

PART A : SHORT ANSWER QUESTIONS (20 MARKS)

INSTRUCTION(S) : **TWO (2)** short answer questions. Answer **ALL** questions in the Answer Booklet(s) provided.

1. Differentiate between food labels and supplement labels. (10 marks)
2. Discuss the characteristics of a nutritious diet. (10 marks)

END OF PART A

PART B : SCENARIO QUESTIONS (60 MARKS)

INSTRUCTION(S) : TWO (2) scenario questions. Answer ALL questions in the Answer Booklet(s) provided.

SCENARIO QUESTION 1

Irisa is a twelve year-old ballet dancer with a weight of 35kg and a height of 140cm. She does not have any issues in maintaining her weight. Her daily after school routine is to go for her training. Recently, her trainer James decided to monitor her food intake after Irisa complained that she always feel light headed, tired, sleepy even during training and easily irritable with friends. She mentioned to James that she normally skipped her meals, especially breakfast and sometimes lunch in order for her to maintain her weight. James suggested for her to take a simple breakfast, consisting of high unrefined carbohydrates.

1. Based on the information given, calculate Irisa's BMI and explain in which category her BMI is in. (4 marks)
2. What will happen if she keeps on skipping her meal? (8 marks)
3. Design **ONE (1)** complete lunch recipe (main meal) that is suitable for Irisa. (10 marks)
4. Suggest ways or methods of improvement to her health condition. (8 marks)

SCENARIO QUESTION 2

Patrick, a 50 year-old, retired army was diagnosed to have lung cancer stage 1. Previously, he was an active smoker and a heavy drinker. His normal meal intake is usually from fast food outlets, consisting of burgers and fries and he avoided taking vegetables. He likes to reheat his food several times using the microwave. He seldom exercises and spends his time watching television. Last year, he was required to have a monthly X-ray checkup after he broke his rib bone in an accident.

1. Discuss the possible reasons that lead Patrick to have lung cancer. (10 marks)
2. Using the guidelines by American Cancer Society, discuss how Patrick can improve his health. (10 marks)

3. Design a one day healthy meal (breakfast, lunch and dinner) for him, which is not less than 1600kcal per day. (10 marks)

END OF PART B

PART C : **ESSAY QUESTIONS (20 MARKS)**

INSTRUCTION(S) : **ONE (1)** essay question. Answer **ALL** questions in the Answer Booklet(s) provided.

1. Challenges faced among pregnant teenagers. State your opinions regarding this matter by using relevant information and facts. (20 marks)

END OF EXAM PAPER