

2ND SEM. 2007/2008



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UNIVERSITY OF SWAZILAND

FINAL EXAMINATION PAPER

**PROGRAMME : DIPLOMA/DEGREE IN
ENVIRONMENTAL HEALTH
SCIENCE YEAR II**

COURSE CODE : HSC 201

TITLE OF PAPER : NUTRITION

TIME ALLOWED : TWO (2) HOURS

INSTRUCTIONS : ANSWER ALL QUESTIONS

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GRANTED BY THE CHIEF INVIGILATOR**

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QUESTION 1

- (a) Define the following nutritional terms:
- (i) Undernutrition
 - (ii) Malnutrition
 - (iii) Starvation
 - (iv) Famine
 - (v) Wasting
- [5 x 2 = 10 marks]
- (b) Explain how you would treat severe Protein-energy malnutrition.
[7 marks]
- (c) Describe UNICEF's inexpensive measures to prevent Protein-energy malnutrition.
[8 marks]

[Total Marks = 25]

QUESTION 2

- (a) Define Nutritional Status. [2 marks]
- (b) List **four (4)** methods used to determine Nutritional Status.
[8 marks]
- (c) Describe the following growth indices used to assist in the interpretation of anthropometric measurements:
- (i) Weight-for-age
 - (ii) Weight-for-height
 - (iii) Length-or height-for-age
 - (iv) Quetelet's index (Weight/height²)
 - (v) Chronic energy deficiency (CED)

[5 x 3 = 15 marks]

[Total Marks = 25]

QUESTION 3

Do nutritional needs change as we age? Respond and discuss.

[Total Marks = 25]

QUESTION 4

Dietary guidelines were introduced to deal with nutritional problems of affluent countries.

- (a) Explain reasons why dietary goals and guidelines have a role in developing countries. [8 marks]
- (b) Identify **six (6)** dietary guidelines for which there is complete agreement on the recommendations. [12 marks]
- (c) Describe the relationship between Niacin and Tryptophan. [5 marks]

[Total Marks = 25]