



2ND SEM, 2009/2010

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UNIVERSITY OF SWAZILAND

SUPPLEMENTARY EXAMINATION PAPER

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

COURSE CODE : FSNT 203

**TITLE OF PAPER : HUMAN PLANNING AND MEAL
PLANNING**

TIME ALLOWED : TWO (2) HOURS

**INSTRUCTION : 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 emerging and re-emerging food and nutrition challenges facing developing countries.

[Total marks = 40]

QUESTION 2

Describe the signs and symptoms of a marasmic child and a kwashiorkor child.

[Total marks = 30]

QUESTION 3

Describe the characteristics of each of the following modified diets and give indication for use in each case.

- (a) Fluid diets [10]
- (b) Soft diets [10]
- (c) Low energy diets [10]

[Total marks = 30]

QUESTION 4

Plan and adjust a family diet to suit the following vulnerable family members:

- (a) Elderly man (70 years old) [10]
- (b) Adolescent girl [10]
- (c) Toddler [10]

[Total marks = 30]