



1ST SEM, 2011/2012

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UNIVERSITY OF SWAZILAND
SUPPLEMENTARY 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**

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

QUESTION 1 (COMPULSORY)

Describe four (4) essentials of meal planning.

[Total marks = 40]

QUESTION 2

Plan a day's sample diet for a lactating mother who is aged 28, is the wife of an office superintendent. She is breastfeeding her two months old baby and is actively engaged in her household work. She is a vegetarian by choice.

[Total marks = 30]

QUESTION 3

Write brief notes on the following nutrient needs and requirements:

- (a) Energy (10 marks)
- (b) Thiamine (10 marks)
- (c) Tryptophan (10 marks)

[Total marks = 30]

QUESTION 4

Discuss the following nutrition deficiency problems facing Africa.

- (a) Vitamin A deficiency (15 marks)
- (b) Iodine deficiency (15 marks)

[Total marks = 30]