

NATIONAL UNIVERSITY OF LESOTHO

FACULTY OF HEALTH SCIENCES

DEPARTMENT OF NUTRITION

SUPPLEMENTARY EXAMINATIONS

NUT 3310: NUTRITION ECOLOGY

Supplementary 2023

MARKS: 100

TIME:

3 HOURS

INSRUTIONS: ANSWER ALL QUESTIONS

QUESTION 1

- a) Explain why studying the food system is important (5)
- b) Discuss the potential sustainability outcomes and risks associated with the alternative food system (10)
- c) Mention **five (5)** ways in which we can achieve sustainable food systems (5)

[20 Marks]

QUESTION 2

- a) Mention the **four (4)** dimensions of Nutrition Ecology (4)
- b) Discuss how each dimension of Nutrition Ecology influences Nutrition (16)

[20 Marks]

QUESTION 3

- a) List **one (1)** ingredient in a recent meal you ate. (1)
- b) Discuss the journey of the ingredient **in (a)** through the food chain (10)
- c) Mention **any** ecological impact of food production (1)
- d) Create a flowchart showing the links between the ecological impact of food production in (c) and human health (9)

[20 Marks]

QUESTION 4

- a) Tumi is a 20-year-old single woman who is lactose intolerant. She works for a multinational company and is on her work trip to Mexico. During her ride to the airport, she sees a top-rated slim Mexican model on the billboard. While waiting for her flight, Tumi decides to buy lunch at the airport. Her lunch choices include a small dumpling, Greek salad with low fat-cheese, a cup of plain yoghurt, a weight loss bar and apple Juice. Discuss the factors that could have influenced Tumi's food choices for lunch (10)
- b) How do cultural and religious practices influence food habits? (10)

[20 Marks]

QUESTION 5

- a) Which two factors influence the types of staples consumed in some countries? (2)
- b) Explain any **four (4)** climatic zones and give an example of a staple food that is often found in each zone (12)
- c) A population's total nutritional needs cannot be met by a staple food alone. What can be done to staple foods to enhance their nutritional value? (6)

End