

**2<sup>ND</sup> SEM. 2008/2009**



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**UNIVERSITY OF SWAZILAND**

**FINAL EXAMINATION PAPER**

**PROGRAMME : BACHELOR OF SCIENCE IN  
ENVIRONMENTAL HEALTH  
SCIENCE YEAR II**

**COURSE CODE : HSC 201**

**TITLE OF PAPER : NUTRITION**

**TIME ALLOWED : TWO (2) HOURS**

**INSTRUCTIONS : ANSWER ALL QUESTIONS**

**DO NOT OPEN THIS PAPER UNTIL PERMISSION HAS BEEN  
GRANTED BY THE CHIEF INVIGILATOR**

**QUESTION 1**

Describe the relationship that exists between Nutrition and Health.

**[Total Marks = 25]**

**QUESTION 2**

Describe Nutritional Guidelines for healthy eating that you would recommend for the Swazi nation.

**[Total Marks = 25]**

**QUESTION 3**

Discuss the changing food consumption patterns as a global nutrition challenge.

**[Total Marks = 25]**

**QUESTION 4**

Discuss food spoilage and preservation.

**[Total Marks = 25]**