



**UNIVERSITY OF SWAZILAND  
FINAL EXAMINATION PAPER**

**PROGRAMME:**

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

**COURSE CODE:**

**FNS207**

**TITLE OF PAPER:**

**MEAL PLANNING AND PREPARATION**

**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) Describe factors to be considered when planning and preparing meals for a family  
(10 Marks)
- (b) Adjust a normal diet to suit the following therapeutic adaptations:
- (i) Bland diet (10 Marks)
  - (ii) Low energy (10 Marks)
  - (iii) High roughage diet (10 Marks)

[TOTAL MARKS = 40]

**QUESTION 2**

Vegetarianism has become popular for a variety of reasons. Discuss vegetarianism under these following headings:

- (a) Goals of diet management (4 Marks)
- (b) Dietary recommendations (16 Marks)
- (c) Planning a nutritionally adequate vegetarian diet (10 Marks)

[TOTAL MARKS = 30]

**QUESTION 3**

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

- (a) Pregnant adolescent (10 Marks)
- (b) Lactating mother (10 Marks)
- (c) Elderly woman (10 Marks)

[TOTAL MARKS = 30]

**QUESTION 4**

- (a) Explain how you would plan a diet for a diabetic child. (10 Marks)
- (b) Explain the rationale for such a diet. (10 Marks)
- (c) Describe the goals of dietary management for children with diabetes. (10 Marks)

**[TOTAL MARKS = 30]**