



1ST SEM. 2019/2020

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UNIVERSITY OF ESWATINI

RE-SIT/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

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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 kcalories 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]