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1ST SEM. 2013/2014



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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

**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)

- (a) Describe nutritional considerations for normal pregnancy, adolescent pregnancy and lactation.
(20 Marks)

- (b) Present the recommended daily dietary intake during pregnancy and lactation.
(20 Marks)

[TOTAL MARKS = 40]

QUESTION 2

- (a) Discuss factors affecting nutritional status of the elderly.
(15 Marks)

- (b) Describe nutritional needs of the elderly.
(15 Marks)

[TOTAL MARKS = 30]

QUESTION 3

Vegetarianism is attracting an increasing number of people for various reasons.

- (a) State **five (5)** reasons why people become vegetarians.
(5 x 2 = 10 Marks)

- (b) Explain the nutritional challenges faced by strict vegetarians.
(10 Marks)

- (c) Suggest ways for planning a nutritionally adequate vegetarian diet.
(10 Marks)

[TOTAL MARKS = 30]

QUESTION 4

Write brief notes on the following:

(a) Protein Energy Malnutrition

(10 Marks)

(b) Anemia

(10 Marks)

(c) Iodine deficiency disease

(10 Marks)

[TOTAL MARKS = 30]