

NATIONAL UNIVERSITY OF LESOTHO
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF NUTRITION
INTERNATIONAL NUTRITION- NUT 4310
SEMESTER II EXAMINATION

MAY 2022

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

1. List any five (5) nutritional causes of over-nutrition (10)
2. State any five (5) reasons why infant nutrition in the first 1000 days is essential. (15)
3. Mention and discuss the characteristics of countries in epidemiological transition. (15)

Question Two

1. List any five (5) barriers to Lesotho's achievement of Sustainable Development Goals. (15)
2. State any five (5) interventions for maternal and child undernutrition. (15)

Question Three

1. State any (4) benefits of investing in Breastfeeding. (10)
2. Explain the role of diet and lifestyle in the causation of non-communicable diseases. (20)