



NAMIBIA UNIVERSITY
OF SCIENCE AND TECHNOLOGY

**Faculty of Health, Natural
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| QUALIFICATION : BACHELOR OF HUMAN NUTRITION | |
| QUALIFICATION CODE: 08BHON | LEVEL: 7 |
| COURSE: NUTRITION ANTHROPOLOGY | COURSE CODE: NNA721S |
| DATE: JANUARY 2025 | SESSION: 1 |
| DURATION: 3 HOURS | MARKS: 100 |

SECOND OPPORTUNITY/SUPPLEMENTARY EXAMINATION: QUESTION PAPER

EXAMINER: MR GEORGE WALIOMUZIBU MUKISA

MODERATOR: MS FIINA NAMUKWAMBI

INSTRUCTIONS

1. Answer all questions on the separate answer sheet.
2. Please write neatly and legibly.
3. Do not use the left side margin of the exam paper. This must be allowed for the examiner.
4. No books, notes and other additional aids are allowed.
5. Mark all answers clearly with their respective question numbers.

PERMISSIBLE MATERIALS:

1. Non-Programmable Calculator

ATTACHEMENTS

None

This paper consists of 3 pages including this front page

SECTION A:**[40 MARKS]****QUESTION 1:****(40 MARKS)**

1.1 Differentiate between the following terms and concepts:

- 1.1.1 Health Belief Model and Theory of Reasoned Action (4)
- 1.1.2 Food taboos and food myths (4)
- 1.1.3 Food culture and dietary acculturation (4)
- 1.1.4 Food systems and optimistic bias (4)
- 1.1.5 Nutrition transition and social marketing (4)

1.2 The Ministry of Health and Social Services (MoHSS) recently conducted a SMART survey to obtain information on the nutritional status of children under five years. The survey findings showed that the prevalence of exclusive breastfeeding among mothers is very low. MoHSS has collaborated with Nutrition Programme at NUST to conduct a study understand the factors responsible for the prevalence of exclusive breastfeeding.

1.2.1 Suggest the type of study that can be conducted to provide reasons for the low prevalence of exclusive breastfeeding (2)

1.2.2 Elaborate on four (4) advantages of undertaking such study (8)

1.3 Describe the five (5) historic patterns of nutrition (10)

SECTION B:**[27 MARKS]****QUESTION 2:****(27 MARKS)**

- 2.1 Advancement in technology, global trade and changes in geopolitics has made the world a global village. Explain how globalisation has contributed to changes in the dietary practices of the people especially in the developing countries (10)
- 2.2 Discuss how nutrition transition has contributed to rise in the prevalence of nutrition related chronic diseases of lifestyle (10)
- 2.3 Explain how focus group discussion can be conducted in the community (3)
- 2.4 Food culture of communities has been showed to change overtime due to a number of factors. Propose factors four (4) that can influence the change in food culture of communities. (4)

SECTION C:**33 MARKS]****QUESTION 3:****(33 MARKS)**

3.1 The prevalence of non-communicable diseases in Namibia has significantly increased over the last ten years. According to the World Health Organization, non-communicable diseases are the leading cause of death in Namibia accounting to 53% of the 14,000 total deaths which is higher than all deaths from communicable diseases such as HIV, malaria and Tuberculosis. Using this scenario

- 3.1.1 Suggest how nutrition transition has contributed to the rise in the prevalence of non-communicable diseases in Namibia (5)
- 3.1.2 Mention five (5) actions that the government of Namibia can take to control non-communicable diseases (10)
- 3.2 Propose in detail three (3) items to consider when choosing a communication channel (6)
- 3.3 Briefly state how food taboos can lead to malnutrition in children and women of child bearing age (2)
- 3.4 Suggest two (2) distinguishing features of anthropology (2)
- 3.5 Discuss four (4) factors that influence people's eating behaviours (8)

END OF QUESTION PAPER