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1ST SEM. 2016/17



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UNIVERSITY OF SWAZILAND
FINAL EXAMINATION PAPER

PROGRAMME : **BACHELOR OF SCIENCE IN FOOD
SCIENCE, NUTRITION AND
TECHNOLOGY, CONSUMER
SCIENCE, CONSUMER SCIENCE
EDUCATION YEAR II**

COURSE CODE : **FNS 207**

TITLE OF PAPER : **MEAL PLANNING AND
PREPARATION**

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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QUESTION 1 (COMPULSORY)

- (a) Musa loves to eat hamburgers, fries, and lots of pizza with double amounts of cheese. He rarely eats any vegetables and fruits, but instead snacks on cookies and ice cream. He insists that he has no problem with his health, is rarely ill, and doesn't see how his diet could cause him any health risks. How would you explain to Musa that his seemingly current good health, his diet could predispose him to future health problems?

(10 Marks)

- (b) Mr. Dlamini, aged 30, is employed as an office superintendent. Besides his occupational activities from 9.30 a.m. to 5.30 p.m., he is engaged in household activities and goes for early morning jogging regularly. He is an ovo-vegetarian by choice. Plan a day's sample diet for him. Show a step by step process. **(20 Marks)**

- (c) The recommended Dietary Allowances and related nutrient standards are used for planning diets. However, these nutrient standards aren't necessarily useful for assessing the nutritional quality of an individual food.

Explain the concept of nutrient density used to help guide the food choice.

(10 Marks)

[TOTAL MARKS = 40]

QUESTION 2

- (a) Describe a vegetarian diet.

(10 Marks)

- (b) Discuss the nutritional adequacy of vegetarian diets.

(10 Marks)

- (c) Explain how a vegetarian can be made adequate.

(10 Marks)

[TOTAL MARKS = 30]

QUESTION 3

Plan and adjust a low cost family diet to suit the following vulnerable members of the family:

- (a) Pregnant woman **(10 Marks)**
- (b) Lactating mother **(10 Marks)**
- (c) The older adult (70 years) **(10 Marks)**

[TOTAL MARKS = 30]

QUESTION 4

Modify a regular hospital diet to suit patients on the following diets:

- (a) High roughage diet **(10 Marks)**
- (b) Fat controlled, low sodium diets **(10 Marks)**
- (c) Diabetic diet **(10 Marks)**

[TOTAL MARKS = 30]