

1ST SEM. 2019/20

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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

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)

In the planning of meals/menus you need to consider several things. Give guidelines on the following considerations:

- (a) Economic (4 Marks)
- (b) Palatability (10 Marks)
- (c) Satiety (4 Marks)
- (d) Practicality (8 Marks)
- (e) Time nutritive value (4 Marks)
- (f) Serving of food (6 Marks)

[TOTAL MARKS = 40]

QUESTION 2

- (a) Give **five (5)** rules for a balanced menu. (5 x 2 = 10 Marks)
- (b) Describe dietary goals and recommendations in planning vegetarian diets. (20 Marks)

[TOTAL MARKS = 30]

QUESTION 3

Nutrient need of infants reflect rates of growth, energy expended in activity, basal metabolic needs and the interaction of the nutrients consumed.

- (a) Discuss the weaning process of infants who are fully breast fed and give examples of appropriate diets and serving size at each stage. (15 Marks)
- (b) Plan a day's menu for an elderly woman (70 years) who stays in a rural area and describe the special nutrition considerations you have followed. (15 Marks)

[TOTAL MARKS = 30]

QUESTION 4

Plan and adjust a regular hospital diet to suit the following patients.

- (a) Patients on high roughage diet with constipation problems. **(15 Marks)**
- (b) An obese patient on a low energy diet. **(15 Marks)**

[TOTAL MARKS = 30]