



1ST SEM. 2012/13

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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)

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

(4 x 10 = 40 marks)
[TOTAL MARKS = 40]

QUESTION 2

Modify a regular hospital diet to suit patients on the following diets:

- (i) High roughage meal for a patient with constipation problems. **(10 Marks)**
- (ii) Low energy meal for an obese male. **(10 Marks)**
- (iii) High protein diet for a T.B. patient. **(10 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]