

**1<sup>ST</sup> 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 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**

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GRANTED BY THE CHIEF INVIGILATOR**

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**FSNT 301 (S)**

**QUESTION 1 (COMPULSORY)**

- (a) i. Describe the different tools and methods for measuring nutritional status in the community.

**(20 Marks)**

- ii. Describe how to calculate Body Mass Index (BMI). What is the BMI of an individual who weighs 155 pounds and is 5'4" tall?

**(6 Marks)**

- iii. What are the BMI ranges for determining the susceptibility to obesity?

**(3 Marks)**

- (b) Discuss the effect of hunger and malnutrition on health.

**(10 Marks)**

**[TOTAL MARKS = 40]**

**QUESTION 2**

What role can community nutritionists play in the prevention of hunger and malnutrition?

**[TOTAL MARKS = 30]**

**QUESTION 3**

Describe global nutrition challenges using a life-cycle approach.

**[TOTAL MARKS = 30]**

**QUESTION 4**

Describe the following strategies to improve nutrition:

- (a) Preventing specific micronutrients deficiencies.

**(18 Marks)**

- (b) Promoting appropriate diets and healthy lifestyles.

**(12 Marks)**

**[TOTAL MARKS = 30]**