and fat?
 - A. Carbon
 - B. Hydrogen
 - C. Nitrogen
 - D. Oxygen

3. Which of the following is an example of disease that is directly caused by a nutritional deficiency?
 - A. Anaemia
 - B. Cancer
 - C. Diabetes
 - D. Heart disease

4. The _____ are a diverse group of organic substances including triglycerides, phospholipids and the sterols.
 - A. Carbohydrate
 - B. Lipids
 - C. Vitamin
 - D. Protein

5. Which of the following nutrients yield more calories per gram than others?
- A. Carbohydrate
 - B. Lipid
 - C. Protein
 - D. Vitamin
6. Which of the following BEST describes minerals?
- A. Macronutrients that are broken down easily during digestion
 - B. Micronutrient that are easily destroyed by heat and light
 - C. Inorganic micronutrients found in a variety of foods
 - D. Nutrient that are needed in large amounts by the body
7. Which of the following describes the vitamins A, D, E and K?
- A. Excreted via the urine
 - B. Soluble in water
 - C. Daily consumption is necessary
 - D. Can be stored in adipose and liver tissue
8. The four characteristic of a healthful diet are adequate, balanced, varied and _____.
- A. Color
 - B. Moderate
 - C. Value
 - D. Modern
9. What is the term that describes the process in which nutrients pass through the wall of the gastrointestinal tract?
- A. Digestion
 - B. Absorption
 - C. Dehydration
 - D. Segmentation

10. The simplest units of carbohydrates are called _____.
- A. Fatty acids
 - B. Amino acids
 - C. Monosaccharides
 - D. Polysaccharides
11. The process of adding hydrogen to an unsaturated fatty acid and creating a more solid fat is called _____.
- A. Emulsification
 - B. Pasteurization
 - C. Hydrogenation
 - D. Stabilization
12. Which of the following is not an essential nutrient?
- A. Water
 - B. Alcohol
 - C. Vitamin
 - D. Mineral
13. Which of the following are examples of carbohydrate-rich foods?
- A. Butter and margarine
 - B. Poultry and seafood
 - C. Cheese and milk
 - D. Wheat and potato
14. Which of the following is FALSE?
- A. Lipids are soluble in water
 - B. Lipids include triglycerides, phospholipids and sterols
 - C. Lipids are comprised of carbon, hydrogen and oxygen
 - D. Lipids yield more calories per gram than carbohydrates or protein
15. Vitamins are classified into two groups, _____ and _____.
- A. Major; trace
 - B. Fat soluble; water soluble
 - C. Macronutrients; micronutrients
 - D. Monosaccharides; polysaccharides

PART B (Total: 15 marks)**TRUE OR FALSE QUESTIONS**

INSTRUCTION: State whether each of the following is TRUE or FALSE.

Please use the OMR sheet provided.

1. Carbohydrates, fat and minerals are the only nutrients in foods that provide energy.
2. Minerals contain 4 kilocalories per gram.
3. Vitamin and minerals are considered as micronutrients because they are needed in relatively smaller quantities.
4. Body mass index is best describes as a ratio of an individual's body weight to their height².
5. Carbohydrates are the primary source of the body's energy, supplying about 9 kilocalories per gram.
6. Dietary fiber is the polysaccharides found in plant foods that are not digested and cannot be absorbed.
7. The examples of complete proteins are plant proteins.
8. Protein fibers known as fibrin help form a clot so that bleeding stops.
9. The RDA for protein for both men and women is 0.8 gram per kilogram of body weight.
10. Rancidity is the deterioration of fat, resulting in undesirable flavors and odors.
11. Excess intakes of fat-soluble vitamins are excreted in the urine.
12. Water transport nutrients to the cells and carries away waste materials to the kidney and out of the body.
13. If energy intake is too low or too little carbohydrate or protein supplied; the body must degrade its own lean tissue to meet its glucose and protein needs.
14. Regular physical activity promotes health and reduces the risk of developing a number of diseases.
15. Lactose is commonly called table sugar because it occurs in sugar cane.

PART C (Total: 20 marks)**MATCHING QUESTIONS**

INSTRUCTION: Fill in the blanks with suitable answer given in the list below.

Please use the answer booklet provided.

Protein	Haemoglobin	Riboflavin	Photosynthesis	Vitamin A
Essential	Non-essential	Thiamine	Gelatinization	Fluoride
Carbohydrate	Kilocalories	Hunger	Temperature	Pancreas
Iodine	BMR	Vitamin K	Scurvy	Soluble fiber
Orlistat	Sucrose	Gallbladder	Water	Fructose

1. We express the energy derived from the food in units called _____.
2. _____ is a trace mineral that helps to reduce tooth decay.
3. Bile is made in the liver and stored in _____.
4. In _____, the pigment chlorophyll absorbs sunlight to make glucose.
5. _____ amino acids cannot be manufactured by the body.
6. The deficiency disease associated with vitamin C is _____.
7. _____ primary role in the body is blood clotting.
8. _____ is essential for the synthesis of thyroid hormones.
9. The oxygen-carrying protein found in our red blood cells is called _____.
10. The deficiency of _____ leads to the development of beri-beri.
11. _____ are generally found around and inside plant cells, where it acts to keep a plant stuck together.
12. _____ is a process in which starches, absorb water and swell in size when heated in liquid.
13. _____ is the rate at which the body expends energy for these life sustaining activities.
14. The primary reason we sweat is to regulate body _____.
15. The primary source of fuel for the body is _____.
16. The four drugs approved by FDA (Food and drug Administration) to treat obesity include sibutramine, phentermine, diethylpropion and _____.
17. _____ soluble vitamins include vitamin C and the B Complex vitamins.
18. _____ means the painful sensation caused by lack of food that initiates food-seeking behaviors.
19. _____, the sweetest natural sugar, is also found in honey as well as in fruits.
20. _____ is the chemical name for what is commonly called white sugar, table sugar or granulated sugar.

PART D(Total: 50 marks)**SHORT ANSWER QUESTIONS**

INSTRUCTION: This section consists of 9 (NINE) questions. Answer ALL questions.

Please use the answer booklet provided.

QUESTION 1

What are the factors that influencing food selection? Explain **SIX (6)** of them.

(6 Marks)

QUESTION 2

If Baihakki Khaizan's weight is 75 kg and he is an active athlete, calculate the calorie needs for him.

(8 Marks)

QUESTION 3

Explain the weight management strategies for weight loss.

(6 Marks)

QUESTION 4

When proteins are digested or broken down, amino acids are left. List down **FIVE (5)** essential amino acid and **FIVE (5)** non-essential amino acids.

(5 Marks)

QUESTION 5

Calculate the BMI for Safiq Rahim if his weight is 62kg and his height is 170cm.

(3 Marks)

QUESTION 6

Proteins are compounds found in all living cells in animals and plants that play a variety of important roles. State **SIX (6)** functions of protein in our bodies.

(6 Marks)

QUESTION 7

Men generally have proportionally more water than women, and a lean person has more than an obese person. Explain **FIVE (5)** functions of water in the body.

(5 Marks)

QUESTION 8

List down the chemical name for the following vitamins:

COMMON NAME	CHEMICAL NAME
Vitamin A	
Vitamin C	
Vitamin D	
Vitamin E	
Vitamin K	

(5 Marks)

QUESTION 9

Although it is important to limit the amount of fats you consume, certain fats are crucial for maintaining your health. Explain **SIX (6)** functions of fat in the body.

(6 Marks)

END OF QUESTION PAPER

