



**NAMIBIA UNIVERSITY
OF SCIENCE AND TECHNOLOGY**

FACULTY OF HEALTH, APPLIED SCIENCES AND NATURAL RESOURCES

DEPARTMENT OF HEALTH SCIENCES

QUALIFICATION: BACHELOR OF HUMAN NUTRITION	
QUALIFICATION CODE: 08BOHN	LEVEL: 6
COURSE CODE: FSN 611S	COURSE NAME: FOOD SECURITY AND NUTRITION
SESSION: JUNE 2022	PAPER: THEORY
DURATION: 2 HOURS 30 MINUTES	MARKS: 110

FIRST OPPORTUNITY EXAMINATION QUESTION PAPER	
EXAMINER(S)	PROF SYLVESTER R MOYO
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INSTRUCTIONS	
<ol style="list-style-type: none">1. Answer ALL the questions.2. Write clearly and neatly.3. Number the answers clearly.	

PERMISSIBLE MATERIALS

NONE

THIS QUESTION PAPER CONSISTS OF 6 PAGES (Including this front page)

SECTION A

(30 MARKS)

Select the most appropriate answer from the options provided. (Each correct answer earns 1 mark)

QUESTION 1

(20marks)

1.1 The following describe the concept of the gender in relation to food security except:

- a. Gender varies with and between cultures
- b. Gender is universal for people and between cultures
- c. Gender is a learned behaviour
- d. Gender refers to socially constructed roles, responsibilities, and behaviour

1.2 Patriarchal social system refers to the following:

- a. Women and men have the same powers and privileges on resources
- b. Men hold the greatest power over resources
- c. All human beings are free to develop their personal abilities and make choices
- d. None of the above

1.3 What difference will urbanization make for hunger and malnutrition:

- a. No significant difference; low-income urban and rural people face similar situations
- b. It will reduce poverty and hunger because these are almost entirely concentrated in rural areas
- c. Urban dwellers depend more than rural people on purchases to acquire food, have little opportunity to grow their own food, and so are much more vulnerable to food prices increases
- d. Poor city folk eat mainly sorghum, millet, maize, and root crops, so a lot more of those foods will need to be produced as the world urbanizes

1.4 What are entitlements to food:

- a. The term refers to social welfare programmes such as the fair price food shops in Namibia
- b. It means the pathways through which people access food, whether by production, purchase, social protection programmes, or other means
- c. When countries enact right-to-food legislation, then people are entitled to food
- d. The term is a reference to agrarian reform programmes that provide farmers with land titles

- 1.5 Of the following, which is the most effective intervention for addressing stunting in children under five years of age:
- Provision of food aid to the affected families
 - Women empowerment through education
 - Providing land to women for cultivation
 - None of the above
- 1.6 Which of the following are health consequences associated with iodine deficiency in human beings:
- Stillbirth
 - Poor school performance
 - Cretinism
 - a and c
 - All of the above
- 1.7 Which of the following is the most likely effect of climatic change on food safety:
- Increased food rationing in households due to food scarcity
 - Change in food preferences amongst the affected people due to food scarcity
 - High food prices due to increased cost of production
 - Reduced supply and accessibility to nutritious food
- 1.8 Malnutrition can be caused by:
- Household food insecurity
 - Inadequate care and feeding practices
 - Poor sanitation and lack of public health services
 - All of above
- 1.9 Which one of the following types of undernutrition is a result of the sudden shortfall in food supply insecurity:
- Wasting
 - Micronutrient deficiency
 - Stunting
 - Underweight
- 1.10 Of the following, which are micronutrients of public health importance:
- Potassium and magnesium
 - Sodium and copper
 - Iron and iodine

- d. Vitamin E and potassium
- 1.11 The world is experiencing increasing trends in the prevalence of diet-related non-communicable diseases such as diabetes, hypertension, cancer, and other cardiovascular diseases. Which of the following is a major contributing factor:
- a. High levels of obesity and overweight
 - b. Too much consumption of food
 - c. Consuming food high in protein
 - d. None of the above
- 1.12 Which of the following regions has the highest prevalence of wasting in children under five years in the world:
- a. Asia
 - b. Latin America
 - c. Oceania
 - d. Africa
- 1.13 Of the following geographical regions in Namibia, which one has the highest prevalence of stunting:
- a. Hardarp
 - b. Karas
 - c. Ohangwena
 - d. Omaheke
- 1.14 The intergeneration cycle of malnutrition refers:
- a. Failure of the children to grow to the right height and weight
 - b. Inadequate intake of nutrients resulting in malnutrition
 - c. The cycle of poor nutrition that cuts across generations
 - d. None of the above
- 1.15 Of the following, which ones are greenhouse gases:
- a. Carbon dioxide, nitrogen, and helium
 - b. Ozone, helium, and nitrogen
 - c. Methane, carbon dioxide, and ozone
 - d. Methane, carbon dioxide, and nitrogen dioxide
- 1.16 Participation and inclusion as principles of human rights refer to states and other duty bearers being answerable for the observance of human rights:
- a. True
 - b. False

- 1.17 Poverty is one of the underlying causes of malnutrition:
a. True
b. False
- 1.8 The Food and Agricultural Organization estimates that 40% of the earth's land surface is used for livestock:
a. False
b. True
- 1.19 Climate change mitigation involves measures to cope with the effects of climate change:
a. True
b. False
- 1.20 Gender stereotyping can be referred to as attaching certain roles and attributes to people based on their gender:
a. True
b. False

QUESTION 2 **(10 marks)**

2.0 Explain the relationship between food insecurity, malnutrition and poverty (10)

SECTION B **(35 Marks)**

QUESTION 3 **(10 Marks)**

3.0 Mention five ways of preventing/controlling wasting in children under five years of age (10)

QUESTION 4 **(25 Marks)**

- 4.1 What are the six principles of human rights (6)
- 4.2 Explain the term intergeneration cycle of malnutrition (8)

- 4.3 List four ways of addressing Vitamin A deficiency in children (5)
- 4.4 Discuss differences between gender and sex (6)

SECTION C (45 MARKS)

QUESTION 5 (15 Marks)

- 5.1 Discuss the Nutrition situation in Sub-Saharan Africa. (5)
- 5.2 Explain the term “nutritional status” of an individual (5)
- 5.3 Discuss three chronic food insecurity and three transitory food insecurity (5)

QUESTION 6 (15 Marks)

Suzanna operates a supermarket in Nvara town, a coastal town in South Africa. A severe cyclone recently hit the town and her home, supermarket, and other businesses and homes in the area were completely destroyed. The storm destroyed the road network, health facilities, and other social services points.

- 6.1 What condition may have caused the cyclone (1)
- 6.2 List four effects of the cyclone on Suzanna’s household food security (4)
- 6.3 Mention at least four interventions that can be undertaken to help Suzanna overcome the food security challenges in her household (4)
- 6.4 List three mitigation measures that Suzanna can undertake to withstand the effects of the cyclone (6)

QUESTION 7 (15 Marks)

- 7.1 What is Stunting and what are the effects of stunting on a child? (5)
- 7.2 List the six global nutrition targets (4)
- 7.3 List at least six Sustainable Development Goals (6)

WISH YOU WELL