

Latihan Topikal – Bab 3
Topical Exercise – Chapter 3

Nama:

Tingkatan:

Bahagian A / Section A

Jawab semua soalan / Answer all questions

1. Apakah suhu?
What is temperature?
 - A. Haba dalam badan manusia
Heat in the human body
 - B. Darjah kepanasan atau kesejukan suatu bahan
Degree of hotness and coldness in a substance
 - C. Darjah kepanasan suatu bahan
Degree of hotness in a substance
 - D. Kuantiti skala yang boleh disukat menggunakan termometer
Scalar quantity that can be measured using thermometer
2. Apakah termometer yang terbaik digunakan untuk menyukat suhu badan ketika berlaku wabak penyakit?
What is the best thermometer to use in order to measure body temperature when there is epidemics?
 - A. Termometer rektal
Rectal thermometer
 - B. Termometer klinik
Clinic thermometer
 - C. Termometer infrared
Infrared thermometer
 - D. Termometer makmal
Lab thermometer
3. Berapakah suhu badan normal manusia?
What is the normal body temperature for human?
 - A. 34.9 °C
 - B. 35.9 °C
 - C. 36.9 °C
 - D. 37.9 °C
4. Manakah antara termometer di bawah digunakan di dalam makmal?
Which of the following thermometer is used in the laboratory?
 - A. 
 - B. 
 - C. 
 - D. 
5. Manakah antara berikut tidak menyebabkan suhu badan melebihi aras normal?
Which of the following does not cause the body temperature to rise above normal?
 - A. Jangkitan penyakit / Infection
 - B. Senaman berat / Heavy exercise
 - C. Terdedah kepada cuaca panas melampau
Exposure to extreme hot weather
 - D. Terlalu banyak makan makanan pedas
Too much on eating spicy foods
6. Mengapakah bahagian tertentu pada badan manusia boleh dijadikan titik nadi?
Why does certain parts of the body can become pulse points?
 - A. Arteri terletak dekat dengan kulit
Arteries are closed to the skin
 - B. Arteri terletak di bawah lapisan adipos
Arteries are under the adipose tissues
 - C. Jantung terletak dekat dengan kulit
Heart is closed to the skin
 - D. Bahagian kulit paling nipis
The thinnest part of the skin

7. Semua yang berikut akan meningkatkan kadar denyutan nadi kecuali
All of these increases the pulse rate except
 A. Bersenam / *Exercising*
 B. Bermeditasi / *Meditation*
 C. Cuaca panas / *Hot weather*
 D. Stress / *Stress*
8. Antara individu di bawah, manakah mempunyai kadar denyutan nadi paling tinggi?
Which of the individuals will have higher pulse rate?
 A. Ali sedang berjalan
Ali is walking
 B. Abu sedang berlari
Abu is running
 C. Ahmad sedang mendengar muzik
Ahmad is listening to music
 D. Ah Cheng sedang tidur
Ah Cheng is sleeping
9. Apakah alat yang digunakan untuk mengukur tekanan darah?
What is the device used to measure blood pressure?
 A. Glukosa meter / *Glucose meter*
 B. Stetoskop / *Stethoscope*
 C. Sfigmomanometer
Sphygmomanometer
 D. Tensimeter / *Tensiometer*
10. Fatimah suka makan makanan yang masin. Apakah kesan tabiat pemakanan ini ke atas kesihatan Fatimah?
Fatimah likes to eat salty foods. What is the long-term effect of this eating habit on Fatimah's health?
 A. Kegendutan / *Obesity*
 B. Penyakit jantung / *Heart disease*
 C. Tekanan darah tinggi / *High blood pressure*
 D. Sirosis hati / *Liver cirrhosis*

11. Alia mempunyai ketinggian 165 cm. Berat badan manakah paling sesuai untuk Alia mendapatkan berat badan ideal?
Alia has the height of 165 cm. Which body weight is the most suitable for Alia to get ideal body weight?
 A. 45 kg
 B. 58 kg
 C. 69 kg
 D. 78 kg

12. Jadual di bawah menunjukkan jisim badan dan ketinggian seorang budak lelaki.
Table below shows the body mass and height of a boy.

Jisim Badan (kg) <i>Body Mass (kg)</i>	Ketinggian (cm) <i>Height (cm)</i>
61	170

Berapakah jisim indeks badan budak lelaki ini?

What is the body mass index for the boy?

- A. 21.0
 B. 21.1
 C. 21.2
 D. 22.0

13. Manakah antara makanan berikut perlu diambil oleh individu yang mahu menambah jisim badan?
Which of the following food that needs to be taken by an individual who wants to increase his body mass?
 A. Beras perang / *Brown rice*
 B. Beras putih / *White rice*
 C. Oat / *Oat*
 D. Quinoa / *Quinoa*

14. Antara pernyataan berikut, yang manakah benar tentang denyutan nadi manusia?

Which of the following is true about human pulse rate?

