

UNIVERSITI TUN HUSSEIN ONN MALAYSIA

FINAL EXAMINATION SEMESTER II SESSION 2022/2023

COURSE NAME

NUTRITION

COURSE CODE

BWD 20203

PROGRAMME CODE

BWD

EXAMINATION DATE :

JULY / AUGUST 2023

DURATION

3 HOURS

INSTRUCTIONS

1. ANSWER ALL QUESTIONS

2. THIS FINAL EXAMINATION IS

CONDUCTED VIA

☐ Open 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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OR, FAZIEEN IZZANY BINTE KRII BAKAR Meto origin kultur Tatagar lainggan bak perduai produkt Sanati vali kultura eta "Nemzona metoketi kultura eta kultura

- Q1 Malaysian Dietary Guidelines were developed in 1996 and were updated in both 2010 and 2020 to ensure that all Malaysians have access to reliable and accurate nutritional information.
 - (a) List **TEN** (10) key messages stated in Malaysian Dietary Guidelines 2020.

(10 marks)

(b) The Malaysian Food Pyramid was made over in 2020 after the previous version was introduced in 2010. Describe **FIVE** (5) changes in Food Pyramid 2020.

(10 marks)

- Q2 The main function of protein is for growth and repair of our body tissues. Every single cell in our body is made up of protein.
 - (a) Based on your understanding, describe what happens to the body when too much protein is consumed.

(10 marks)

(b) Azizah, a 50-year-old married woman suffers from inadequate protein intake. Determine **FIVE** (5) protein deficiency symptoms that Azizah may exhibit.

(10 marks)

- Yusof, a 56-year-old married male, was admitted to the hospital after experiencing chest pain during the night, followed by vomiting. His biomarkers revealed LDL cholesterol levels of 170 mg/dL, triglyceride levels of 200 mg/dL, and blood glucose levels of 150 mg/dL. His BMI was determined to be 29. He complained of fatigue and was experiencing giddiness, sleeplessness, headache and blurring vision.
 - (a) Determine the medical assessment regarding Yusof's health status and the type of disease he might experience.

(10 marks)

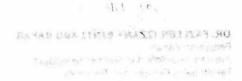
(b) Suggest **TEN** (10) components of a healthy diet that Yusof should consider in order to improve his health conditions.

(10 marks)

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- Q4 Lipids are important fats that serve different roles in the human body. Lipids are a family of organic compounds that are mostly insoluble in water. Lipids are molecules that composed of fats and oils, yielded high energy and have a chemical composition mainly of carbon, hydrogen, and oxygen.
 - (a) Compare and contrast between **THREE** (3) major dietary fats in food.

(12 marks)

(b) Explain the relation between dietary fat and associated health risks.

(8 marks)

- END OF QUESTIONS -

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