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**KOLEJ YAYASAN PELAJARAN JOHOR  
FINAL EXAMINATION**

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**COURSE NAME : FOOD NUTRITION**  
**COURSE CODE : DCA1083/DCA1073**  
**EXAMINATION : DECEMBER 2022**  
**DURATION : 3 HOURS**

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**INSTRUCTION TO CANDIDATES**

1. This question paper consists of **THREE (3)** parts :  
PART A (30 Marks)  
PART B (40 Marks)  
PART C (30 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. The Question Paper
  - ii. An Objective Answer Paper
  - iii. An Answering Booklet

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

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*This examination paper consists of **12** printed pages including front page*

**PART A**

This part consists of **THIRTY(30)** questions.

Answer ALL questions in Objective Answer Paper.

1. The primary lipid present in food in the body is referred to as \_\_\_\_\_.
  - A oil
  - B lipid
  - C fatty acid
  - D triglycerides
  
2. Sustaining components in meals that give you energy and support in the growth and restoration of your body are referred to \_\_\_\_\_.
  - A nutrients
  - B antibody
  - C antioxidant
  - D basal metabolism
  
3. What differentiates carbohydrates from proteins?
  - A carbon
  - B oxygen
  - C nitrogen
  - D hydrogen
  
4. The four characteristics of a nutritious diet are adequate, balanced, moderate and \_\_\_\_\_.
  - A diet
  - B varied
  - C calorie
  - D energy out
  
5. The energy needed to digest and absorb food referred as \_\_\_\_\_.
  - A nutrients
  - B kilocalorie
  - C thermic effect of food
  - D dietary polyunsaturated fats

6. Based on Healthy Eating Plate for creating healthy and balanced meals, half of it should consist of \_\_\_\_\_.
- A protein
  - B whole grains
  - C protein and fruits
  - D fruits and vegetables
7. Which organ in human's digestive system is involved in insulin secretion?
- A lungs
  - B kidney
  - C stomach
  - D pancrease
8. Calories in 1 gram of carbohydrate is \_\_\_\_\_.
- A 3
  - B 4
  - C 5
  - D 9
9. A process in which a protein uncoils and losses its shape, causing it to lose its ability to function is referring to \_\_\_\_\_.
- A enzymes
  - B denaturation
  - C immune response
  - D essential amino acids
10. If the Body Mass Index (BMI) is between 25-29, it means the person is \_\_\_\_\_.
- A normal
  - B obesity
  - C overweight
  - D underweight

11. Disaccharides means the double sugar that consists of \_\_\_\_\_.
- i. sucrose
  - ii. fructose
  - iii. maltose
  - iv. lactose
- A i, iii, iv  
B i, iv  
C ii, iii, iv  
D i, ii, iii
12. Sugar that can be found in milk and the product of milk is commonly known as \_\_\_\_\_.
- A glucose  
B fructose  
C maltose  
D galactose
13. How many calories are found in 1 gram of fat?
- A 2  
B 4  
C 9  
D 12
14. Which is the following is the example of micronutrients?
- A fat  
B protein  
C vitamin  
D carbohydrate
15. Too much saturated fat can cause \_\_\_\_\_.
- A blindness  
B marasmus  
C colon cancer  
D high blood cholesterol

16. The Dietary Recommendations for carbohydrates intake per day for pregnant women is\_\_\_\_\_.
- A 175 gm
  - B 210 gm
  - C 130 gm
  - D 100 gm
17. In Food Guide Pyramid, 1 serving size equals to\_\_\_\_\_.
- A 150 gm or 1 cup
  - B 228 gm or 1 cup
  - C 300 gm or 2 cup
  - D 250 gm or ¼ cup
18. Which of the following is false?
- A Protein contains 20 blocks of amino acids.
  - B Essential amino acids cannot be made in the body.
  - C Protein contain carbon, hydrogen, oxygen and nitrogen.
  - D Deoxyribonucleic acid is one of the building blocks of protein.
19. Vitamin A, D, E, K are in the group of \_\_\_\_\_.
- A water
  - B trace minerals
  - C fat soluble vitamins
  - D water soluble vitamins
20. The function of vitamin can be destroyed by \_\_\_\_\_.
- i. heat
  - ii. light
  - iii. moisture
  - iv. exposure to air
- A i, ii, iii
  - B i, iii, iv
  - C ii, iii, iv
  - D i, ii, iv

