



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 Kajjeua Street
Private Bag 15388
Windhoek
NAMIBIA

T: +264 61 207 2970
F: +264 61 207 9970
E: dphs@nust.na
W: www.nust.na

QUALIFICATION : BACHELOR OF HUMAN NUTRITION	
QUALIFICATION CODE: 08BHON	LEVEL: 7
COURSE: NUTRITION ANTHROPOLOGY	COURSE CODE: NNA721S
DATE: NOVEMBER 2023	SESSION: 1
DURATION: 3 HOURS	MARKS: 100

FIRST OPPORTUNITY: 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

This paper consists of 3 pages including this front page

SECTION A:**[30 MARKS]****QUESTION 1:****(30 MARKS)**

- 1.1 Explain the following terms and concepts:
- 1.1.1 Health Belief Model (2)
 - 1.1.2 Nutrition transition (2)
 - 1.1.3 Food culture (2)
 - 1.1.4 Dietary diversity (2)
 - 1.1.5 Dietary acculturation (2)
- 1.2 Describe the five (5) historic patterns of nutrition (10)
- 1.3 Describe the ecological model of food and nutrition. (10)

SECTION B:**[39 MARKS]****QUESTION 2:****(39 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 Food has a strong significance when defining people's identity. Propose various ways food can define people's identity (5)
- 2.3 Discuss the different policies and programs that governments can use to address the double burden of malnutrition (12)
- 2.4 Describe six (6) nutrition policies that the government of Namibia can implement to minimize barriers to healthier diets (12)

SECTION C:**31 MARKS]****QUESTION 3:****(31 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 to.

- 3.1.1 Explain how nutrition transition has contributed to the rise in the prevalence of non-communicable diseases in Namibia (5)
- 3.1.2 Explain five (5) actions that the government of Namibia can take to control non-communicable diseases (10)
- 3.2 Explain three (3) items to consider when choosing a communication channel (6)
- 3.3 Explain how food taboos can lead to malnutrition in children and women of child bearing age (2)
- 3.4 Outline two (2) advantages of formative research (2)
- 3.5 Explain the three (3) stages of behavioural change (6)

END OF QUESTION PAPER