



**2<sup>ND</sup> SEM. 2007/2008**

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**UNIVERSITY OF SWAZILAND**

**FINAL EXAMINATION PAPER**

**PROGRAMME : BACHELOR OF SCIENCE IN HOME  
ECONOMICS EDUCATION AND  
FOOD SCIENCE, NUTRITION AND  
TECHNOLOGY YEAR II**

**COURSE CODE : FSNT 203**

**TITLE OF PAPER : HUMAN NUTRITION AND MEAL  
PLANNING**

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

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

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GRANTED BY THE CHIEF INVIGILATOR**

**QUESTION 1 (COMPULSORY)**

a) Define the following nutritional terms:

- (i) Basal metabolism
- (ii) Thermic effect of food
- (iii) Malnutrition
- (iv) Wasting
- (v) Stunting

[5 x 3 = 15]

b) Discuss factors related to eating habits.

[25 marks]

**[TOTAL MARKS = 40]**

**QUESTION 2**

Differentiate between Marasmus and Kwashiorkor.

**[TOTAL MARKS = 30]**

**QUESTION 3**

a) Discuss factors which determine the body's requirement for energy.

[15 marks]

b) Explain the inter-relationships of nutrients.

[15 marks]

**[TOTAL MARKS = 30]**

**QUESTION 4**

Discuss pregnancy in adolescence under the following headings:

a) Causes of poor nutritional status [10 marks]

b) Pathophysiology [6 marks]

c) Medical and Nutrition Management [14 marks]

**[TOTAL MARKS = 30]**