



FINAL EXAMINATION
NOVEMBER 2023

COURSE TITLE	NUTRITION MANAGEMENT FOR INFANT AND YOUNG CHILDREN
COURSE CODE	EMGT1143
DATE/DAY	19 FEBRUARY 2024 / MONDAY
TIME/DURATION	02:00 PM - 04:00 PM / 02 Hour(s) 00 Minute(s)

INSTRUCTIONS TO CANDIDATES :

1. Please read the instruction under each section carefully.
2. Candidates are reminded not to bring into examination hall/room any form of written materials or electronic gadget except for stationery that is permitted by the Invigilator.
3. Students who are caught breaching the Examination Rules and Regulation will be charged with an academic dishonesty and if found guilty of the offence, the maximum penalty is expulsion from the University.

(This Question Paper consists of 4 Printed Pages including front page)

*****DO NOT OPEN THE QUESTION PAPER UNTIL YOU ARE TOLD TO DO SO*****

This question paper consists of THREE (3) questions. Answer ALL questions in the answer booklet provided. [50 MARKS]

Terdapat TIGA (3) soalan di dalam kertas peperiksaan ini. Sila jawab SEMUA soalan dalam buku jawapan yang disediakan. [50 MARKAH]

QUESTION 1

(15 Marks)

Activity: Foody excursions

Learning objective: Increase children's knowledge and understanding of different parts of the food system and supply chain. Children can learn more about where food comes from.

What you'll need: Foody excursion destinations could include a farm, food market, supermarket, bakery, butcher, food factory, food rescue or food relief organisation.

What to do: Try to have a clear objective of the excursion in mind, something you would like the children to gain from the experience. You can also follow up the excursion with related activities to build on the children's learning such as class discussions, drawing pictures or tasting foods relating to the excursion. For example, visiting a dairy farm and watching a cow being milked. You can then discuss with the class how milk comes from the cow, can be made into yoghurt or cheese and how it makes it to our tables.

- a) Based on the activity above, list FIVE (5) advantages of this activity for children. (5 marks)
- b) Explain FIVE (5) different activities you could develop for children from this foody excursion. (10 marks)

SOALAN 1

(15 markah)

Aktiviti: Lawatan makanan

Objektif pembelajaran: Meningkatkan pengetahuan dan pemahaman kanak-kanak tentang bahagian sistem makanan dan rantaian bekalan yang berbeza. Kanak-kanak boleh mengetahui lebih lanjut tentang sumber makanan.

Perkara yang anda perlukan: Destinasi persiaran makanan boleh termasuk ladang, pasar makanan, pasar raya, kedai roti, penjual daging, kilang makanan, penyelamat makanan atau organisasi bantuan makanan.

Perkara yang perlu dilakukan: Cuba fikirkan objektif lawatan yang jelas, sesuatu yang anda ingin anak-anak peroleh daripada pengalaman itu. Anda juga boleh mengikuti lawatan dengan aktiviti berkaitan untuk membina pembelajaran kanak-kanak seperti perbincangan kelas, melukis gambar atau merasa makanan yang berkaitan dengan lawatan tersebut. Contohnya, melawat ladang tenusu dan melihat seekor lembu diperah. Anda kemudiannya boleh berbincang dengan kelas bagaimana susu berasal daripada lembu, boleh dibuat menjadi yoghurt atau keju dan bagaimana ia dihasilkan ke meja kami.

- a) Berdasarkan aktiviti di atas, senaraikan LIMA (5) kelebihan aktiviti ini untuk kanak-kanak. (5 markah)

- b) Terangkan **LIMA (5)** aktiviti berbeza yang boleh anda kembangkan untuk kanak-kanak daripada lawatan makanan ini. (10 markah)

QUESTION 2

(10 Marks)

Eating is a sensory, emotional, and social experience that provides nourishment essential for human life. It should be an enjoyable time when children begin to establish positive attitudes toward food and healthy dietary habits.

Describe **FIVE (5)** criterias that must be addressed when planning menus for children.

(10 marks)

SOALAN 2

(10 Marks)

Aktiviti makan ialah pengalaman deria, emosi dan sosial yang menyediakan khasiat yang penting untuk kehidupan manusia. Ia sepatutnya menjadi masa yang menyenangkan apabila kanak-kanak mula membentuk sikap positif terhadap makanan dan tabiat pemakanan yang sihat.

Huraikan **LIMA (5)** kriteria yang perlu diberi perhatian semasa merancang menu untuk kanak-kanak. (10 markah)

QUESTION 3

(25 Marks)



Picture 1

- a) Based on picture 1, identify **FIVE (5)** factors that influence children's eating this food. (5 marks)
- b) Reflect **FIVE (5)** challenges teachers might face in educating children to eat healthy food. (10 marks)
- c) Explain **FIVE (5)** roles of teachers in educating parents in their children's nutrition management. (10 marks)

SOALAN 3

(25 Markah)



Gambar 1

- a) Berdasarkan gambar 1, kenal pasti **LIMA (5)** faktor yang mempengaruhi kanak-kanak memakan makanan ini. (5 markah)
- b) Huraikan **LIMA (5)** cabaran yang mungkin dihadapi oleh guru dalam mendidik kanak-kanak untuk makan makanan yang sihat. (10 markah)
- c) Terangkan **LIMA (5)** peranan guru untuk mendidik ibu bapa dalam pengurusan pemakanan anak-anak mereka. (10 markah)

*** END OF QUESTION PAPER ***