



UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
SUPPLEMENTARY 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 current nutrition challenges in Swaziland. [Total Marks = 25]

Question 2

Write brief notes on the following nutrients to demonstrate your knowledge.

- a) Carbohydrates
- b) Fats
- c) Proteins

[Total Marks = 25]

Question 3

Describe the effects of aging on nutritional status. [Total Marks = 25]

Question 4

Discuss the nutritional requirements during pregnancy and lactation.

[Total Marks = 25]