



**KOLEJ YAYASAN PELAJARAN JOHOR
ONLINE FINAL EXAMINATION**

COURSE NAME : FOOD NUTRITION
COURSE CODE : DCA 1083
EXAMINATION : NOVEMBER 2020
DURATION : 6 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. Please refer to the detailed instructions in this question paper.
3. Students are allowed to refer to resources such as lecture notes, books, internet or any other relevant resources.
4. Answer ALL questions in the answer sheet which is A4 size paper (or other paper with the consent of the relevant lecturer).
5. Write your details as follows in the upper left corner for each answer sheet:
 - i. Student Full Name
 - ii. Identification Card (I/C) No.
 - iii. Class Section
 - iv. Course Code
 - v. Course Name
 - vi. Lecturer Name
6. Each answer sheet must have a page number written at the bottom right corner.
7. Answers should be handwritten, neat and clear.

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

*This examination paper consists of **10** printed pages including front page*

PART A

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

Answer ALL questions in Answer Sheet.

1. Which of the following is the substance needed for the body for growth, energy, repair and maintenance?
 - A Energy.
 - B Nutrient.
 - C Calories.
 - D Nutrition.

2. Choose nutrients that are responsible in providing energy to our body
 - i. Fat
 - ii. Protein
 - iii. Mineral
 - iv. Vitamin
 - A i, ii
 - B ii, iii
 - C ii, iv
 - D i, ii, iii

3. Which nutrient has its sole function as energy provider?
 - A Fat.
 - B Protein.
 - C Minerals.
 - D Carbohydrate.

4. How many calories are found in one gram of proteins?
 - A 2 kcal.
 - B 4 kcal.
 - C 9 kcal.
 - D 12 kcal.

5. Which two nutrients give the body most of its energy?
- A Sugar and fat.
 - B Minerals and vitamins.
 - C Carbohydrates and fat.
 - D Carbohydrates and minerals.
6. Which of the following is used to estimate nutrient standard intake of a healthy person?
- A Dietary Nutrition Intakes.
 - B Dietary Nutrients Intakes.
 - C Dietary Reference Intakes.
 - D Dietary Recommendation Intakes.
7. A nutritious diet has four characteristics, which are
- i. Textured
 - ii. Moderate
 - iii. Adequate
 - iv. Expensive
- A i, ii
 - B ii, iii
 - C ii, iv
 - D i, ii, iii
8. In Food Guide Pyramid, 1 serving size is equals to?
- A 1 cup.
 - B 1.5 cups.
 - C 230 grams.
 - D 220 grams.

QUESTION 9 is based on statement below.

Between coffee and milk, Khairil chooses to drink a glass of milk, because milk is rich in Calcium.

9. What is the factor that influences Khairil's selection?

- A Cost.
- B Health.
- C Flavour.
- D Tradition.

QUESTION 10 is based on diagram below.

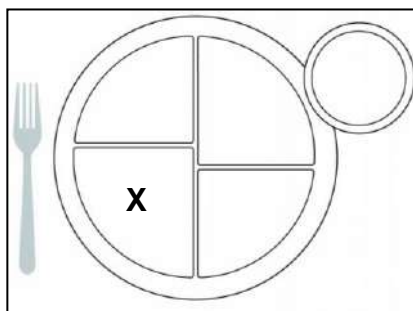


Diagram 1

10. **Diagram 1** shows USDA's Healthy Eating Plate. What is X?

- A Dairy.
- B Fruits.
- C Vegetables.
- D Healthy protein.

11. Which of the following statement is referring to USDA's Healthy Plate?

- A Limit red meats, and avoid processed meats.
- B Take sugary drinks to one or two servings and limit fruit juices.
- C Choose refined grains which have milder effect on blood sugar.
- D Take partially hydrogenated oils which contain unhealthy trans fat.

12. In the anatomy of Digestive Tract, where does absorption process take place?

- A Liver.
- B Stomach.
- C Intestines.
- D Esophagus.

13. What is the colour of vegetable that should you eat the most?

- A A variety of colours.
- B Orange as it tastes best.
- C Purple as it is rare and exotic.
- D Green as most vegetables are green.

14. What is the name of enzymes which exist in our mouth?

- A Acid.
- B Saliva.
- C Mucus.
- D Amylase.

