

UNIVERSITY OF KWAZULU-NATAL
SCHOOL OF AGRICULTURAL SCIENCES & AGRIBUSINESS
DISCIPLINE OF DIETETICS & HUMAN NUTRITION
MAIN EXAMINATION: JUNE 2013
SUBJECT, COURSE & CODE: NUTRITION 343 – P1

DURATION: 3 HOURS

TOTAL MARKS: 120

External Examiner: Mrs J. Wilkenson
Internal Examiners: Mrs A van Onselen

NOTE: THIS PAPER CONSISTS OF FOUR (4) PAGES (WHICH INCLUDE AN APPENDIX A) PLEASE SEE THAT YOU HAVE THEM ALL.

INSTRUCTIONS

- **PLEASE ANSWER ALL QUESTIONS.**
 - **PLEASE WRITE YOUR STUDENT NUMBER ON EACH ANSWER BOOKLET.**
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QUESTION 1

You are working as a dietitian/nutritionist at a Primary Health Care Clinic in the uMgungundlovu District, in KwaZulu-Natal. Malnutrition of children 5 years of age and under was increasing and was discussed during a clinical meeting. You have been asked by the chairperson to brief the members at the next meeting on the following:

- 1.1 South Africa's progress toward the achievement of the Millennium Development Goals (MDG's). (5)
- 1.2 An explanation on how nutrition plays a role in achieving the MDG's. (15)
- 1.3 Explain what your department of nutrition will address this to decrease the numbers of malnutrition. (5)

[25]

QUESTION 2

Traditionally nutrition interventions in South Africa have been vertical and food based. The main emphasis has been on giving food hand-outs accompanied by standard nutrition messages, which are inappropriate or irrelevant. The shortcomings of these programmes have been recognised in the new National Integrated Nutrition Programme (INP). Do you agree or disagree with the statement. Write an essay where you give reasons for your answer.

[25]

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QUESTION 3

You have received a letter from the department of Social Work (Appendix A) and are asked to conduct a nutrition situation assessment (NSA). Explain the steps you will follow to execute the NSA and how you will apply the steps to this situation.

[20]

QUESTION 4

Name the principles and basic activities of the Primary Health Care System in South Africa.

[15]

QUESTION 5

The Integrated Management of Childhood Diseases (IMCI) program has been implemented to contribute to healthy growth and development in children. Look at the two pictures below and answer the following questions.



Picture A



Picture B

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5.1 Identify the conditions depicted in picture A and B. Which of these conditions, do you think is more prevalent in South Africa. Motivate your answer. (5)

5.2 Discuss the steps which will be followed and indicators which will be followed by the IMCI programme to treat malnutrition in children. (15)

[20]

QUESTION 6

The chairperson of the Young Ladies in Action Association has send you an e-mail, where she invites you to give a talk at their next meeting on the topic *nutrition transition*. She also mentioned that the ladies are also interested in what they must buy at the supermarket. You have accepted the invitation and decided to discuss nutrition transition with them and also to talk about food labelling. Discuss the information you will include in your presentation.

[15]

TOTAL

[120]

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Appendix A

20 May 2013

From: Department of Social Work

To: Department of Nutrition

Dear Ms Dietitian/Nutritionist

We have been conducting a project in the rural areas in Pietermaritzburg under HIV- positive women. During the interviews with the women we have recognized that 70% of them only consume one meal per day and a third of these women were either pregnant or breastfeeding.

Our department is addressing the low income situation and we need a nutrition situation assessment done which could contribute to our final report to the director of health in addressing the situation of these HIV-positive women.

Your co-operation will mostly be appreciated.

Kind regards.

Ms Social Worker
Income Building 1
Social Grant Street 100
Pietermaritzburg
Tel: 033 394 000

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