



**UNIVERSITY OF SWAZILAND
SUPPLEMENTARY 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) Discuss the major objectives of planning meals. (20 Marks)
- (b) Explain the use of the Food Guide Pyramid in meal planning. (10 Marks)
- (c) Explain the purpose of a fat-controlled diet and give guidelines for food selection for such a diet. (10 Marks)

[TOTAL MARKS = 40]

QUESTION 2

- (a) Discuss the advantages and disadvantages of convenience foods. (15 Marks)
- (b) What are the most important considerations in the first year of life? (15 Marks)

[TOTAL MARKS = 30]

QUESTION 3

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

- (a) Toddler (10 Marks)
- (b) School-age child (10 Marks)
- (c) Adolescent boy (10 Marks)

[TOTAL MARKS = 30]

QUESTION 4

Adapt a normal diet to suit the following:

(a) Fat restricted diet (25g of fat)

(15 Marks)

(b) Low-sodium diet

(15 Marks)

[TOTAL MARKS = 30]