



1ST SEM. 2007/2008

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UNIVERSITY OF SWAZILAND

FINAL EXAMINATION PAPER

**PROGRAMME : BACHELOR OF SCIENCE IN FOOD
SCIENCE, NUTRITION & TECHNOLOGY
YEAR III**

COURSE CODE : FSNT 303

TITLE OF PAPER : CULTURAL EATING PRACTICE

TIME ALLOWED : TWO (2) HOURS

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

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

QUESTION 1 (Compulsory)

- a) Discuss three non-religious factors that affect the choice of food in a community, in particular the nutrition of vulnerable groups in society. [15 marks]
- b) Evaluate the traditional baby weaning food in your community in terms of nutritional adequacy and suggest ways of improving any nutritional deficiencies. [15 marks]
- c) Compare and contrast the contribution of insects to Southern African and East African diets. [10 marks]

[TOTAL MARKS = 40]

QUESTION 2

- a) Discuss the factors that have contributed to vegetarianism in India. [20 marks]
- b) What are the advantages of a vegetarian diet over normal diets? [10 marks]

[TOTAL MARKS = 30]

QUESTION 3

- a) Religion has played major roles in the lives of people. In which ways has religion influence the dietary habits and nutrition of your community? [10 marks]
- b) Discuss the origins of food taboos and their effect on food choices [20 marks]

[TOTAL MARKS = 30]

QUESTION 4

- a) Compare and contrast Islamic and Jewish food laws [20 marks]
- b) What is high Karmic food in the Hindu religion and how does this influence food choice? [10 marks]

[TOTAL MARKS = 30]