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UNIVERSITY OF SWAZILAND

SUPPLEMENTARY EXAMINATION PAPER

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

COURSE CODE : FN 204

TITLE OF PAPER : HUMAN NUTRITION

TIME ALLOWED : TWO (2) HOURS

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

**DO NOT OPEN THIS PAPER UNTIL PERMISSION HAS BEEN
GRANTED BY THE CHIEF INVIGILATOR**

QUESTION 1

Write brief notes on the causes, manifestations, prevention/control of the following nutritional diseases:

- a) Iron deficiency anemia [10]
- b) Protein-energy malnutrition [10]
- c) Obesity [10]
- d) Vitamin and Scurvy [10]

[Total = 40 marks]

QUESTION 2

- a) Describe some of the general biologic changes in aging. Explain how these changes may affect eating, food choices and nutritional status. [10]
- b) Explain why breastfeeding is the preferred method for feeding infants [10]
- c) Outline a schedule that can be used by a new mother as a guide for adding solid foods to her infant's diet during the first year of life. [10]

[Total = 30 marks]

QUESTION 3

List five nutrients that are required in larger amounts during pregnancy. Describe their special role during this period and identify four food sources of each.

[Total = 30 marks]

QUESTION 4

- a) Outline how war and civil unrest in developing countries have worsened problems of chronic hunger over the last few years. [10]
- b) Explain the importance of population control in addressing the problem of world hunger. [10]
- c) Suggest some solutions to the world undernutrition problem. [10]

[Total = 30 marks]