NATIONAL UNIVERSITY OF LESOTHO

FACULTY OF HEALTH SCIENCES

DEPARTMENT OF NUTRITION

NUTRITION PLANNING AND COUNSELLING-NUT3326

SEMESTER II EXAMINATION

MAY 2023   **TIME: 3 HRS**   **MARKS: 100**

Instructions:

1.   Answer all questions.

2.   Put questions in order.

3.   Untidy work will not be marked.

4.   Start each question on a new page.

Question One

    (a) List any five recommendations to increase fibre in the diet.   **(10)**

    (b) Mention any five examples of saturated fat.   **(10)**

    (c) In one sentence each, describe the health effects of the fats you listed in (b)   **(15)**

Question two

State any five (5) uses of a food guide pyramid.   **(15)**

Question three

A 25-year-old woman needs 8000kj energy per day to maintain her health and weight status.

Use the information below to:

    a) Draw a meal plan for the woman, using the correct headings.   **(25)**

    b) Evaluate the adequacy of the diet in (a) using the Food Guide Pyramid (Draw a table).   **(25)**

        Her Total Energy per day:8000kj

        Her macro-nutrients
        Carbohydrate, Protein, and Fat Distribution
        __10_____% of total KJ__8000_____/17 = _____47.05____g of sugar
        __50_____% of total kJ __8000_____/17 = ____235.29_____g of
        carbohydrates
        __18_____% of total KJ__8000_____/17 = _____84.7____g of Protein
        __30_____% of total kJ___8000_____/38 = ____63.17_____g of fat

	PORTIONS	CHO	PROT	FAT	ENERGY
Full cream milk		x12	x8	x8	x640
2% milk		x12	x8	x5	x530
Skimmed milk	3	(36) x12	(24) x8		(1020)x340
Vegetable B	3	(21) x7	(6) x2		(450)x150
Fruit portions	5	(75) x15			(1250)x250
Non-Bread CHO		(132)(a)			
Total CHO -a =b		(103)(b)			
Starch/Bread b/15	7	15	3		(1995)x285
Non meat prot = (c)			(33)(c)		
Total prot - (c) = (d)			(51.7)(d)		
Meat portions = d/7	7		7	5	(2205)x315
Fat (milk + meat) = (e)				(10)(e)	
Total Fat – (e) = (f)				(53)(f)	
Fat portions = f/5	10.6			5	(2014)x190
TOTAL		235	84.7	63	8934
		X17	X17	X38	
TOTAL ENERGY		3995	1439.9	2394	7829/170
PLUS SUGAR ENERGY = total energy /170	46g				
TOTAL ENERGY					8000