



1ST SEM. 2005/2006

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UNIVERSITY OF SWAZILAND

FINAL EXAMINATION PAPER

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

COURSE CODE : FN 202

TITLE OF PAPER : BIOCHEMISTRY & NUTRITION

TIME ALLOWED : TWO (2) HOURS

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

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GRANTED BY THE CHIEF INVIGILATOR**

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QUESTION 1

- a. Explain basic nutrition in relation to food and human function. [10]
- b. Compare the three major types of nutritional guides for health promotion in terms of their nature and use. Give illustrations of each type, and describe what you see as strengths and weaknesses. [30]
- [Total = 40]

QUESTION 2

- a. Explain the metabolism-catabolism and anabolism of carbohydrates, protein and fat. Illustrate in a summary. [20]
- b. Discuss factors affecting nutrient metabolism and utilization. [10]
- [Total = 30]

QUESTION 3

Demonstrate the intimate metabolic relationships that exist among all the basic nutrients and their metabolites in the human body.

[Total = 30]

QUESTION 4

- a. Discuss the functions, body requirements and deficiency symptoms of the following nutrients:
- i. Vitamin A
 - ii. Vitamin C
 - iii. Niacin
 - iv. Iron
 - v. Calcium
- [20]
- b. Describe how your own food preferences have been shaped by the following factors:
- i. Culture
 - ii. Peer pressure
- [2x5 = 10]
- [Total = 30]