

NATIONAL UNIVERSITY OF LESOTHO

FACULTY OF HEALTH SCIENCES

DEPARTMENT OF NUTRITION

FIRST SEMESTER EXAMINATIONS

NUT 3310: NUTRITION ECOLOGY

JANUARY 2024

MARKS: 100

TIME:

3 HOURS

INSTRUCTIONS: ANSWER ALL QUESTIONS

QUESTION 1

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

QUESTION 2

- 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 any **five (5)** ways in which we can achieve sustainable food systems (5)
- [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 (9)
- 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) Meet Mofana, a 19-year-old Muslim university student who lives in Roma. Although he doesn't have any underlying health conditions, he is allergic to certain foods. Mofana values fitness and regularly goes to the gym but isn't overly obsessed with healthy eating or weight loss. He wakes up at 8 a.m. every morning to prepare for his morning class at the university. On his way to class, he stops at the nearest tuck shop to grab some food. Instead of choosing a pork burger, he opts for a loaf of brown bread, a boiled egg, and a hot cup of coffee without milk. Mofana also buys the cheapest bottle of water before rushing off to class. Discuss the factors that could have influenced Mofana's food choices (10)

- b) Food patterns and habits can also be influenced by climatic zones. Mention and describe any **four (4)** climatic zones and give an example of a staple food that is often found in each zone **(10)**

[20 Marks]

QUESTION 5

- a) Discuss any **Five (5)** key strategies for nutrition ecology advocacy **(20)**

[20 Marks]

End