



NAMIBIA UNIVERSITY
OF SCIENCE AND TECHNOLOGY

**Faculty of Health, Natural
Resources and Applied
Sciences**

School of Health Sciences

**Department of Preventative
Health Sciences**

13 Jackson Kaujeua Street T: +264 61 207 2970
Private Bag 13388 F: +264 61 207 9970
Windhoek E: dphs@nust.na
NAMIBIA W: www.nust.na

QUALIFICATION : BACHELOR OF HUMAN NUTRITION	
QUALIFICATION CODE: 08BOHN	LEVEL: 7
COURSE: NUTRITION ANTHROPOLOGY	COURSE CODE: NNA721S
DATE: NOVEMBER 2024	SESSION: 1
DURATION: 3 HOURS	MARKS: 100

FIRST OPPORTUNITY EXAMINATION: QUESTION PAPER

EXAMINER: 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 Describe the following terms and concepts: (14)
- 1.1.1 Nutrition transition (2)
 - 1.1.2 Ethnography (2)
 - 1.1.3 Dietary acculturation (2)
 - 1.1.4 Inductive method of research (2)
 - 1.1.5 Emic research technique (2)
 - 1.1.6 Food systems (2)
 - 1.1.7 Social marketing (2)
- 1.2 Discuss the five (5) historic patterns of nutrition transition (10)
- 1.3 Explain the six (6) elements of the ecological model of food and nutrition (12)
- 1.4 Propose four (4) ways health communication can be used in the community (4)

SECTION B: SHORT/LONG ANSWER QUESTIONS**[36 MARKS]**

Please answer ALL of the questions in this section.

- 2.1 Suggest four (4) importances of conducting literature review in nutrition anthropology research (4)
- 2.2 Elaborate the three (3) stages of social marketing (6)
- 2.3 The graph below shows the changes in dietary patterns in South Africa over a given period. Use it to answer the following questions.

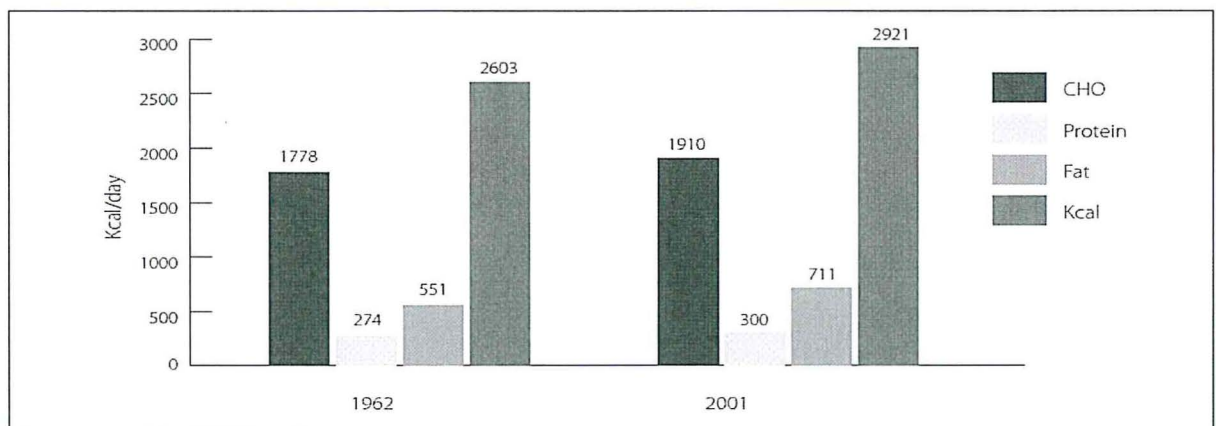


Figure 4.2: Trends in dietary energy supplies of South Africans, 1962 and 2001.

Source: Steyn NP et al., 2006, using FAO (2004) food balance sheets.

- 2.3.1 Explain the trend in the dietary patterns (8)
- 2.3.2 Outline three (factors) that may have contributed to the trend in the graph above (3)
- 2.4 Describe how globalisation has contributed to changes in the food culture (10)
- 2.5 Food has a strong significance when defining people's identity. Propose various ways food can define people's identity (5)

SECTION C:

[24 MARKS]

- 3.1 Elaborate six (6) nutrition policies that the government of Namibia can implement to minimize barriers to healthier diets (12)
- 3.2 Discuss five (5) characteristics associated with behavioural change stage of nutrition transition (10)
- 3.3 Propose three (3) ways nutrition transition has contributed to rise in the prevalence of nutrition related chronic diseases of lifestyle (2)

END OF QUESTION PAPER