

1. Jadual 1 menunjukkan nilai kalori bagi tiga jenis makanan.
Table 1 shows the caloric value of three type of food

Jenis makanan <i>Type of food</i>	Nilai kalori (kJ/g) <i>Calorific value (kJ/g)</i>
Nasi <i>Rice</i>	15.3
Ayam <i>Chicken</i>	9.4
Bayam <i>Spinach</i>	1.2

Jadual 1
Table 1

Lim mengambil 250g nasi, 80g ayam dan 100g bayam untuk makan malamnya. Berapakah jumlah nilai kalori yang diambil olehnya?
Lim takes 250g of rice, 80g of chicken and 100g of spinach for his dinner. What is the total calorific value taken by her?

- | | | | |
|---|------------|---|----------------|
| A | 25.9 kJ/g | C | 4697.0 kJ/g |
| B | 285.8 kJ/g | D | 100 000.0 kJ/g |

2. Jadual 2 menunjukkan nilai kalori bagi tiga jenis makanan
Table 2 shows the calorific value for three type of food.

Jenis makanan <i>Type of food</i>	Nilai kalori (kJ/g) <i>Calorific value (kJ/g)</i>
Roti <i>Bread</i>	12.0
Telur <i>Egg</i>	6.5
Jus epal <i>Apple juice</i>	2.0

Jadual 2
Table 2

Dewi had breakfast 40g of bread, 20g of eggs and 100g of apple juice. What is the total calorific value taken by Dewi?

3. Jadual 3 menunjukkan nilai kalori bagi jenis makanan tertentu.
Table 3 shows the calorific values of certain types of food.

Jenis makanan <i>Type of food</i>	Nilai kalori (kcal) <i>Calorific value (kcal)</i>
Sepinggan nasi goreng <i>A plate of fried rice</i>	635
Segelas jus oren <i>A glass of orange juice</i>	100
Segelas air kosong <i>A glass of plain water</i>	0
Sepotong nenas <i>A slice of pineapple</i>	59

Set makanan yang manakah mengandungi nilai kalori paling tinggi?
Which set of food contains the lowest calorific values?

- A Sepiringan nasi goreng dan segelas jus oren
A plate of fried rice and a glass of orange juice
- B Sepiringan nasi goreng dan segelas air kosong
A plate of fried rice and a glass of plain water
- C Sepiringan nasi goreng ,sepotong nenas dan segelas air kosong
A plate of fried rice, a slice of pineapple and a glass of plain water
- D Sepiringan nasi goreng, sepotong nenas dan segelas jus oren
A plate of fried rice ,a slice of pineapple and a glass of orange juice

4. Kegemukan merupakan salah satu masalah kesihatan yang utama bagi penduduk Malaysia.

Apakah punca utama masalah ini?

Obesity is one of the major health problems for Malaysians.

What is the cause of this problem?

- A Makan sedikit tetapi kerap
Eat less but often
- B Makan mengikut piramid makanan.
Eat according to the food pyramid
- C Makan kurang daripada yang diperlukan
Eat less than the required
- D Makan melebihi daripada yang diperlukan
Eat more than the required

5. Maklumat di bawah menunjukkan simptom-simptom yang diperhatikan oleh seorang suri rumah pada pokoknya.

The following information shows the symptoms observed by a housewife on her plant.

- Daun berwarna hijau gelap dengan pinggir ungu
Leaves appear dark green with purple edges
- Pertumbuhan terbantut
Stunted growth
- Pertumbuhan akar tidak baik
Poor root growth

Nutrien yang manakah diperlukan oleh tumbuhan itu?

Which nutrient is required by the plant?

- | | |
|---------------------------------|-------------------------------|
| A Boron
<i>Boron</i> | C Nitrogen
<i>Nitrogen</i> |
| B Fosforus
<i>Phosphorus</i> | D Sulfur
<i>Sulphur</i> |

6. Tindak balas yang manakah melibatkan bakteria pendenitritan?
Which reaction involves denitrifying bacteria?

- | | | | |
|---|--|---|---|
| A | Nitrit $\rightarrow$ Nitrat
<i>Nitrit Nitrate</i> | C | Nitrat $\rightarrow$ Nitrit
<i>Nitrate Nitrit</i> |
| B | Nitrat $\rightarrow$ Nitrogen
<i>Nitrate Nitrogen</i> | D | Nitrogen $\rightarrow$ Nitrit
<i>Nitrogen Nitrit</i> |

7. Rajah 1 menunjukkan sejenis tumbuhan kekacang
Figure 1 shows a type of legum plant.



Rajah 1
Figure 1

- Bakteria yang manakah hidup di dalm tumbuhan itu?
Which bacteria live in the plant?

