



## School of Health Sciences

### Diploma in Health Science

#### Human Nutrition GHU 7093

Test 1  
NOV 2024

Duration: 1 Hours  
Reading Time: 5 Minutes

Student ID: \_\_\_\_\_

#### Instructions:

1. This question paper consists of **4 pages** including the front cover and have **10 questions** in **Part A** and **5 questions** in **Part B**.
2. Attempt **ALL** questions in separate answer sheets.
3. **Part A** contributes **10 marks** and **Part B** contributes **20 marks**. The total marks available are **30 marks**.
4. **No Examination Question Papers or writing / answer sheets are allowed to be taken out from the examination room.**

## PART A (10 MARKS)

Choose the **BEST** answer. Answer **ALL** questions.

1. Which of the following is a macronutrient?  
A. Vitamins  
B. Minerals  
C. Proteins  
D. Fiber
2. What is the main function of carbohydrates in the body?  
A. Repair tissues  
B. Provide energy  
C. Transport oxygen  
D. Regulate body temperature
3. Which nutrients provides the most calories per gram?  
A. Fats  
B. Proteins  
C. Vitamins  
D. Carbohydrates
4. Which principle is essential for a balanced diet?  
A. Eliminating fats completely.  
B. Eating only one type of food group.  
C. Eating large portions of carbohydrates.  
D. Consuming all food groups in appropriate proportions.
5. What percentage of daily energy intake should carbohydrates contribute according to the Malaysian Dietary Guidelines?  
A. 10-20%                      B. 25-35%                      C. 45-65%                      D. 70-80%
6. Which of the following is a monosaccharide?  
A. Sucrose                      B. Fructose                      C. Maltose                      D. Cellulose
7. Which carbohydrate is not digestible by humans?  
A. Starch                      B. Sucrose                      C. Glycogen                      D. Cellulose
8. What is the energy content of 1 gram of carbohydrates?  
A. 2 kcal                      B. 4 kcal                      C. 6 kcal                      D. 9 kcal
9. Which disaccharide is commonly found in milk and dairy products?  
A. Sucrose                      B. Maltose                      C. Lactose                      D. Fructose

10. During prolonged fasting or carbohydrate deprivation, what happens to protein in the body?
- A. Protein breakdown decreases.
  - B. Protein is used for energy production.
  - C. Protein is stored in the liver for later use.
  - D. Protein synthesis increases to maintain muscle mass.

**PART B (20 MARKS)**

Answer **ALL** questions.

1. Define the following terms: (4 marks)
  - i. Nutrition
  - ii. Nutrients
2. Explain the principles of a balanced diet. (4 marks)
3. List **THREE (3)** common disaccharides and the monosaccharides they are made of. (6 marks)
4. Explain the difference between soluble and insoluble fiber, with food sources for each. ( 2 marks)
5. State the **TWO (2)** functions of soluble fiber. (2 marks)

**END OF QUESTIONS**



