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**KOLEJ YAYASAN PELAJARAN JOHOR
FINAL EXAMINATION**

COURSE NAME : FOOD NUTRITION
COURSE CODE : DCA1083
EXAMINATION : OCTOBER 2016
DURATION : 3 HOURS

INSTRUCTION TO CANDIDATES

1. This examination paper consists of **FOUR(4)**:
 - PART A (20 Marks)
 - PART B (20 Marks)
 - PART C (40 Marks)
 - PART D (20 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. Answer Booklet

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

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

PART A (Total: 20 marks)**MULTIPLE CHOICE QUESTIONS****INSTRUCTION: Answer ALL Questions****Please use the OMR sheet provided**

1. It is the nourishing substances in food that provide energy and promote the growth and maintenance of your body.
 - A. Nutrition
 - B. Antioxidant
 - C. Nutrients
 - D. Basal metabolism

2. A nutrient that does not provide calories is:
 - A. Carbohydrates
 - B. Protein
 - C. Iron
 - D. Fat

3. The process in which plants make their own carbohydrates from carbon dioxide in the air and water from the soil is called:
 - A. Photosynthesis
 - B. Caramelization
 - C. Denaturation
 - D. Hydrogenation

4. Another name for simple carbohydrates is:
 - A. Galactose
 - B. Polysaccharides
 - C. Monosaccharides
 - D. Gelatinization

5. How many gram for both men and women need protein based the RDA?
- A. 0.8 gram
 - B. 9.1 gram
 - C. 1.5 gram
 - D. 0.95 gram
6. Protein contains:
- A. Carbon and Hydrogen
 - B. Carbon, Hydrogen and Oxygen
 - C. Carbon, Hydrogen, Oxygen and Nitrogen
 - D. Carbon, Hydrogen, Oxygen and Carbon Monoxide.
7. It means the deterioration of fat, resulting in undesirable flavors and odors.
- A. Rancidity
 - B. Hydrogenation
 - C. Caramelization
 - D. Gelatinization
8. Below is the characteristic of pure cholesterol, **EXCEPT**
- A. Odorless
 - B. White and waxy
 - C. Soft
 - D. Powdery substance
9. Water soluble vitamins includes:
- A. Vitamin A,D,E and K
 - B. Vitamin C and vitamin B Complex
 - C. Carbohydrates and Protein
 - D. Carbohydrates and Vitamin C

10. What is another name for Vitamin C?
- A. Lysine
 - B. Ascorbic Acid
 - C. Retinol
 - D. Alpha-tocopherol
11. It is defined as water that is intended for human consumption, that is sealed in bottles or other containers with no added ingredients except it may contain safe and suitable antimicrobial agents.
- A. Cordial
 - B. Fruit juices
 - C. Carbonated water
 - D. Bottled water
12. Below is the major function of Calcium in our body, **EXCEPT**
- A. Blood clotting
 - B. Major positive ion of intracellular fluid
 - C. Muscle contractions
 - D. Aids in nerve impulse transmission
13. It means the feeling of satisfaction and fullness that occurs DURING a meal and it makes us stop eating.
- A. Satiety
 - B. Satiation
 - C. Appetite
 - D. Hunger
14. Why do people accumulate excess body fat?
- A. Health risk
 - B. Genetic
 - C. Drugs
 - D. Perception

15. What are the strategies for weight loss?

- i) Eat small Portion
- ii) Limit concentrated sweets and alcoholic beverages
- iii) Emphasize energy-dense food
- iv) Eat slowly

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

16. Hyponatremia means:

- A. A decreased concentration of sodium in blood
- B. A below-normal body temperature
- C. An above-normal body temperature
- D. The normal range for human body temperature.

17. When infants should gradually begin eating solid foods?

- A. 4 month to 6 months
- B. 1 month to 3 months
- C. 1 month to 1 ½ months
- D. 2 year above 3 ½ months

18. This category of child lifestyle includes at least 60 minutes per day of moderate physical activity.

- A. Active child
- B. Sedentary child
- C. Hyper active child
- D. Illness child

19. What are the factors that protect brain function?

- i) Physical activities
- ii) Intellectual challenges
- iii) Social Interactions
- iv) Balanced diet rich in antioxidants

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

20. A compound that oxidized another compound.

- A. Free Radical
- B. Oxidant
- C. Nutrient
- D. Antioxidant

[20 MARKS]

PART B (Total : 20 marks)**TRUE OR FALSE (T/F)****INSTRUCTION: Answer ALL Questions****Please use the answer booklet provided**

1. _____ A nutritious diet is adequate, moderate, balanced, varied and packed with nutrient-dense foods.
2. _____ Energy yielding nutrients means the groups of nutrients that can be burned as fuel to provide energy for the body.
3. _____ In Carbohydrates, Mono means double.
4. _____ Starch is found in meat, poultry, fish, dairy products and eggs.
5. _____ The protein is derived from Greek word meaning "first".
6. _____ Too little protein can lead to body fat and extra strains on the kidneys.
7. _____ Lecithin is an essential nutrients.
8. _____ Fat accounts for 13 to 30 percent or more of your body weight
9. _____ Vitamin B complex and Vitamin C is the Water Soluble vitamins
10. _____ Deficiency symptoms of Vitamin C can lead to scurvy, poor wound healing and bleeding gums.
11. _____ Major minerals are needed relatively large amounts in the diet and trace minerals are needed relatively smaller amounts in the diet.
12. _____ The adequate intake of total water for men is 3.7 liters per day
13. _____ When a person maintaining weight, it means: Energy in is less than energy out.
14. _____ Weight gain is far less prevalent problem than overweight today.
15. _____ One of the strategies to weight loss is to drink plenty of juice and milk.