- A. Bayi dan kanak-kanak mempunyai kadar denyutan nadi yang lebih rendah berbanding orang dewasa
Babies and children have lower pulse rate compared to the adults
- B. Pelari pecut mempunyai kadar denyutan nadi yang lebih rendah berbanding pejalan kaki biasa
A sprinter has lower pulse rate compared to the pedestrian
- C. Kadar denyutan nadi wanita mengandung lebih tinggi daripada kadar denyutan nadi wanita yang tidak mengandung
Pulse rate for pregnant woman is higher than non-pregnant woman
- D. Kadar denyutan nadi manusia tidak dipengaruhi oleh aktiviti harian
Pulse rate for human is not affected by daily activities

15. Setiap hari, Encik Muthu perlu melalui jalan yang sangat sesak untuk pergi ke tempat kerja. Hal ini menyebabkan kadar denyutan nadi dan tekanan darah Encik Muthu melebihi aras normal.

Everyday, Mr. Muthu has to go through a congested road to go to his workplace. This causes Mr. Muthu's pulse rate and blood pressure rise above the normal.

Bagaimanakah perjalanan ke tempat kerja ini menyebabkan kadar denyutan nadi dan tekanan darah En. Muthu meningkat?

How does his journey going to the workplace causing the pulse rate and blood pressure to increase?

- A. kerana penyaman udara keretanya tidak berfungsi
because air condition in his car is not functioning
- B. kerana dia duduk terlalu lama
because he sits for too long
- C. kerana stress
because of stress
- D. kerana pencemaran udara di sekeliling
because of air pollution in the surrounding

Bahagian B / Section B

1. Rajah 1 menunjukkan dua jenis termometer X dan termometer Y.
Diagram 1 shows two types of thermometer X and thermometer Y.



X



Y

Rajah 1 / Diagram 1

- a) Namakan termometer X dan termometer Y dalam Rajah 1.
Name thermometer X and thermometer Y in Diagram 1.

X : _____
Y : _____

[2 markah / 2 marks]

- b) Manakah antara termometer X dan termometer Y yang sesuai dengan fungsi berikut?
Which of thermometer X and thermometer Y that matches the following functions?

	Fungsi Function	Termometer Thermometer
(i)	Menyukat suhu cecair / Measure liquid temperature	
(ii)	Menyukat suhu badan / Measure body temperature	

[2 markah / 2 marks]

- c) Skala bacaan termometer X ialah dari 35°C hingga 42°C manakala termometer Y boleh menyukat suhu sehingga 110°C.

Scale of temperature for thermometer X is from 35°C until 42°C while thermometer Y can measure the temperature up to 110°C.

Pada pendapat anda, mengapakah skala bacaan termometer yang boleh disukat oleh termometer X ini lebih kecil berbanding termometer Y?

In your opinion, why does the scale of temperature for thermometer X is smaller compared to thermometer Y?

[2 markah / 2 marks]

2. Rajah 2.1 menunjukkan ikan segar manakala Rajah 2.2 menunjukkan ikan masin.
Diagram 2.1 shows fresh fish while Diagram 2.2 shows salted fish.



Rajah 2.1 / Diagram 2.1



Rajah 2.2 / Diagram 2.2

- a) (i) Manakah antara ikan dalam Rajah 2.1 dan Rajah 2.2 ini yang boleh menyebabkan masalah kesihatan?

Which of the fishes in Diagram 2.1 and Diagram 2.2 that can cause health problem?

[1 markah / 1 mark]

- (ii) Apakah penyakit itu?
What is the disease?

[1 markah / 1 mark]

- (iii) Apakah yang terkandung dalam ikan 2(a)(i) sehingga menyebabkan penyakit 2(a)(ii)?

What is contained in the fish in 2(a)(i) that causes the disease in 2(a)(ii)?

[1 markah / 1 mark]

- b) Nyatakan satu lagi punca yang boleh menyebabkan penyakit di 2(a)(ii).
State another factor that can cause the disease in 2(a)(ii).

[1 markah / 1 mark]

- c) Cadangkan dua langkah yang boleh mengelakkan penyakit di 2(a)(ii) ini.
Suggest two ways that can prevent the disease in 2(a)(ii).

(i)

(ii)

[2 markah / 2 marks]

3. Jadual di bawah menunjukkan jisim badan dan ketinggian bagi individu M dan individu N.
Table below shows the body mass and height of individual M and individual N.

Individu <i>Individual</i>	Jisim Badan (kg) <i>Body Mass (kg)</i>	Ketinggian (cm) <i>Height (cm)</i>
M	55	159
N	68	155

- a) Kirakan indeks jisim badan bagi individu M dan individu N.

Calculate the body mass index for individual M and individual N.

Individu M / *Individual M*

Individu N / *Individual N*

[2 markah / 2 marks]

- b) (i) Manakah antara individu ini yang mengalami masalah berat badan?
Which of these individuals suffers from weight problem?

[1 markah / 1 mark]

- (ii) Bagaimanakah anda boleh membantu individu 3(b)(i) untuk mendapatkan berat badan unggul?

How can you help the individual in 3(b)(i) to get desirable weight?

[2 markah / 2 marks]

- c) Pada pendapat anda, mengapakah mendapatkan berat badan unggul penting untuk setiap individu?

In your opinion, why does having desirable weight is important to every individual?

[1 markah]