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1ST SEM, 2011/2012

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UNIVERSITY OF SWAZILAND

FINAL EXAMINATION PAPER

**PROGRAMME : BACHELOR OF SCIENCE IN FOOD
SCIENCE, NUTRITION AND
TECHNOLOGY, CONSUMER
SCIENCE EDUCATION AND
CONSUMER SCIENCE 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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GRANTED BY THE CHIEF INVIGILATOR**

QUESTION 1 (COMPULSORY)

Plan and adjust a family meal to suit the following nutritionally vulnerable members:

- (a) A toddler
- (b) A pregnant teenager
- (c) A lactating mother
- (d) A grandmother 70 years old

[Total marks = 40]

QUESTION 2

- (a) Explain the difference between food nutrients and nutrition. (6 marks)
- (b) A healthy diet does not necessarily have to be expensive. Suggest and describe a general daily food guide you would recommend to meet the nutritional needs of the individual and the family as a whole while keeping the cost low. (24 marks)

[Total marks = 30]

QUESTION 3

Discuss fully, your understanding of the UNICEF conceptual framework to determine causes of malnutrition and death.

[Total marks = 30]

QUESTION 4

Describe dietary management of the following nutritional disorders:

- (a) Kwashiorkor (10 marks)
- (b) Marasmus (10 marks)
- (c) Anemia (10 marks)

[Total marks = 30]