



**UNIVERSITY OF SWAZILAND**

**FINAL EXAMINATION PAPER**

**PROGRAMME:** **BACHELOR OF SCIENCE IN HOME ECONOMICS  
EDUCATION YEAR III**

**COURSE CODE:** **FRHD 303**

**TITLE OF PAPER:** **CHILD CARE AND DEVELOPMENT**

**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. List and discuss five factors that influence the nutritional needs of a woman during pregnancy. (10)
- b. List and briefly discuss six nutrients that are required in large amounts during pregnancy. Suggest how each nutrient requirement can be met. (18)
- c. Identify three common problems associated with pregnancy, describing the dietary management of each. (6)
- d. What is demand feeding? What are its advantages? (6)

**[Total marks = 40]****QUESTION 2**

- a. Some mothers express a variety of concerns about breast-feeding. What advice would you give to mothers with each of the following concerns?
  - i. My breasts aren't big enough.
  - ii. Breastfeeding will ruin my figure.
  - iii. Breast feeding is painful
  - iv. Breast milk is watery – not nutritious.
  - v. I cant' go to school or work if I breast feed. (5)
- b. State and discuss four perceived barriers associated with breast feeding. (8)
- c. Why is breast-feeding the preferred method for feeding infants? (7)
- d. What is meant by the term "colostrum" and why is it important? (5)
- e. What is meant by "exclusive breast feeding"? Discuss its relevance in this era of HIV/AIDS. (5)

**[Total marks = 30]**

**QUESTION 3**

- a. State factors that lead to possible development of dizygotic twins? (5)
- b. Explain how babies are likely to be infected with HIV and state how infection can be prevented. (10)
- c. Discuss the choices of feeding an infant that are possible for an HIV positive mother. State the effect of each choice. (5)
- d. Briefly discuss the functions of the placenta during pregnancy. (10)

**[Total marks = 30]**

**QUESTION 4**

- a. What changes in growth and psychosocial development influences eating habits in the toddler and preschool child? How do these factors influence the nutritional needs of each age group? (18)
- b. List and discuss the importance of different types of play in the life of a child. (12)

**[Total marks = 30]**