

SULIT



KEMENTERIAN PENDIDIKAN TINGGI
JABATAN PENDIDIKAN POLITEKNIK DAN KOLEJ KOMUNITI

BAHAGIAN PEPERIKSAAN DAN PENILAIAN
JABATAN PENDIDIKAN POLITEKNIK DAN KOLEJ KOMUNITI
KEMENTERIAN PENDIDIKAN TINGGI

JABATAN PELANCONGAN & HOSPITALITI

PEPERIKSAAN AKHIR

SESI II : 2024/2025

DTF 40153 : NUTRITION FOR FOODSERVICE

TARIKH : 16 MEI 2025

MASA : 3.00 PM – 5.00 PM (2 JAM)

Kertas ini mengandungi **SEMBILAN BELAS (19)** halaman bercetak.

Bahagian A: Objektif (20 soalan)

Bahagian B: Struktur (4 soalan)

Dokumen sokongan yang disertakan : Tiada

JANGAN BUKA KERTAS SOALAN INI SEHINGGA DIARAHKAN

(CLO yang tertera hanya sebagai rujukan)

SULIT

SECTION B: 80 MARKS**BAHAGIAN B: 80 MARKAH****INSTRUCTION:**

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

ARAHAN:

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

CLO1

QUESTION 1**SOALAN 1**

- (a). Explain the function of enzymes found in the following organs:

Terangkan fungsi enzim-enzim yang terdapat di dalam organ-organ berikut

- i. Saliva gland (amilase)

Kelenjar air liur (amilase)

[2 marks]

[2 markah]

- ii. Stomach (Pepsin and renin)

Perut (Pepsin dan renin)

[2 marks]

[2 markah]

- iii. Small intestine (Maltase, Lactase, enterokinase and Sucrase)

Usus kecil (Maltase, Lactase, Enterokinase dan Sukrase)

[2 marks]

[2 markah]

CLO1

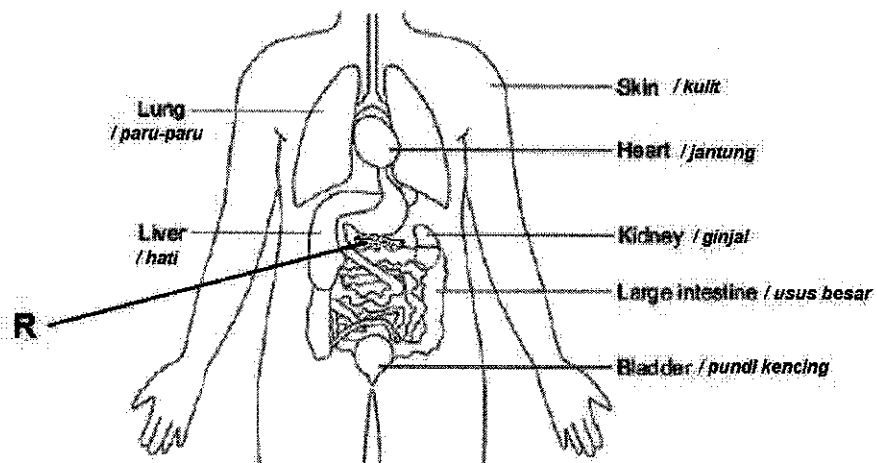


Figure 4 / Rajah 4

- (b). By referring to Figure 4 above, complete question i, ii and iii
Merujuk kepada Rajah 4 di atas, lengkapkan soalan i, ii and iii

i. Name R

Namakan R

[2 marks]

[2 markah]

ii. Write the hormones released by R?

Nyatakan hormon yang dirembeskan oleh kelenjar R

[4 marks]

[4 markah]

iii. What are the purpose of R releasing the hormones in (ii)

Apakah tujuan hormon di (ii) dirembeskan oleh R

[8 marks]

[8 markah]

CLO1

QUESTION 2**SOALAN 2**

- (a). Based on the amount of minerals required by the body, minerals can be divided into macronutrients and micronutrients. Based on the statement, Explain **THREE (3)** group of nutrients and example of food for each one.

*Berdasarkan jumlah mineral yang diperlukan oleh tubuh, mineral boleh dibahagikan kepada makronutrisi dan mikronutrisi. Berdasarkan pernyataan tersebut, terangkan **TIGA(3)** kumpulan nutrient dan contoh makanan setiap satu.*

[6 marks]

[6 markah]

- (b). Write **SEVEN (7)** healthy cooking methods that cut down the use of fat and oil
*Tuliskan **TUJUH (7)** kaedah masakan sihat yang mengurangkan penggunaan lemak dan minyak?*

[14 marks]

[14 markah]

CLO1

QUESTION 3**SOALAN 3**

- (a). Breast milk have a variety of nutrient and important for infant growth. Based on the statement, discuss **LIMA (5)** importance of breast milk for baby
*Susu ibu mempunyai pelbagai khasiat dan penting untuk tumbesaran bayi. Berdasarkan pernyataan bincangkan **LIMA (5)** kepentingan susu ibu untuk bayi*

