



**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]