



**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: FNS203

TITLE OF PAPER: HUMAN NUTRITION

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)

Discuss the following deficiency disorders, include: magnitude, causes, consequences, and solutions in your discussion:

(a) Iron deficiency and Anemia (IDA)

(20 Marks)

(b) Vitamin A Deficiency.

(20 Marks)

[TOTAL MARKS = 40]

QUESTION 2

(a) Explain and give examples on nutrient interrelationships in the body.

(5 x 3 = 15 Marks)

(b) Describe the steps involved in metabolism and the way energy is derived from carbohydrates, fat and protein.

(15 Marks)

[TOTAL MARKS = 30]

QUESTION 3

Describe the special nutrient requirements of the following nutritionally vulnerable groups:

(a) Pregnant teenager.

(10 Marks)

(b) Infants.

(10 Marks)

(c) The elderly.

(10 Marks)

[TOTAL MARKS = 30]

QUESTION 4

- (a) Describe the weaning process to a first time mother who wishes to follow proper infant feeding practices.

(15 Marks)

- (b) Explain the causes of malnutrition and death using UNICEF'S conceptual framework.

(15 Marks)

[TOTAL MARKS = 30]