[10 marks]

[10 markah]

- (b). Diagnose the symptoms and effect of the disorder in nutrition intake and its relation to the following disease; diabetes, anaemia, gout, cardiovascular disease and scurvy
Diagnosis simptom-simptom dan kesan ketidakseimbangan pengambilan nutrisi dan kaitannya terhadap penyakit berikut; kencing manis, anemia, gaut, sakit jantung dan skurvi

[10 marks]

[10 markah]

CLO2

QUESTION 4

SOALAN 4

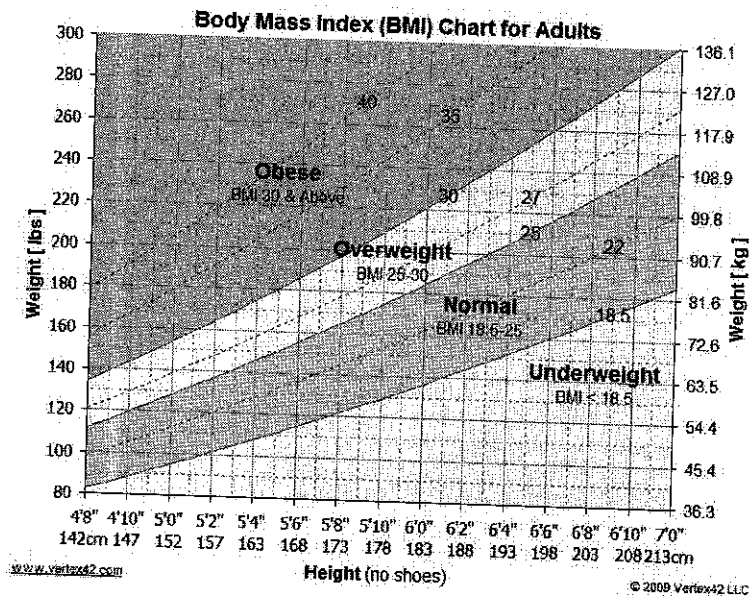


Figure 5 / Rajah 5

- (a). A thirty-six-year-old executive officer approaches you to inquire about your thoughts on her weight. She stands 1.58 meters tall and weighs 73 kilograms. You can also draw the line representing her profile data on the chart using the information from the following question based on the BMI chart for adults below:

Seorang pegawai eksekutif muda berumur 36 tahun datang untuk bertanya pendapat anda mengenai berat badannya. Dia mempunyai berat badan 73kg dan ketinggian 1.58m. Berdasarkan carta BMI untuk dewasa di atas, anda juga boleh melakar garisan data profilnya pada maklumat carta daripada soalan di bawah:

- Determine BMI formula.
Kenalpasti formula BMI
- Calculate her BMI
Kirakan BMI wanita tersebut
- Show her BMI indicator
Tunjukkan petunjuk BMI wanita tersebut

[10 marks]

[10 markah]

Chicken & Vegetable Broth				
A soup made with vegetables, cooked chicken and pearl barley.				600g e
Ingredients				
Water, Carrot (10%), Onion, Chicken (6%), Potato (5%), Spinach (2%), Peas (2%), Cabbage (2%), Celery (2%), Chicken stock (chicken skin, water, chicken extract, chicken, sugar, salt, cornflour, chicken fat, onion concentrate), Potato starch, Pearl barley, Rapeseed oil, Garlic purée, Salt, Black pepper.				
ALLERGY ADVICE				
For allergens, including cereals containing gluten, see ingredients in bold.				
Warning				
Although every care has been taken to remove bones, some may remain.				
Nutrition				
Typical values (as consumed)	per 100g	per 1/2 pot (300g)	%RI	your RI*
Energy	167kJ	501kJ		8400kJ
	40kcal	119kcal	6%	2000kcal
Fat	1.2g	3.6g	5%	70g
of which saturates	0.2g	0.6g	3%	20g
Carbohydrate	4.2g	12.6g		
of which sugars	1.2g	3.6g	4%	90g
Fibre	1.1g	3.3g		
Protein	2.5g	7.5g		
Salt	0.5g	1.5g	25%	6g
*Reference intake of an average adult (8400kJ/2000kcal) (RI). Contains 2 portions.				

Figure 6 / Rajah 6

- (b). From the above nutritional facts of chicken and vegetable broth
 Daripada maklumat pemakanan sup ayam dan sayuran di atas

- i. Figure out the calories intake for a grown man who eats dinner with one pot plus an additional half pot (Answer in kcal unit)

Kirakan pengambilan kalori kepada seorang lelaki dewasa yang mengambil 1 ½ pot untuk makan malam beliau (Jawapan dalam unit kcal)

[7 marks]

[7 markah]

- ii. Calculate the remaining amount of calories that the man can consume based on the Daily Reference Intake (RI) for that day.

Kirakan baki jumlah kalori yang boleh diambil oleh lelaki tersebut berdasarkan Daily Reference Intake (RI) pada hari itu

[3 marks]

[3 markah]

SOALAN TAMAT