21. What is the another name for sugar?

- A fiber
- B maltose
- C glucose
- D fat soluble

22. Lactose intolerance means \_\_\_\_\_.

- A low in nutrients
- B blood sugar levels are low
- C lack proteins, vitamins and minerals
- D diarrhea after drinking milk or eating diary product

23. The Recommended Dietary Allowance (RDA) for protein for both men and women are \_\_\_\_\_.

- A 1.5 gram
- B 0.5 gram
- C 0.9 gram
- D 0.8 gram

24. The impact of too much protein is \_\_\_\_\_.

- A marasmus
- B colon cancer
- C dental carries
- D increase the saturated fat

25. Which of these are the types of bottled water?

- i. Well water
  - ii. Artesian well
  - iii. Mineral water
  - iv. Spring water
- A i, ii, iv
  - B ii, iii, iv
  - C i, ii, iii
  - D all of the above

26. Which of the following are the weight management strategies for weight loss?
- eat slowly
  - eat small portion
  - limit high-fat foods
  - drink plenty of juice and milk
- A i, ii, iii  
B ii, iii, iv  
C i, ii, iii, iv  
D i, ii, iv
27. An eating disorder characterized by a refusal to maintain a minimally normal body weight is known as \_\_\_\_\_.
- A weight gain  
B underweight  
C bulimia nervosa  
D anorexia nervosa
28. What is the normal range for human body temperature?
- A 35°C and below  
B 36.1°C - 37.8°C  
C 38°C and above  
D 40.5°C – 45.5°C
29. The food protein that contain at least one limiting amino acids is known as \_\_\_\_\_.
- A enzymes  
B amino acids  
C complete protein  
D incomplete protein
30. Protein fibers is known as \_\_\_\_\_.
- A fibrin  
B blood clot  
C antibodies  
D new tissue

**[30 MARKS]**

**PART B**

This part consists of **SEVEN (7)** questions.  
Answer ALL questions in the Answering Booklet.

**QUESTION 1**

Eating is enjoyable and satisfying, but you probably already know that a healthy lifestyle includes eating the right foods in the right amounts.

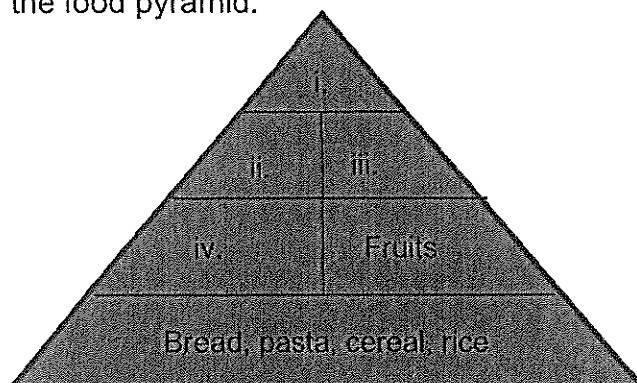
- a. Give the meaning of nutrient. (1 marks)
  
- b. List **five (5)** categories of nutrients. (5 marks)

**QUESTION 2**

Scientific research has shown that eating a diet high in fruits and vegetables has a number of positive effects on your health, including lowering your risk of developing certain chronic diseases and maintaining good physical health.

