



**UNIVERSITY OF SWAZILAND**

**FINAL EXAMINATION PAPER**

**PROGRAMME : BACHELOR OF SCIENCE IN FOOD  
SCIENCE, NUTRITION AND  
TECHNOLOGY, CONSUMER SCIENCE  
AND CONSUMER SCIENCE  
EDUCATION YEAR II**

**COURSE CODE : FSNT 203**

**TITLE OF PAPER : HUMAN NUTRITION & MEAL PLANNING**

**TIME ALLOWED : TWO (2) HOURS**

**INSTRUCTIONS : ANSWER QUESTION ONE (1) AND  
ANY OTHER TWO (2) QUESTIONS**

**DO NOT OPEN THIS PAPER UNTIL PERMISSION HAS BEEN  
GRANTED BY THE CHIEF INVIGILATOR**

**Question 1 (Compulsory)**

Describe the following hunger and nutrition deficiency problems in the world today:

- a) Protein Energy Malnutrition (PEM) (10)
- b) Vitamin A deficiency (10)
- c) Iron deficiency anaemia (10)
- d) Iodine deficiency (10)

**[Total marks = 40]**

**Question 2**

Discuss important nutritional considerations to be followed when planning meals for the following vulnerable groups:

- a) Pregnant mother in the last trimester (10)
- b) Elderly people (10)
- c) Infants (10)

**[Total Marks = 30]**

**Question 3**

Describe meal planning considerations for the following people:

- a) Vegans (10)
- b) Obese people (10)
- c) Invalid and convalescent people (10)

**[Total Marks = 30]**

**Question 4**

- a) Define metabolism (2)
- b) Describe **five (5)** factors affecting Resting Energy Expenditure.  
(5 x 4 = 20)
- c) Write brief notes on Estimations of Energy Expenditure to demonstrate your knowledge. (8)

**[Total Marks = 30]**