



UNIVERSITY OF SWAZILAND
SUPPLEMENTARY EXAMINATION PAPER

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

COURSE CODE : FSNT 203

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

TIME ALLOWED : TWO (2) HOURS

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

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THE CHIEF INVIGILATOR**

Question 1 (Compulsory)

Present a summary of increased nutritional needs during pregnancy and lactation. Include food sources (with nutrient value of cooked portions) as well as health actions to be taken to promote improved nutrient intake.

[Total marks = 40]

Question 2

To shop economically, while selecting nutritious foods, is a challenge which calls for awareness, knowledge and wisdom. What useful tips would you suggest to a housewife which help to stretch the Lilangeni or Pula in the purchase of food items?

[15x2 = 30 marks]

Question 3

Malnutrition is not just the result of lack of food or ill health but the sum of many different causes. Describe the UNICEF framework of causes of malnutrition.

[Total = 30 marks]

Question 4

Plan a day's sample diet for an adult man, Mr. Dlamini, age 30, who is employed as an office superintendent.

- ◆ Beside his occupational activities from 9:30 a.m. to 5:30 p.m., he is engaged in household activities and goes for early morning jogging regularly.
- ◆ He is an ovo-vegetarian by choice.

[Total = 30 marks]