

2ND SEM. 2007/2008



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UNIVERSITY OF SWAZILAND

SUPPLEMENTARY 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**

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

QUESTION 1 (COMPULSORY)

a) Define the following nutritional terms:

- (i) Malnutrition
- (ii) Wasting
- (iii) Under nutrition
- (iv) Starvation
- (v) Famine

[5 x 3 = 15]

b) Explain how you would treat severe Protein-energy malnutrition.

[14]

c) Describe UNICEF's inexpensive measures to prevent Protein-energy malnutrition.

[11]

[TOTAL MARKS = 40]

QUESTION 2

Do nutritional needs change as we age? Respond and discuss.

[TOTAL MARKS = 30]

QUESTION 3

Discuss energy and nutrient requirements during pregnancy and lactation.

[TOTAL MARKS = 30]

QUESTION 4

- a) Discuss the fundamentals of meal planning. [18]
- b) Identify six (6) dietary guidelines for which there is complete agreement on the recommendations. [12]

[TOTAL MARKS = 30]