



1ST SEM. 2009/2010

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UNIVERSITY OF SWAZILAND

FINAL EXAMINATION PAPER

**PROGRAMME : BACHELOR OF SCIENCE IN FOOD
SCIENCE, NUTRITION AND
TECHNOLOGY
YEAR III**

COURSE CODE : FSNT 303

TITLE OF PAPER : CULTURAL EATING PRACTICES

TIME ALLOWED : TWO (2) HOURS

**INSTRUCTIONS : ANSWER QUESTION ONE (1)
AND ANY OTHER (2) QUESTIONS**

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

QUESTION 1 [COMPULSORY]

- a) The cuisine of Africa reflects indigenous as well as influences from other Cultures/Countries. Discuss the main characteristics of an African culture. [10 Marks]
- b) Discuss FIVE factors affecting the choice of food habits, giving examples using different cultural eating habits. [20 Marks]
- c) Name and explain 5 important events in China in relation to food culture. [10 Marks]

[Total 40 Marks]

QUESTION 2

- a) Describe the health risks associated with specific cultural practices. [10 Marks]
- b) Discuss the cultural eating practice of Rastafarianism. [5 Marks]
- c) Explain the dietary laws/rules according to:
i. Islamic culture
ii. Judaism culture
iii. Buddhism culture

[15 Marks]

[Total 30 Marks]

QUESTION 3

- a) The use of stimulants is prohibited and restricted by many religions. Discuss the different religions that prohibit/restrict stimulants, giving specific examples of the stimulants prohibited by each religion. [10 Marks]
- b) Discuss FIVE ways in which eating habits may have an effect on nutrition. [15 Marks]
- c) Explain the role of fasting in the religious practices. [5 Marks]

[Total 30 Marks]

QUESTION 4

- a) Respect is very important in the Chinese cuisine. Describe the characteristics of respect?

[6 Marks]

- b) Give and discuss THREE foods and TWO drinks that are considered TABOO according to the different cultures.

[20 Marks]

- c) Define the following terms:

- i. Futuur
- ii. Suhur
- iii. Halaal
- iv. Kosher

[4 Marks]

[Total 30 Marks]
