



**2<sup>nd</sup> SEM. 2018/19**

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FNS206 (M)**

**UNIVERSITY OF ESWATINI  
DEPARTMENT OF FOOD AND NUTRITION SCIENCES  
FINAL EXAMINATION PAPER**

- PROGRAMME : BACHELOR OF SCIENCE IN FOOD SCIENCE, NUTRITION AND TECHNOLOGY AND CONSUMER SCIENCE YEAR II**
- COURSE CODE : FNS206**
- TITLE OF PAPER : COMMUNITY 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 I COMPULSORY**

(a) Select **two (2)** areas in the world (Asia, Africa, Europe, etc.) where hunger and under-nutrition are major problems.

i. List and discuss the causes of under-nutrition in these areas. **(15 marks)**

ii. Discuss the solutions that are in place or proposed to solve these problems. **(15 marks)**

(b) Describe **two (2)** agencies or organizations that conduct nutritional programmes or provide related services in Swaziland.

**(10 marks)**

**[TOTAL MARKS = 40]**

**QUESTION 2**

(a) Discuss the **four (4)** steps in the Nutrition Care Process (NCP).

**(20 marks)**

(b) Explain how you would evaluate community Nutrition education programmes.

**(10 marks)**

**[TOTAL MARKS = 30]**

**QUESTION 3**

- (a) List **five (5)** physical examination tests you could use that use general appearance as an indicator of nutritional status.

Discuss the nutrient deficiencies that may affect the physical appearance of your clients.

**(20 marks)**

- (b) Discuss Nutrition as a foundation for development.

**(10 marks)**

**[TOTAL MARKS = 30]**

**QUESTION 4**

- (a) The relationship between eating behaviours and chronic diseases is significant and impacts individuals and communities greatly.

Describe some possible health problems linked with poor dietary habits.

**(15 marks)**

- (b) Discuss the most sustainable approach for overcoming micronutrient deficiencies.

**(15 marks)**

**[TOTAL MARKS = 30]**