

2nd SEM. 2009



PAGE 1 OF 2

UNIVERSITY OF SWAZILAND

SUPPLEMENTARY EXAMINATION PAPER

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

COURSE CODE : FSNT 203

**TITLE OF PAPER : HUMAN NUTRITION & 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 the changing food consumption patterns as a global nutrition challenge.

[Total Marks = 40]

Question 2

Describe Nutritional Guidelines for healthy eating that you would recommend for the Swazi Nation.

[Total Marks = 30]

Question 3

Write brief notes on the following nutrients to demonstrate your knowledge:

- | | |
|----------------|------------|
| (i) Iron | [10 marks] |
| (ii) Vitamin A | [10 marks] |
| (iii) Iodine | [10 marks] |

[Total Marks = 30]

Question 4

- a) Identify the nutritionally vulnerable groups and explain why they are considered vulnerable. [10 marks]
- b) Plan a low cost meal and adjust it to suit the needs of vulnerable members identified above. [20 marks]

[Total Marks = 30]