

**1<sup>ST</sup> SEM. 2014/2015**



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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) Discuss the importance of nutrition on the outcome of pregnancy.  
(10 Marks)
- (b) Describe some rules for introducing solid foods when weaning infants.  
(10 marks)
- (c) Plan a day's menu for a pregnant woman and a lactating mother using the basic four food guide. Indicate the minimum number of servings and the serving size for the food selected.  
(20 marks)

**[TOTAL MARKS = 40]**

**QUESTION 2**

Describe the nutrition management of the toddler and pre-school child.

**[TOTAL MARKS = 30]**

**QUESTION 3**

Discuss nutrition considerations when planning the diet for the adolescent.

**[TOTAL MARKS = 30]**

**QUESTION 4**

- (a) Explain dietary considerations for the older adult (74 years).  
(10 marks)
- (b) Suggest guidelines to be followed when planning an adequate vegetarian diet.  
(20 marks)

**[TOTAL MARKS = 30]**