

1ST 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 III**

COURSE CODE : FSNT 301

TITLE OF PAPER : COMMUNITY NUTRITION

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)

Case study

Nutrition Education in multicultural communities

During an initial survey of a community, Muzi, a public health nutritionist, discovered that students in the local private schools in Manzini were consuming foods for lunch that are high in fat and calories and low in essential nutrients such as iron; calcium; protein; vitamin C, A and D; and folate. He also observed that 20% of the students were obese, 30% were overweight and some had chapped, red, swollen lips and tooth decay. In addition, most of the students did not have enough money to purchase nutritious food. Micronutrient deficiencies are major public health problems in nutrition.

The following barriers to weight management were identified:

- Lack of awareness about the need for and benefits of weight management
- Belief that weight restriction in children can be harmful
- Belief that engaging in a weight management program is expensive and time consuming

Muzi was asked to develop a nutrition education program.

- (a) Before Muzi could carry out the activities, he decided to learn more about nutrition programming and program planning.
- i. What is the definition of a program in relation to community nutrition, and what is the overall purpose?
(4 Marks)
 - ii. What is program planning?
(3 Marks)
- (b) Muzi knew that he must collect and analyze different types of data. What are subjective and objective data analyses?
(4 Marks)
- (c) Muzi needed to know the mission of the community regarding nutrition and health.
- i. What is a mission statement and action plan?
(4 Marks)
 - ii. Why is it important to review the mission statement and match it with the program goals?
(6 Marks)

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- (d) Muzi must design and plan the program before carrying out nutrition education.
What are the factors to consider when writing or designing a program plan?
(10 Marks)
- (e) i. What is program implementation?
(2 Marks)
- ii. What are some of the factors that Muzi must consider when implementing a program?
(4 Marks)
- iii. What are the reasons for conducting a program evaluation?
(3 Marks)

[TOTAL MARKS = 40]

QUESTION 2

- (a) Describe the **four (4)** types of evaluation of nutrition education programs.
(4x5=20 Marks)
- (b) Reporting program success requires continuous assessment. What are the **five (5)** phases of a continuous assessment?
(5x2=10 Marks)

[TOTAL MARKS = 30]

QUESTION 3

- (a) Discuss the advantages and disadvantages of the use of 24-hour recall and food frequency questionnaires.
(15 Marks)
- (b) You have considered using physical examination tests that use general appearance as an indicator of nutritional status. List **five (5)** physical examination tests that you could use and discuss the nutrient deficiencies that may affect the physical appearance of your subjects/clients.
(15 Marks)

[TOTAL MARKS = 30]

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QUESTION 4

- (a) Describe some of the current nutrition issues in developing countries.
(15 Marks)
- (b) Solving world hunger is a daunting task. What can the international community do to contribute to solving the problem of world hunger and malnutrition?
(15 Marks)

[TOTAL MARKS = 30]