

NATIONAL UNIVERSITY OF LESOTHO

FACULTY OF HEALTH SCIENCES

DEPARTMENT OF NUTRITION

FIRST SEMESTER EXAMINATIONS

NUT 4302: FOOD AND NUTRITION SECURITY

JANUARY 2024

MARKS: 100

TIME: 3 HOURS

INSTRUCTIONS: ANSWER ALL QUESTIONS

QUESTION 1

Define food security and discuss the **four (4)** essential conditions for food security in any global setting. **(20)**

[20 Marks]

QUESTION 2

You have been tasked by the government of Lesotho to measure household food security in your community. Discuss how you will go about doing this. **(20)**

[20 Marks]

QUESTION 3

- a) The Food and Agricultural Organization aims to measure both the availability of food and the psychological aspects related to food among the Rural households in Roma Valley. They also plan to measure the limited access to food due to the lack of financial or other resources. As their food and nutrition security consultant, identify the two food security measures or tools that would be the most suitable for these purposes. **(5)**
- b) Describe the ways in which Food insecurity impacts mental health. **(5)**
- c) A local Non-Governmental Organization (NGO) plans to donate food parcels to 15 food-insecure households in your community. Mention and describe **any five (5)** characteristics of households to whom they should give these food parcels.
(5)
- d) Explain what is meant by health disparities and their impact on food security outcomes **(5)**

[20 Marks]

QUESTION 4

- a) Identify any **five (5)** leading causes of food insecurity in Lesotho and explain how they affect food security **(10)**
- b) Mention and describe any **five (5)** upstream interventions aimed to address food insecurity in the context of Lesotho **(10)**

[20 Marks]

QUESTION 5

- a) What type of policy is the Lesotho Food and Nutrition Policy? (2)
- b) Mention any **two (2)** objectives of this policy. (4)
- c) Which approach does this policy follow? (4)
- d) Mention and describe any **two (2)** models of food security governance. (10)

[20 Marks]

END