

BAHAGIAN A / SECTION A

- 1 Apakah contoh makanan bagi protein?
What is the example of food for protein?

A Ayam
Chicken
B Nasi
Rice
C Pisang
Banana
D Bijirin
Cereals

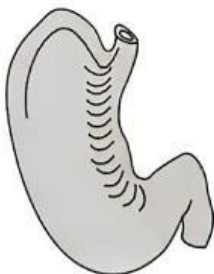
- 2 Antara berikut, yang manakah betul tentang vitamin B?

Which of the following is correct about vitamin B?

A Buah-buahan dan sayur-sayuran ialah contoh vitamin B
Fruits and vegetables are the examples of vitamin B
B Seseorang akan mengalami sakit gigi jika kurang mengambil vitamin B
A person will suffer from toothache if they take less vitamin B
C Fungsi vitamin B penting untuk menghasilkan sel darah merah
The function of vitamin B is important for the production of red blood cells
D Pengambilan vitamin B yang berlebihan boleh menyebabkan obesiti
The excessive intake of vitamin B can cause obesity

- 3 Rajah menunjukkan satu organ pencernaan manusia.

Diagram shows a human digestive organ.



Apakah enzim yang dirembeskan oleh organ itu?
What is the enzyme secreted by the organ?

A Amilase
Amylase
B Protease
Protease
C Lipase
Lipase
D Maltase
Maltase

- 4 Antara berikut, yang manakah faktor-faktor yang mempengaruhi keperluan kalori?

Which of the following are the factors that influence calorific requirement?

I Umur
Age
II Jantina
Gender
III Warna makanan
Food colour
IV Kelas makanan
Class of food
A I dan II
I and II
B I dan IV
I and IV
C II dan III
II and III
D III dan IV
III and IV

- 5 Apakah hasil akhir bagi lemak yang dicernakan oleh lipase?

What are the end products of fat digested by lipase?

A Maltosa dan glukosa
Maltose and glucose
B Polipeptida dan dipeptida
Polypeptide and dipeptide
C Asid amino dan kanji
Amino acid and starch
D Asid lemak dan gliserol
Fatty acid and glycerol

- 6 Di manakah tinja disimpan sebelum disingkirkan dari badan?

Where is the faeces stored before being removed from the body?

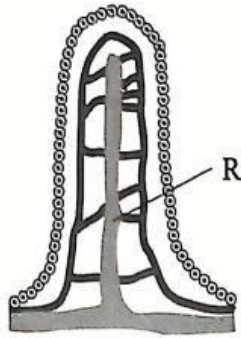
A Dubur
Anus
B Usus besar
Large intestine
C Usus kecil
Small intestine
D Rektum
Rectum

- 7 Antara berikut, penyakit yang manakah berjangkit?

Which of the following is an infectious disease?

A Hipertensi
Hypertension
B Sakit perut
Stomachache
C Tuberkulosis
Tuberculosis
D Strok
Stroke

- 8 Rajah menunjukkan struktur vilus.
Diagram shows the structure of villus.



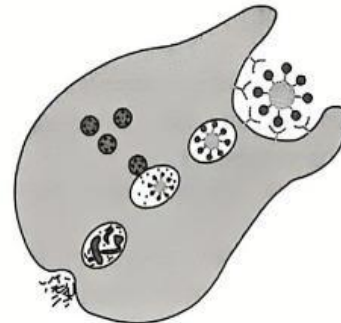
Apakah fungsi R?
What is the function of R?

- A Menyerap nutrien ke dalam sel badan
Absorbs nutrients into the body cells
 - B Menyerap lemak ke dalam sistem limfa
Absorbs fat into the lymphatic system
 - C Menyerap makanan yang tidak tercerna ke dalam sel badan
Absorbs undigested food into the body cells
 - D Menyerap asid amino ke dalam darah
Absorbs amino acid into the blood
- 9 Apakah maksud asimilasi?
What is the meaning if assimilation?
- A Proses penyingkiran hasil akhir makanan daripada badan
The process of elimination of end products of food from the body
 - B Proses penyerapan makanan tercerna ke dalam badan
The process of absorption of digested food into the body
 - C Proses pengagihan hasil akhir pencernaan bagi kegunaan sel badan
The process of distributing the end products of digestion for the use of the cells in body
 - D Proses penguraian makanan kompleks kepada molekul yang kecil
The process of breaking down of complex food into small molecules
- 10 Apakah vektor bagi bakteria *Leptospira* sp.?
What is the vector of Leptospira sp. bacteria?
- A Lalat
Fly
 - B Nyamuk
Mosquito
 - C Lipas
Cockroach
 - D Tikus
Rat

- 11 Apakah yang perlu dilakukan untuk mengelakkan penyakit berjangkit kepada orang lain?
What should be done to prevent the disease spread to others?

- A Menutup mulut dan hidung ketika batuk
Cover the mouth and nose when coughing
- B Tidak menambah klorin ke dalam air kolam
Do not add chlorine into swimming pools
- C Hanya berkongsi pakaian bersama ahli keluarga
Only share clothes with family members
- D Berjumpa dengan doktor sebulan sekali
Meet doctor once a month

- 12 Rajah menunjukkan satu proses.
Diagram shows a process.



Pada barisan pertahanan badan yang manakah proses di atas berlaku?
At which line of body defence does the process occur?

- A Barisan pertahanan pertama
First line of defence
 - B Barisan pertahanan kedua
Second line of defence
 - C Barisan pertahanan ketiga
Third line of defence
 - D Barisan pertahanan keempat
Fourth line of defence
- 13 Apakah yang berlaku di barisan pertahanan ketiga?
What happens at third line of defence?
- A Penghasilan antibodi untuk melawan patogen
Production of antibodies to fight against pathogens
 - B Berlaku proses fagositosis
Phagocytosis process occurs
 - C Mikroorganisma masuk ke dalam badan
Microorganisms enter the body
 - D Manusia berasa sakit
Human feels sick

14 Antara berikut, yang manakah **betul** tentang keimunan pasif semula jadi?

*Which of the following is **correct** about natural passive immunity?*

A Diperoleh apabila seseorang mendapat suntikan antiserum
Obtained when a person is injected with antiserum

B Tempoh masa keimunan berpanjangan selepas jangkitan
The duration of immunity is lasts long after infection

C Tempoh masa keimunan sementara dan singkat
The duration of immunity is temporary and short-lived

D Contoh penyakit yang mendapat jenis keimunan ini adalah kancing gigi
The example of disease that acquires this type of immunity is tetanus

15 Apakah amalan yang boleh dilakukan untuk menguatkan sistem keimunan badan?

What are the practices that can be done to strengthen the body immune system?

I Tidur lebih daripada lapan jam
Sleep more than eight hours

II Beriadah dan menghirup udara segar
Exercising and inhaling fresh air

III Melakukan pemeriksaan kesihatan secara berkala
Doing periodic health examination

IV Menghabiskan masa di tempat kerja
Spend time at work

A I dan II
I and II

C II dan III
II and III

B I dan IV
I and IV

D III dan IV
III and IV