

1ST SEM. 2016/17



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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 : **FNS 203**

TITLE OF PAPER : **HUMAN 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**

QUESTION 1 (COMPULSORY)

- (a) Case study: Elderly Man with a Poor Diet.

Mr. Zwane is a 75-year-old man who lives alone. He has been losing weight slowly since he lost his wife a year ago. At 5 feet 8 inches tall, he currently weighs 135 pounds (61.4 kg). His previous weight was 150 pounds (68.2 kg). In talking with Mr. Zwane, you realize that he doesn't even like to talk about food, let alone eat it. "My wife always did the cooking before, and I ate well. Now I just don't feel like eating." You manage to find out that he skips breakfast, has soup and bread for lunch, and sometimes a cold cut sandwich or supper. He seldom sees friends or relatives. Mr. Zwane has lost several teeth and doesn't eat any raw fruits or vegetables that are hard to chew. He lives on a meager, but adequate income.

- i. What percent is Mr. Zwane's weight in relationship to the ideal body weight of a 75-year-old man of his size (% IBW) ? What is his percent usual body weight (% UBW) ? Is his weight loss significant? What factors are contributing to his poor food intake? What nutrients are probably deficient in his diet?

(20 Marks)

- ii. Look at Mr. Zwane as an individual. Suggest ways he can improve his diet that fits his lifestyle. What other aspects of Mr. Zwane's physical and mental health should you consider in helping him to improve his food intake?

(10 Marks)

- (b) Explain the need for energy by our bodies and how this energy is measured and obtained.

(20 Marks)

[TOTAL MARKS = 40]

QUESTION 2

Write brief notes on the following:

- (a) Carbohydrates

(10 Marks)

- (b) Nutrition, growth and development.

(10 Marks)

- (c) Weaning

(10 Marks)

[TOTAL MARKS = 30]

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QUESTION 3

Discuss the causes, signs and symptoms as well as treatment of the following Food and Nutrition problems:

(a) Kwashiokor

(15 Marks)

(b) Iron deficiency anemia

(15 Marks)

[TOTAL MARKS = 30]

QUESTION 4

Compare and contrast obesity and under nutrition.

[TOTAL MARKS = 30]