



2nd SEM. 2005/2006

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UNIVERSITY OF SWAZILAND

FINAL EXAMINATION PAPER

**PROGRAMME : BACHELOR OF SCIENCE IN HOME
ECONOMICS [FOOD SCIENCE AND
TECHNOLOGY OPTION] YEAR IV**

COURSE CODE : FN 417

**TITLE OF PAPER : FUNCTIONAL FOODS AND DIETARY
SUPPLEMENTS**

TIME ALLOWED : TWO (2) HOURS

**INSTRUCTIONS : ANSWER QUESTION ONE (1)
AND ANY OTHER (3) QUESTIONS**

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GRANTED BY THE CHIEF INVIGILATOR**

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QUESTION 1 [COMPULSORY]

What are the main classes of carbohydrates? Describe each in terms of general nature, function and main food source.

[Total marks = 25]

QUESTION 2

- a. What chemical characteristics influence the consistency of lipids, how do fats differ from oils. [10 marks]
- b. Give five carbohydrate based fat replacers, stating their applications and functional properties.

[15 marks]

[Total marks = 25]

QUESTION 3

Describe **FIVE** situations in which vitamin or mineral supplements should be used, give reasons and examples in each case.

[Total marks = 25]

QUESTION 4

List **FIVE** major minerals, describing their function and problems created by dietary deficiency or excess.

[Total marks = 25]

QUESTION 5

Describe the principles of a sound diet for a person with diabetes mellitus in terms of the balance concept.

[Total marks = 25]