16. _____ In general, most active or fitness people who eat well-balance meals do not need vitamins or minerals supplement.
17. _____ The term infant (baby) is derived from Latin words "infans", meaning unable to speak or speechless.
18. _____ Breast milk is nutritionally superior to any formula or other type of feeding.
19. _____ Society uses the age of 65 years to define the transition point between middle age and old age.
20. _____ Free radical is good for the body but Antioxidant is bad for the body.

[20 MARKS]

PART C [Total: 40 marks]

SHORT ANSWER/SHORT STRUCTURED

INSTRUCTION: Answer ALL questions. This section consists of TWELVE (12) questions.

Please use the answer booklet provided

QUESTION 1

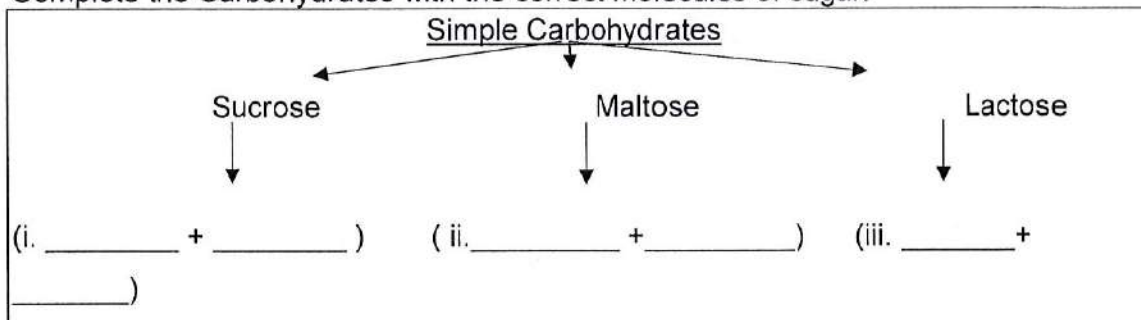
Complete the diagram with the correct function of nutrients

Nutrients	Function
Carbohydrates	i. _____
Fat	ii. _____
Minerals and water	iii. _____

[3 marks]

QUESTION 2

Complete the Carbohydrates with the correct molecules of sugar.



[3 marks]

QUESTION 3

A Protein is a major structural part of the body cells. List **THREE (3)** functions of Proteins.

[3 marks]

QUESTION 4

Lipids obtained from animal sources are usually solids. List the contents of Lipid

[3 marks]

QUESTION 5

Vitamins are labelled as "micro" nutrients because they are only needed in small amounts to do their jobs properly. Identify **THREE (3)** function of Vitamin A.

[3 marks]

QUESTION 6

Identify **TWO (2)** functions of calcium and give a few examples of food that is rich in calcium.

[3 marks]

QUESTION 7

Complete the diagram with **THREE (3)** examples of "energy out" that happens every day in our life.

Energy expended for adaptations (sometimes)
i.
ii.
iii.

[3 marks]

QUESTION 8

a. Differentiate between Anorexia Nervosa and Bulimia Nervosa.

[3 marks]

b. Identify **THREE (3)** causes of underweight may be as diverse as those of overweight

[3 marks]

QUESTION 9

Identify **THREE (3)** benefits to a person who becomes physically fit.

[3 marks]

QUESTION 10

Complete the diagram with **THREE (3)** types of nutrients that is important to infant.

3 types of Nutrients	
i.	
ii.	
iii.	

[3 marks]

QUESTION 11

Complete the diagram with the correct servings for the energy and nutrients for older adults.

Milk, Yogurt and Cheese Group	i.
Vegetables Group	ii.
Supplements	iii.

[3 marks]

QUESTION 12

a. Complete the diagram with **TWO (2)** types of nutrients that is rich in Antioxidant.

Beta Carotene (from Vitamin A)	
i.	
ii.	

[2 marks]

b. Describe **TWO (2)** ways how the Antioxidant activity can minimizes free radicals damages.

[2 marks]

[40 MARKS]

PART D [Total: 20 marks]

INSTRUCTION: Answer ALL questions. This section consists of FOUR (4) questions.

Please use the answer booklet provided

QUESTION 1

Draw a complete Food Guide Pyramid that includes the group of foods and the servings.

[5 marks]

QUESTION 2

Calculate in details the BMI for Ahmad Fahim is his weight is 65kg and his height is 170cm or 1.70m

[5 marks]

QUESTION 3

Identify **FIVE (5)** activities that people must do it every day based in Physical Activity Pyramid

[5 marks]

QUESTION 4

Identify **FIVE (5)** symptoms of Dehydration and Heat Stroke

[5 marks]

[20 MARKS]

END OF QUESTION PAPER

