

1ST SEM. 2015/16



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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 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) Most vulnerable groups of people suffer from Protein-Energy Malnutrition (PEM).
 i. Explain why these groups are the most affected. (5 Marks)
- ii. Describe the causes of malnutrition and death in Africa. (15 Marks)
- (b) Describe a holistic approach to address micronutrient deficiency in developing countries. (20 Marks)

[TOTAL MARKS = 40]

QUESTION 2

What are the most important nutritional considerations for the following stages in the life cycle:

- (a) Toddlers (1-3 years of age) (10 Marks)
- (b) School-aged children (10 Marks)
- (c) Adolescents (10 Marks)

[TOTAL MARKS = 30]

QUESTION 3

- (a) Describe the complementary value of proteins when planning meals for strict vegetarians (vegans).

(10 Marks)

- (b) Explain the relationship between:

i. B-Complex vitamins and energy metabolism

(10 Marks)

ii. Tryptophan and niacin

(10 Marks)

[TOTAL MARKS = 30]

QUESTION 4

Adjust a normal diet to suit the following therapeutic adaptations:

- (a) High fibre diet

(10 Marks)

- (b) Low energy diet

(10 Marks)

- (c) Bland diets

(10 Marks)

[TOTAL MARKS = 30]