

**2<sup>ND</sup> SEM. 2006/2007**



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**UNIVERSITY OF SWAZILAND**

**FINAL EXAMINATION PAPER**

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

**COURSE CODE : FN 203**

**TITLE OF PAPER : MEAL PLANNING**

**TIME ALLOWED : TWO (2) HOURS**

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

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

**QUESTION 1 [COMPULSORY]**

Meal planning involves planning of balanced meals which are colourful, attractive, appetizing, palatable and within the economic means of the individuals concerned.

Identify and discuss the essentials of meal planning.

**[Total marks = 40]**

**QUESTION 2**

To shop economically, while selecting nutritious food, is a challenge which calls for awareness, knowledge and wisdom.

- a. Suggest ten (10) useful tips you would recommend to a housewife to help stretch the Lilangeni or Pula in the purchase of food items. [20 marks]
- b. List points to consider in the selection and purchase of convenience foods. [10 marks]

**[Total marks = 30]**

**QUESTION 3**

Plan a day's menu and adjust it to suit the needs of the following groups of people:

- a. Pregnant woman.
- b. Lactating mother during the first six months.
- c. The aged.

Justify the adjustments made for each of the categories above.

**[Total marks = 30]**

**QUESTION 4**

- a. Explain why the normal diet is used as the basis for planning therapeutic diets. [6 marks]
- b. Briefly discuss the dietary modifications generally made in therapeutic diets. [24 marks]

**[Total marks = 30]**