

1ST SEM. 2018/19



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UNIVERSITY OF ESWATINI

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**
- 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)

Successful meals don't come by chance but through careful thinking. Also, good meals need not be expensive, nor take a lot of time and energy.

(a) What do successful meals and meal times depend on?
(10 Marks)

(b) What would be considered in the planning of meals? Describe only **five (5)** factors you would consider.
(20 Marks)

(c) Explain the importance of price lists in food purchase.
(10 Marks)

[TOTAL MARKS = 40]

QUESTION 2

(a) Describe complementary foods you would introduce at each stage of weaning process in infant feeding.
(15 Marks)

(b) Plan a regular diet for a toddler (1-3 years).
(15 Marks)

[TOTAL MARKS = 30]

QUESTION 3

(a) Plan a fat-controlled diet (25g or 50g) for someone who has symptoms of steatorrhea.
(15 Marks)

(b) Describe the nutritional challenges faced by vegans.
(15 Marks)

[TOTAL MARKS = 30]

QUESTION 4

Modify a regular hospital diet to suit the following patients on:

- (i) Low energy diets

(15 Marks)

- (ii) High protein diets

(15 Marks)

[TOTAL MARKS = 30]