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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

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GRANTED BY THE CHIEF INVIGILATOR**

Question 1

(a) Define the following terms:

- (i) Nutrition
- (ii) Nutrient
- (iii) Balanced diet
- (iv) Nutritional status

[5 x 2 = 10 marks]

(b) Describe two (2) parameters you would use to assess the nutritional status of children under five years of age.

[15 marks]

[Total = 25 marks]

Question 2

Discuss the importance of protein in the body.

[Total = 25 marks]

Question 3

(a) Identify factors affecting the nutritional status of the elderly.

[9 marks]

(b) Describe the effects of aging on energy and nutrient needs.

[16 marks]

[Total = 25 marks]

Question 4

Describe the causes, consequences and solutions for Iron Deficiency Anemia (IDA)

[Total = 25 marks]