

1ST SEM. 2015/16



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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 AND 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) More and more people are following vegetarian diets. Their reasons for becoming vegetarian vary widely. Is vegetarianism nutritionally sound? Discuss.
(20 Marks)
- (b) Describe how energy is released from food.
(20 Marks)

[TOTAL MARKS = 40]

QUESTION 2

- (a) Discuss the effect of nutrition on the success of pregnancy.
(15 Marks)
- (b) Present a food plan for women who breastfeed.
(15 Marks)

[TOTAL MARKS = 30]

QUESTION 3

- (a) Why does nutritional deficiency in the first few months of life have such a profound effect on later years?
(8 Marks)
- (b) List **four (4)** nutrients that are in high demand for an infant. How are each of these demands met (and not exceeded) by human milk?
(8 Marks)
- (c) Outline **three (3)** key factors that help determine when to introduce solid foods into an infant's diet. What is the recommended order in which to begin feeding solid foods?
(14 Marks)

[TOTAL MARKS = 30]

FSNT 203 (M)

QUESTION 4

- (a) List **four (4)** organ systems that can decline in function in later years, along with a diet/lifestyle to help cope with the decline.

(12 Marks)

- (b) Write brief notes on the following micronutrient deficiency disorders:

i. Iodine Deficiency Diseases

(9 Marks)

ii. Iron Deficiency Anemia

(9 Marks)

[TOTAL MARKS = 30]