

1<sup>ST</sup> SEM. 2018/19



PAGE 1 OF 3

**UNIVERSITY OF ESWATINI**

**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**

**INSTRUCTION** : **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)**

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

- (a) Pregnant mother (10 Marks)
- (b) Lactating mother (10 Marks)
- (c) Adolescent boy (10 Marks)
- (d) School-age child (10 Marks)

[TOTAL MARKS = 40]

**QUESTION 2**

- (a) Write brief notes on the following:
  - (i) Edible portion of food (8 Marks)
  - (ii) One serving of food (12 Marks)
- (b) Discuss the advantages and disadvantages of using convenience foods in meal preparation. (10 Marks)

[TOTAL MARKS = 30]

**QUESTION 3**

- (a) Describe special considerations to keep in mind when planning and preparing meals for a strict vegetarian. (20 Marks)
- (b) Plan a diet for a diabetic patient who needs 2000 kcals per day. (10 Marks)

[TOTAL MARKS = 30]

**QUESTION 4**

(a) Modify a regular hospital diet to suit patients on high roughage diet.

**(10 Marks)**

(b) Describe the nutritional requirements of older people that need special attention.

**(20 Marks)**

**[TOTAL MARKS = 30]**