



2ND SEM. 2008/2009

PAGE 1 OF 3

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**

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

QUESTION 1 (COMPULSORY)

Discuss eight major global nutrition challenges

[Total Marks = 40]

QUESTION 2

Describe nutrient requirements for the following stages in the life cycle:

Pregnancy

Lactation

Infancy

Adolescence

The elderly

[5x6 = 30]

[Total Marks = 30]

QUESTION 3

a) Discuss the fundamentals of meal planning.

[6x2 = 12 marks]

b) Plan a day's family meal and suggest modifications to suit the needs of the following members:

(i) Vegetarian

[6 marks]

(ii) Pregnant woman

[6 marks]

(iii) Elderly woman (70 years old)

[6 marks]

[Total Marks = 30]

QUESTION 4

Modify a regular hospital diet to suit patients on the following diets:

- (i) High roughage meal for a patient with constipation problems. [10 marks]
- (ii) Low energy meal for an obese male. [10 marks]
- (iii) High protein diet for a T.B. patient. [10 marks]

[Total Marks = 30]