



<b>FACULTY/COLLEGE</b>	College of Business and Economics
<b>SCHOOL</b>	School of Tourism and Hospitality (STH)
<b>CAMPUS(ES)</b>	APB
<b>MODULE NAME</b>	Gastronomy 3 (Nutrition)
<b>MODULE CODE</b>	GTN03Y3
<b>SEMESTER</b>	First
<b>ASSESSMENT OPPORTUNITY, MONTH AND YEAR</b>	Final Summative Assessment May 2019

<b>ASSESSMENT DATE</b>	27 May 2019	<b>SESSION</b>	8:30 -10:30
<b>ASSESSOR(S)</b>	Dr H Kesa		
<b>MODERATOR(S)</b>	Ms S Vardan		
<b>DURATION</b>	120 min	<b>TOTAL MARKS</b>	100

<b>NUMBER OF PAGES OF QUESTION PAPER (Including cover page)</b>	3+1 Annexure
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#### **INFORMATION/INSTRUCTIONS:**

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- This is a closed-book assessment.
  - There are 4 questions.
  - Read the questions carefully and answer only what is required.
  - Number your answers clearly and correctly as per the question paper.
  - Write neatly and legibly on both sides of the paper in the answer book, starting on the first page.
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**Question 1****[34]**

As a Food and Beverage Manager in a private clinic you have been asked to do research on diets specifically for patients suffering from **A)** Celiac disease and **B)** cardiovascular diseases.

- 1.1 Identify two (2) diets that will be suitable for the diseases mentioned above. (2)
- 1.2 Give a brief description of the diets. (6)
- 1.3 What three (3) symptoms are related to celiac disease? (3)
- 1.4 Explain the difference between HDL and LDL cholesterol (6)
- 1.5 What are the leading risk factors for heart diseases? State five (5). (5)
- 1.6 There are specific dietary guidelines that have to be followed with the conditions mentioned above. Name three (3) guidelines for each condition. (3X2=6)
- 1.7 Plan a lunch menu (a three course meal) for patients suffering from a celiac disease. (6)

**Question 2****[40]**

Read the attached abstract (**annexure A**) titled:

“Body image perception and dissatisfaction: Acknowledging the socio-cultural factors of obesity in South Africa” by (Michiza et al., 2016) and answer the questions that follow:

- 2.1 Identify the diet that will be suitable for the condition mentioned in the article. (1)
- 2.2 Design an information leaflet on basic healthy dietary and lifestyle guidelines that you would recommend for those individuals mentioned in the article. Mention four (4) dietary guidelines and four (4) lifestyle guidelines in the leaflet. (8)
- 2.3 Provide a the definition of “Indigenous Foods” (3)
- 2.4 The menu below requires changes to be suitable for the diet mentioned in Q2.1 Make the possible corrections, give a reason for each of your changes and plan a new suitable lunch menu for the individuals mentioned in the article: (6+6=12)

Duck pate served with garlic bread

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Duck pie served with chips, creamed spinach and sweet butternut

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Chocolate ice-cream with chocolate sauce

- 2.5 Referring to body image perception, explain the terms “Anorexia Nervosa” and “Bulimia Nervosa” (6)
- 2.6 Identify six (6) the essential and common features of anorexia nervosa in females. (6)
- 2.7 Recommend four (4) possible ways of treating anorexia nervosa and bulimia nervosa. (4)
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**Question 3 [12]**

- 3.1 If a person is suffering from chronic constipation, what diet would you recommend for this patient? (1)
- 3.2 Plan a lunch menu (a three course meal with two (2) marks per course) for those patients. (6)
- 3.3 Provide five (5) dietary guidelines for chronic constipation. (5)
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**Question 4 [14]**

- 4.1 What are the six (6) most common allergenic foods in the world? (6)
- 4.2 Infants and children suffer from various allergies. Provide four (4) basic guidelines for meal preparation for children. (4)
- 4.3 Plan a breakfast menu for a child that is lactose intolerant (4)
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**TOTAL: 100 MARKS**