



1ST SEM. 2006/2007

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UNIVERSITY OF SWAZILAND

FINAL EXAMINATION PAPER

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

COURSE CODE : FSNT 303

TITLE OF PAPER : CULTURAL EATING PRACTICES

TIME ALLOWED : TWO (2) HOURS

**INSTRUCTIONS: ANSWER QUESTION 1
(COMPULSORY) AND
ANY ADDITIONAL (2)
QUESTIONS.**

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GRANTED BY THE CHIEF INVIGILATOR**

QUESTION 1

Discuss how the dietary patterns of the Swazi and Tswana cultures have been influenced from the 18th century. Include examples on key points mentioned.

10X4 = [40]

QUESTION 2

Define the following:

- | | |
|-------------|-------------|
| a) Kosher | h) Paella |
| b) Rosti | i) Sushi |
| c) Bobotie | j) Ugali |
| d) Tandoor | k) Sushi |
| e) Halaal | l) Egusi |
| f) Couscous | m) Ghee |
| g) Creole | n) Tandoori |
| | o) Tortilla |

[30]

QUESTION 3

- i) Discuss any 4 religions practiced in the world that have influenced what communities eat. 4X5= (20)

- ii) Describe the Chinese eating practices. (10)
[30]

QUESTION 4

- i) Describe the Mediterranean diet. (20)

- ii) Briefly state the nutritive value and or medicinal value of the following food items:

- | | | |
|----------------|-----|------|
| a) Banga soup | (3) | |
| b) Bitter leaf | (5) | |
| c) Ugwu | (2) | (10) |

[30]