

CONFIDENTIAL



UNIVERSITI TUN HUSSEIN ONN MALAYSIA

**FINAL EXAMINATION
SEMESTER II
SESSION 2021/2022**

COURSE NAME : NUTRITION

COURSE CODE : BWD 20203

PROGRAMME CODE : BWD

EXAMINATION DATE : JULY 2022

DURATION : 3 HOURS

INSTRUCTION : 1. ANSWER ALL QUESTIONS

2. THIS FINAL EXAMINATION IS
CONDUCTED VIA **CLOSED BOOK**

3. STUDENTS ARE **PROHIBITED** TO
CONSULT THEIR OWN MATERIAL
OR ANY EXTERNAL RESOURCES
DURING THE EXAMINATION
CONDUCTED VIA **CLOSED BOOK**

THIS QUESTION PAPER CONSISTS OF **THREE (3)** PAGES

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Q1 Please select **ONE (1)** of the following headings and write a one-page essay for the general public that provides guidelines for a healthy diet. Please restrict your article to 200 words.

“Getting your Protein Intake right”

“Taking sufficient Vitamins”

(20 marks)

Q2 A student makes the following statement:

‘A vitamin is an organic molecule that is an essential micronutrient which an organism needs in small quantities for the proper functioning of its metabolism. Osteoporosis, non-accident-fractures (broken bones) and rickets are diseases cause by deficiency of one particular vitamin.’

Discuss the causes of these disorders and analyse what can or has been done to overcome these diet-related issues using your understanding of nutrition.

(20 marks)

Q3 In 2020, the Malaysian government under the Ministry of Health released a new food pyramid. Compare and contrast the new (2020) food pyramid to the previous or old food pyramid. You may include illustration in your answer.

(20 marks)

Q4 “Water is essential nutrition, more important to life than any of the others”. Based on this statement, answer the following questions:

(a) Dehydration happens when too much water is lost from the body and not replaced. State the symptoms of dehydration for a person losing 5%-6% of body fluid.

(3 marks)

(b) Discuss how do antidiuretic hormone and aldosterone help maintain fluid balance in the body.

(4 marks)

(c) Analyze would happen if excessive amount of water is consumed in a short time to our body?

(5 marks)

(d) Compare and contrast between oral rehydration therapy (ORT) and oral rehydration salts (ORS) in dehydration treatment.

(8 marks)

Q5 Fetal growth and maternal health depend on a sufficient weight gain during pregnancy. Mrs Z is currently on her second-trimester, 154cm in height and gained the weight from 52kg to 60kg.

(a) Calculate her BMI and categorize her weight.

(4 marks)

(b) Explain how both underweight and overweight before or during pregnancy can interfere with a healthy pregnancy.

(6 marks)

(c) Mrs. Z has been diagnosed with gestational diabetes. Plan a 1-day diet of no more than 2500 calories that is suitable for her condition.

(10 marks)

– END OF QUESTIONS –

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