

SECTION A : 20 MARKS

BAHAGIAN A : 20 MARKAH

INSTRUCTION:

This section consists of **TWENTY (20)** objective questions. Mark your answers in the OMR form provided.

ARAHAN :

*Bahagian ini mengandungi **DUA PULUH (20)** soalan objektif. Tandakan jawapan anda di dalam borang OMR yang disediakan.*

INSTRUCTION:

This section consists of **FOUR (4)** essay questions. Answer **ALL** questions.

ARAHAN:

*Bahagian ini mengandungi **FOUR (4)** soalan esei. Jawab **SEMUA** soalan.*

QUESTION 1

SOALAN 1

- (a)
- CLO1
C1
- i. Define the digestion system
Takrifkan sistem penghadaman
- [2 marks]
[2 markah]
- CLO1
C1
- ii. List **EIGHT (8)** components in the gastrointestinal tract.
*Senaraikan **LAPAN (8)** komponen dalam saluran gastrointestinal.*
- [8 marks]
[8 marks]
- CLO1
C1
- (b) State **TWO (2)** types of nutrient groups and their functions in the body.
*Nyatakan **DUA (2)** jenis kumpulan nutrient dan fungsinya di dalam badan.*
- [10 marks]
[10 markah]

SOALAN 2

CLO2
C2

- (a) i. Identify **FIVE (5)** examples of semisolid food prepared for infant 6 month and above.

*Kenalpasti **LIMA (5)** contoh makanan separa pepejal yang disediakan bagi bayi berumur 6 bulan ke atas.*

[5 marks]
[5 markah]

- ii. Explain the lunch menu planning for an infant between 4-7 months.

Terangkan perancangan menu makan tengahari bagi bayi 4-7 bulan.

[5 marks]
[5 markah]

CLO2
C3

- (b) Complete the following table for the values that promoting healthy in marketing.

Lengkapkan jadual di bawah bagi nilai nilai yang digunakan untuk mempromosikan kesihatan di dalam pasaran.

Bil <i>Bil</i>	Value <i>Nilai</i>	Explanation <i>Penerangan</i>	Example <i>Contoh</i>
1	Advertising <i>Pengiklanan</i>		
2	Sales Promotion <i>Promosi Jualan</i>		

[10 marks]
[10 markah]

SOALAN 3

<i>Status</i>	<i>Value</i>																				
<i>Status</i>	<i>Nilai</i>																				
Weight	70 kg																				
Height	150 m																				
Active status (F value)	<table border="1"> <thead> <tr> <th colspan="4">ACTIVITIES STATUS (f)</th> </tr> <tr> <th>WEIGHT</th> <th>NOT ACTIVE</th> <th>MEDIUM ACTIVE</th> <th>MOST ACTIVE</th> </tr> </thead> <tbody> <tr> <td>OVERWEIGHT</td> <td>25</td> <td>30</td> <td>35</td> </tr> <tr> <td>NORMAL</td> <td>30</td> <td>35</td> <td>40</td> </tr> <tr> <td>UNDERWEIGHT</td> <td>35</td> <td>40</td> <td>45</td> </tr> </tbody> </table>	ACTIVITIES STATUS (f)				WEIGHT	NOT ACTIVE	MEDIUM ACTIVE	MOST ACTIVE	OVERWEIGHT	25	30	35	NORMAL	30	35	40	UNDERWEIGHT	35	40	45
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Table 1 : Activity information

Table 1 : Maklumat aktiviti

CLO3
C3

- (a) Based on the information in Table 1, Calculate the energy value for the most active person

Berdasarkan maklumat jadual 1, kirakan bilangan tenaga bagi individu yang sangat aktif

[10 marks]
[10 markah]



Figure 5 / Pesticide free zone
Gambarajah 5 / Zon bebas racun serangga

CLO3
C3

- (b) Based on Diagram 5, relate **FIVE (5)** trends of health-conscious market customers when practicing shopping and making buying decisions.

Berdasarkan gambarajah 5, kaitkan LIMA (5) trend pengguna pasaran peka kesihatan semasa membeli belah dan membuat keputusan pembelian.

[10 marks]
[10 markah]

SOALAN 4

From the standard : 200g of fried chicken with EP 75% consists of 5 g protein, 7.2g carbohydrate and 4.4 g fat.

Daripada piawai : 120 g ayam goreng dengan EP 75% mengandungi 5 g protein, 7.2 g karbohidrat dan 4.4 g lemak.

CLO3
C3

- (a) Based on the statement, construct a table to calculate the energy value for the fried chicken

Bedasarkan pernyataan, bina jadual bagi mengira nilai tenaga bagi ayam goreng

[10 marks]
[10 markah]

CLO3
C3

- (b) Complete the table below for the types of vegetarian diets.

Lengkapkan jadual di bawah bagi jenis diet vegetarian.

Bil <i>Bil</i>	Types <i>Jenis</i>	Explanation <i>Penerangan</i>
1		
2		
3		
4		

[10 marks]
[10 markah]

SOALAN TAMAT