15. What is the function of acid in our stomach?

- A Formation of feces.
- B Kills microorganisms.
- C Absorbs food contents.
- D Lubricates food particles.

16. Which of the following is the function of large intestines?

- A Formation of feces.
- B Absorption of nutrient.
- C Digestion via enzymes.
- D Storage of digested food.

17. What is BMI?

- A Body Mass Index.
- B Body Miles Index.
- C Body Meter Index.
- D Body Matter Index.

18. Calculate Zawani's BMI, if his weight is 76kg and his height is 1.70m.

- A 20
- B 22
- C 24
- D 26

19. Vital metabolism of our body that involves in calorie calculations are

- i. Basal metabolism
- ii. Physical metabolism
- iii. Digestive metabolism
- iv. Thermic effect metabolism

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

20. What is the range of Basal Metabolic Index (BMI) for obesity?

- A 20 until 24.
- B 25 until 30.
- C 19 and below.
- D 30 and above.

[20 MARKS]

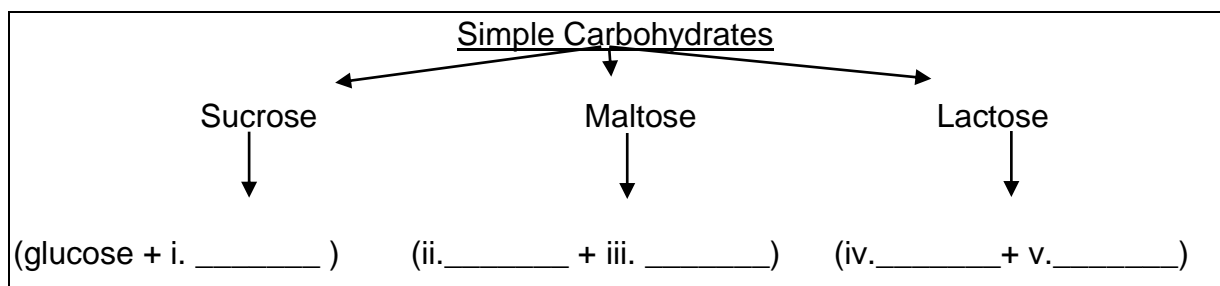
PART B

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

Answer ALL questions in Answering Booklet.

QUESTION 1

- a. Match the simple carbohydrates with the correct molecules of sugar.



(5 marks)

- b. Briefly describe **two (2)** types of fiber.

(5 marks)

QUESTION 2

- a. List **five (5)** foods that rich in protein.

(5 marks)

- b. Distinguish **two (2)** attributes and give example of Complete and Incomplete Protein.

(5 marks)

QUESTION 3

- a. Identify **five (5)** types of oil that suitable to be used as dressings.

(5 marks)

- b. Fat can undergoes certain processes that can cause changes to the fat itself.

Explain **two (2)** situations that can cause changes in fat.

(5 marks)

QUESTION 4

- a. Define the followings;

- i. Satiety
- ii. Hunger
- iii. Satiation
- iv. Energy In
- v. Energy Out

(5 marks)

- b. Give **two (2)** explanations on energy expended for basal metabolism and adaptive thermogenesis (adaptation).

(5 marks)

[40 MARKS]

PART C

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

Answer ALL questions in Answer Sheets.

QUESTION 1

Weight gains occur when energy intake exceeds energy expended, and conversely, weight losses occur when energy expended exceeds energy intake. At the extremes, both overweight and underweight present health risks.

Discover strategies for weight loss.

(10 marks)

QUESTION 2

Steroids are a drug that derived from male hormones which promotes the development of lean body mass. Athletes who take steroids do so to stimulate muscle bulking in short period. However, there are consequences of the consumption.

Explain **five (5)** side effects and adverse reactions of steroids to the athletes.

(10 marks)

QUESTION 3

During pubertal development, adolescence gain about 20 percent of adult height and 50 percent of adult weight. This is due to most of the body organs double in size, and almost half of total bone growth occurs. Wrong menu planning can triggers obesity among teenagers.

Prepare a diet plan suitable for adolescence (teenagers).

(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 healthily.

(10 marks)

[40 MARKS]

END OF QUESTION PAPER