



**KOLEJ YAYASAN PELAJARAN JOHOR
FINAL EXAMINATION**

COURSE NAME : FOOD NUTRITION
COURSE CODE : DCA 1083
EXAMINATION : MAY 2017
DURATION : 3 HOURS

INSTRUCTION TO CANDIDATES

1. This examination paper consists of **FOUR (4)** parts:
 - 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. Hyperthermia 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.

2. The term infant (baby) is applied to a child between the ages of:
 - A. 1 year to 12 years
 - B. 1 month to 12 months
 - C. 1 month to 12 years
 - D. 1 year above

3. This category of child lifestyle includes only the activities typical day-to-day life.
 - A. Active child
 - B. Sedentary child
 - C. Hyper active child
 - D. Illness child

4. Commonly used age groups for young old is:
 - A. 65 to 74 years of age
 - B. 75 to 84 years of age
 - C. 85 years and above
 - D. Less than 65 years of age

5. This group of food is rich in Antioxidants.
 - A. Fruits and poultry
 - B. Meat and dairy products
 - C. Fruits and vegetables
 - D. Poultry and fish

6. 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
7. One of these example is NOT drugs.
- A. Panadol
 - B. Breacol
 - C. Paracetamol
 - D. Dietary supplement
8. 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
9. This group of people have more fat cells than healthy-weight people; their fat cells are also larger.
- A. Underweight people
 - B. Normal people
 - C. Overweight people
 - D. Obese people
10. It is an eating disorder characterized by a destructive pattern of excessive overeating, followed by vomiting and other "purging" behaviours to control weight.
- A. Bulimia Nervosa
 - B. Anorexia Nervosa
 - C. Orthorexia Nervosa
 - D. Anthrax Nervosa

11. 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
12. Nutrients that provide energy are:
- A. Carbohydrates, Protein and Fat
 - B. Protein, Vitamins and Minerals
 - C. Vitamins, Minerals and Water
 - D. Minerals, Fat and Protein
13. 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
14. Another name for complex carbohydrates is:
- A. Galactose
 - B. Polysaccharides
 - C. Monosaccharides
 - D. Gelatinization
15. The word protein is derived from _____ word meaning "first".
- A. English
 - B. French
 - C. Latin
 - D. Greek

14. Two (2) aggressive treatments for obesity are by using drugs (medication) and _____.
15. One of the strategies to gain weight is to drink plenty of juice and _____.
16. It means bodily movement, produced by muscle contractions that substantially increase energy expenditure.
17. The term infant (baby) is derived from _____ words "infans", meaning unable to speak or speechless.
18. This food is more superior to any formula or other type of feeding for the BABY.
19. Society uses the age of _____ to define the transition point between middle age and old age.
20. Free radical is bad for the body but _____ is good for the body.

[20 marks]

PART C [Total: 40 marks]

SHORT ANSWER

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

Please use the answer booklet provided

QUESTION 1

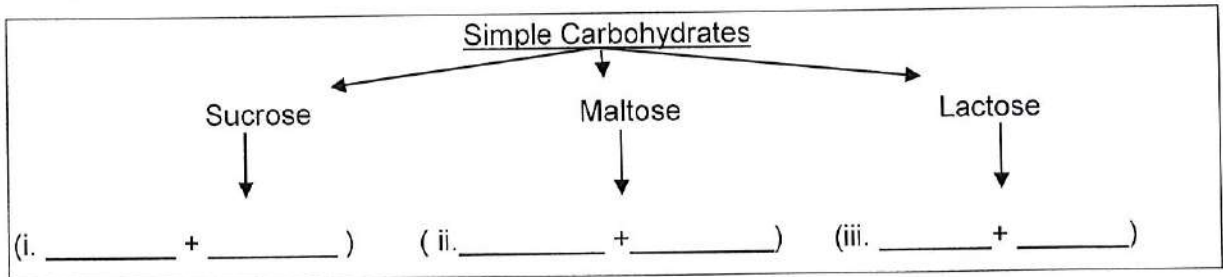
Complete the diagram with the correct kilocalories.

Nutrients	Kilocalories
1 gram of Carbohydrates	i.
1 gram of protein	ii.
1 gram of fat (lipid)	iii.

[3 marks]

QUESTION 2

Complete the Carbohydrates with the correct molecules of sugar.



[3 marks]

QUESTION 3

Too little protein can lead to Kwashiorkor and Marasmus. Explain in details the difference between Kwashiorkor and Marasmus.

[3 marks]

QUESTION 4

Lipoprotein is the protein coated packages that carry fat and cholesterol through the bloodstream. Lipoprotein contains four components. Identify only **THREE (3)**.

[3 marks]

QUESTION 5

Substantial amounts of vitamins in foods, such as fruits and vegetables can be lost from the time they are picked until it is eaten. List **THREE (3)** methods how to preserve vitamins in food.

[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. Identify **THREE (3)** weight management strategies for **WEIGHT LOSS**.

[3 marks]

b. Named **THREE (3)** types of surgery that can be done for severe obesity person to lose weight.

[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.

Vitamin C and D
i.
ii.
iii.

[3 marks]

QUESTION 11

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

Water equivalent	i.
Bread, cereal and pasta 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 Afzal is his weight is 65kg and his height is 170cm or 1.70m

[5 marks]

QUESTION 3

Identify **FIVE (5)** symptoms of dehydration and heat stroke.

[5 marks]

QUESTION 4

a. Named **FOUR (4)** types of nutrients that is important for the physically active people.

[4 marks]

b. Give a few examples of foods that are rich in energy or kilocalorie.

[1 marks]

[20 marks]

END OF QUESTION PAPER