

1ST SEM. 2008/2009



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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**

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GRANTED BY THE CHIEF INVIGILATOR**

QUESTION 1 [COMPULSORY]

- a) Fasting is a common religious activity in many religions. Discuss the advantages and disadvantages of fasting from a nutritional point. (15)
- b) Sometimes food taboos are survival mechanisms. Discuss this statement giving examples as appropriate. (10)
- c) Taste is an important aspect of food cuisines. How does the pursuit of taste in meal preparation sometimes conflict with other quality aspects? (15)

[TOTAL = 40 MARKS]

QUESTION 2

- a) Discuss the possible implications of food taboos on the nutrition of a community, giving examples as appropriate (20)
- b) What are the main factors taken into account in the choice of a weaning food in most African traditional setups and how might this impact infant nutrient intake? (10)

[TOTAL = 30 MARKS]

QUESTION 3

- a) Discuss the role of formal and informal education on food choice and eating habits. (20)
- b) Most of African cultures have had some Christian missionary influence. Discuss how this has affected the eating habits of your community. (10)

[TOTAL = 30 MARKS]

QUESTION 4

- a) Discuss the similarities and differences between Jewish and Islamic food laws (20)
- b) People living in land-locked countries such as Botswana and in countries with a long coastline such as Mozambique are likely to have different attitudes towards sea foods. Discuss the likely differences (10)

[TOTAL = 30 MARKS]