



**1<sup>ST</sup> SEM. 2013/2014**

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**UNIVERSITY OF SWAZILAND**

**SUPPLEMENTARY EXAMINATION PAPER**

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

**COURSE CODE : FSNT 203**

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

**TIME ALLOWED : TWO (2) HOURS**

**INSTRUCTIONS : 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) Explain the causes of malnutrition and death using the UNICEF's conceptual framework.

**(20 Marks)**

- (b) Suggest strategies to prevent malnutrition in the country.

**(20 Marks)**

**[TOTAL MARKS = 40]**

**QUESTION 2**

Describe nutrient requirements for the following stages in the life cycle:

- (i) Infancy
- (ii) Childhood
- (iii) Adolescence
- (iv) Adulthood
- (v) The elderly

**(5x6 = 30 Marks)**

**[TOTAL MARKS = 30]**

**QUESTION 3**

- (a) Discuss the complementary value of proteins between whole grain cereals and legumes.

**(6x2 = 12 Marks)**

- (b) Plan a day's family meal and suggest modifications to suit the needs of the following members:

- (i) Vegan
- (ii) Pregnant woman
- (iii) Elderly woman (70 years old)

**(6 Marks)**

**(6 Marks)**

**(6 Marks)**

**[TOTAL MARKS = 30]**

**QUESTION 4**

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]**