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UNIVERSITY OF SWAZILAND
SUPPLEMENTARY EXAMINATION PAPER

**PROGRAMME : DIPLOMA IN HOME ECONOMICS
EDUCATION AND 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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GRANTED BY THE CHIEF INVIGILATOR**

Question 1

List and describe the special dietary needs during the following stages in the life cycle:

- a) Pregnant and Lactating Mothers [10]
- b) The Elderly [10]
- c) Adolescents [10]
- d) Invalids and convalescents [10]

[Total = 40 marks]

Question 2

- a) What special points would you consider when planning and preparing packed meals for:
 - i) A manual worker [5]
 - ii) An office worker [5]
- b) Plan suitable menus for the packed lunches of each type of worker for two consecutive days to illustrate the points you have made in (a). [15]
- c) Describe how one of these lunches would be packed. [5]

[Total = 30 marks]

Question 3

- a) A recent survey of 400 school children revealed that 25% of them went to school without breakfast. Suggest five (5) possible reasons for this. [10]
- b) Discuss the importance of breakfast in the diet of children [8]
- c) Give menus suitable for:
 - i) A winter breakfast [6]
 - ii) A summer breakfast [6]

[Total = 30 marks]

Question 4

- a) Many teenage girls wish to lose weight.
 - i) Give a full account of the best way to achieve this without endangering health. [8]
 - ii) Give details of a diet for one day, suitable for such a girl. [12]
- b) Plan the meals for one weekend for a family with teenage children where only a limited budget is available. [10]

[Total = 30 marks]