UNIVERSITY OF SWAZILAND

FINAL EXAMINATION PAPER

PROGRAMME   :   **DIPLOMA IN HOME ECONOMICS EDUCATION & DIPLOMA IN HOME ECONOMICS YEAR II**

COURSE CODE   :   **FN 203**

TITLE OF PAPER   :   **MEAL PLANNING**

TIME ALLOWED   :   **TWO (2) HOURS**

INSTRUCTIONS   :   **ANSWER QUESTION ONE (1) AND ANY OTHER (2) QUESTIONS**

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QUESTION 1 (COMPULSORY)

The rising cost of living makes careful budgeting necessary for the housewife and the importance of good meal-planning for health and happiness cannot be over-estimated.

a) Suggest ways in which a housewife could economize on her food bill.   (10)
b) Describe the nutritional requirements of a family in which the mother is at home all day, with children aged 2 and 4 years, and the father is a manual worker.   (10)
c) Plan suitable meals for one day for this family; include a packed meal for father
(10)
d) Explain how your choice in © caters for the nutritional requirements of all the family.   (10)
[40]

QUESTION 2

a) Explain fully the importance of a well balanced vegetarian diet.   (10)
b) Plan a two-course evening meal for:
    I. A strict vegetarian
    II. A lacto-vegetarian   (10)
c) List five (5) disadvantages of vegetarianism   (10)
[30]

QUESTION 3

a) What factors should be considered when planning meals for a family consisting of parents, both working, and two children (a boy aged 16 and a girl aged 14)?   (10)
b) Plan breakfast, packed lunches and the evening meal for two consecutive days to illustrate the points you have made.   (12)
c) State the approximate recommended daily kilocalorie/kJ requirements for each member of the family.   (8)
[30]

QUESTION 4

a) Plan a day's menu for an adolescent girl who is convalescing after an operation for appendicitis. Give reasons for your choice of menu, and suggest ways you can present the food attractively.   (20)
b) What factors would have to be taken into account to ensure a balanced diet for by an elderly housebound lady who has a hot meal brought by "Hospice at Home" three days a week.   (10)
[30]