

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 : **FSNT 203**

TITLE OF PAPER : **HUMAN NUTRITION & 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

- (a) Describe nutritional considerations for normal pregnancy, adolescent pregnancy and lactation.

(20 Marks)

- (b) Present the recommended daily dietary intake during pregnancy and lactation.

(20 Marks)

[TOTAL MARKS = 40]

QUESTION 2

- (a) Discuss factors affecting nutritional status of the elderly.

(15 Marks)

- (b) Describe nutritional needs of the elderly.

(15 Marks)

[TOTAL MARKS = 30]

QUESTION 3

Vegetarianism is interesting an increasing number of people for various reasons.

- (a) State **five (5)** reasons why people become vegetarians.

(5 x 2 = 10 Marks)

- (b) Explain the nutritional challenges faced by strict vegetarians.

(10 Marks)

- (c) Suggest ways for planning a nutritionally adequate vegetarian diet.

(10 Marks)

[TOTAL MARKS = 30]

QUESTION 4

Write brief notes on the following:

(a) Protein Energy Malnutrition

(10 Marks)

(b) Anemia

(10 Marks)

(c) Iodine deficiency disease

(10 Marks)

[TOTAL MARKS = 30]