- a. List **four (4)** characteristics of a nutritious diet. (4 marks)

- b. Fill in the food pyramid. (4 marks)

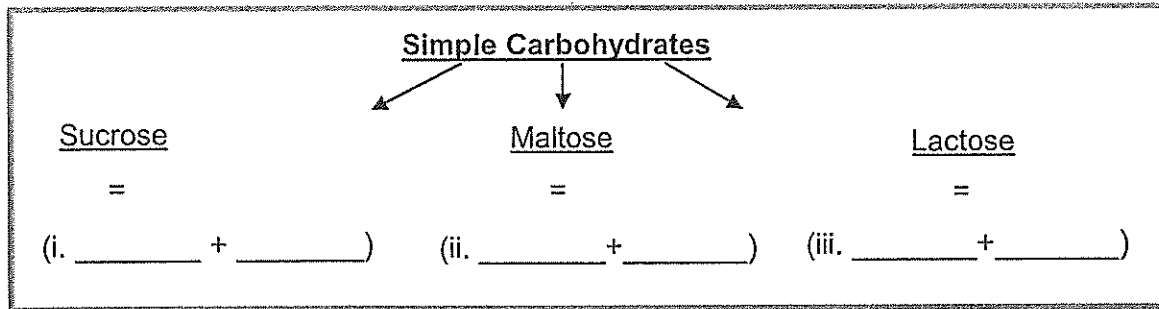




## QUESTION 3

Carbohydrates is a significant group of nutrients that serve as the body's main energy source, including sugars, starches, and fiber.

- a. Complete the group of sugar in carbohydrates.



(3 marks)

- b. Give **three (3)** examples of problems with high sugar diet.

(3 marks)

## QUESTION 4

A protein is a major structural component of body cells and is present in all living cells in both plants and animals.

- a. Identify **two (2)** groups of amino acids.

(2 marks)

- b. List **four (4)** functions of protein.

(4 marks)

**QUESTION 5**

a. List the **four (4)** components of Lipoprotein.

(4 marks)

b. Identify the functions of fat.

(2 marks)

**QUESTION 6**

Vitamins are organic substances that carry out processes in the body that are vital to health.

a. List down **two (2)** groups of vitamins.

(2 marks)

b. Describe **three (3)** guidance to preserve vitamins in food.

(3 marks)

**QUESTION 7**

Water is needed in each step of the process of converting the food you eat into energy and tissue. Almost all body cells need and depend on water to perform their functions.

Describe **three (3)** functions of water to our body.

(3 marks)

**[40 MARKS]**

## PART C

This part consists of **THREE (3)** questions.  
Answer ALL questions in the Answering Sheet.

## QUESTION 1

Keeping a healthy body weight across the lifespan is vital to maintaining good health and quality of life.

- a. Explain Anorexia Nervosa disease. (3 marks)
- b. Give **three (3)** types of gastric surgery. (3 marks)
- c. List down **four (4)** strategies for weight gain. (4 marks)
- d. List **two (2)** perception problems of overweight and obesity. (2 marks)

## QUESTION 2

By using the calorie needs calculation method, we will know how much the total calorie we need to consume per day.

- a. Maria is an active athlete woman. Every morning she do exercises to make her body fit. Calculate the calorie she needs if her weight is 57 kg.

Formula to calculate calorie needs is given below:

(4 marks)

1 kg	= 2.2046 pound
Gender	= 11 for male = 10 for female
Activity	= 20% for light = 30% for sedentary = 40% for moderate = 50% for active

- b. Calculate the Body Mass Index (BMI) for Azli if his weight is 80 kg and his height is 167 cm or 1.67 meter. Then identify which categories his BMI belongs to.

(4 marks)

### QUESTION 3

Beyond the physical and emotional satisfaction of eating, we often are concerned about how food choices affect our health. A person can make healthier food choices when shopping and eating. There are many factor that influence our food selection. Describe **five (5)** factors influencing food selection with examples.

(10 marks)

**[30 MARKS]**

END OF QUESTION PAPER