



UTHM

Universiti Tun Hussein Onn Malaysia

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
 - 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

- 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)
- Q3** 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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