- | | | | |
|---|--|---|--|
| A | Bakteria penitritian
<i>Nitrifying bacteria</i> | C | Bakteria pegikat nitrogen
<i>Nitrogen-fixing bacteria</i> |
| B | Bakteria pengurai
<i>Decomposing bacteria</i> | D | Bakteria pendenitritan
<i>Denitrifying bacteria</i> |

8. Pernyataan yang manakah betul tentang pempasteuran susu?
Which statement is correct about milk pasteurisation?
- A Susu yang dipasteur adalah steril
Pasteurised milk is sterile
 - B Pempasteruan memelihara nutrien dalam susu
Pasteurisation preserves the nutrients in the milk
 - C Semasa pempasteuran, susu dipanaskan pada suhu 63 °C selama 60 minit
During pasteurisation , milk is heated at 63 °C for 60 minutes
 - D Semasa pempasteuran, susu dipanaskan pada 72°C selama 15 minit
During pasteurisation, milk is heated at 72 °C for 15 minutes.
9. Apakah fungsi penstabil dalam aiskrim?
What is the function of stabiliser in ice cream?
- A Mencegah pengoksidaan aiskrim
To prevent oxidation of ice cream
 - B Menjadikan aiskrim lebih menarik
To make ice cream more appealing
 - C Memulihkan rasa ais krim yang hilang semasa diproses
To restore the flavour of ice cream that were last in processing
 - D Untuk mengekalkan tekstur aiskrim
To maintain the texture of ice cream
10. Bahan kimia yang manakah digunakan sebagai bahan awet?
Which chemical is used as a preservative?
- | | | | |
|---|---------------------------------------|---|---|
| A | Lesitin
<i>Lecithin</i> | C | Sulfur dioksida
<i>Sulphur dioxide</i> |
| B | Asid askorbik
<i>Ascorbic acid</i> | D | Mononatrium glutamat
<i>Monosodium glutamate</i> |

11. Antara yang berikut, yang manakah kesan penggunaan pemanis secara berlebihan?
Which of the following is the effect of using sweetener excessively?
- | | | | |
|---|------------------------------|---|---|
| A | Alergi
<i>Allergy</i> | C | Hiperaktif
<i>Hyperactive</i> |
| B | Kegendutan
<i>Obesity</i> | D | Sesak nafas
<i>Difficulties in breathing</i> |
12. Seorang petani ingin menguruskan tanahnya dengan lebih cekap untuk menambahkan pendapatannya.
 Antara yang berikut, yang manakah satu kaedah pengurusan tanah yang cekap?
*A farmer intends to manage his land effectively to increase his income.
 Which of the following is a method of efficient land management?*
- | | | | |
|---|--|---|--|
| A | Menanam tanaman
<i>Planting crops</i> | C | Mengamalkan tanaman
giliran
<i>Practicing crop rotation</i> |
| B | Menyelidik tumbuhan baharu
<i>Researching new plant</i> | D | Menggunakan tanaman
bergilir
<i>Using exercise fertilisers</i> |
13. Apakah tujuan penambahan asid sitrik dalam makanan?
What is the purpose of adding citric acid in food?
- | | | | |
|---|--|---|--|
| A | Memberi rasa manis
<i>Gives sweet taste</i> | C | Meningkatkan rasa
<i>Enhances flavour</i> |
| B | Mencegah pengoksidaan
<i>Prevents oxidation</i> | D | Mengeluarkan warna yang
tidak diingini
<i>Removes undesirable
colour</i> |
14. Maklumat yang manakah TIDAK dinyatakan dalam Akta Makanan 1983 dan Peraturan Makanan 1985?
Which information is NOT stated under Food Act 1983 and Food Regulation 1985?
- | | | | |
|---|--|---|---|
| A | Nama pengeluar
<i>Name of the producer</i> | C | Ramuan makanan
<i>Food ingredients</i> |
| B | Alamat pengeluar
<i>Address of the producer</i> | D | Kandungan nutrisi
<i>Nutrition content</i> |