

2ND 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 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 (COMPULSORY)

Plan and adjust a family meal to suit the following nutritionally vulnerable members of the following:

- a. A Toddler
- b. A Pregnant teenager
- c. A Lactating mother
- d. A Grandmother 70 years old

[Total marks = 40]

QUESTION 2

Describe important considerations when planning meals for the following people:

- a. i. Vegan [10]
- ii. Overweight [10]
- b. Plan a two-course evening meal for:
 - i. A strict vegetarian [5]
 - ii. A lacto-vegetarian [5]

[Total marks = 30]

QUESTION 3

- 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) and describe how each of these lunches would be packed. [20]

[Total marks = 30]

QUESTION 4

- a. A recent survey of 4000 school children revealed that 25% of them went to school without breakfast. Suggest reasons. [4]
- b. Discuss the importance of breakfast in the diet of children. [16]
- c. Give menus suitable for a:
 - i. Winter breakfast [5]
 - ii. Summer breakfast [5]

[Total marks = 30]