

1ST SEM. 2014/2015



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UNIVERSITY OF SWAZILAND
SUPPLEMENTARY 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)

Describe the following nutrition disorders:

- a) Kwashiorkor (10 Marks)
- b) Vitamin A deficiency (10 Marks)
- c) Iodine deficiency (10 Marks)
- d) Iron deficiency anemia (10 Marks)

[TOTAL MARKS = 40]

QUESTION 2

The dietary guidelines and portion sizes are used as a basis for planning the menu.

- (a) List dietary guidelines for healthy people. (10 marks)
- (b) Describe the food guide as it is used in menu planning to meet the RDA. (20 marks)

[TOTAL MARKS = 30]

QUESTION 3

- (a) List the nutritionally vulnerable groups and explain why they are considered vulnerable. (8 marks)
- (b) Adjust a family diet to suit all vulnerable family members. (22 marks)

[TOTAL MARKS = 30]

QUESTION 4

- (a) Describe **five (5)** factors which affect our body needs for different nutrients.
(5x4=20 Marks)
- (b) Modify a regular hospital diet to suit a patient on a high roughage diet.
(10 Marks)

[TOTAL MARKS = 30]