Department of Nutrition and Food Engineering
Faculty of Health and Life Sciences
B.Sc. in Nutrition and Food Engineering
Midterm Examination Spring 2026

Course Code: 0111-3105 **Course Title:** Nutrition Planning
Level and Term: L-3, T-1 **Section:** 241 All **Course Teacher Initials:** TA, MAJ
Time: 1 hour 30 minutes **Total Marks:** 25

Maintaining the order of the questions is highly appreciated

				Marks
1.	(a)	Explain the rationales for development planning with examples.	[CLO1,PLO1,C2]	3
	(b)	Apply cost–benefit analysis to choose between a supplementation program and a food fortification initiative: the supplementation program costs $15,000 and is expected to prevent 300 cases of deficiency (valued at $50 per case), while fortification costs $40,000 but could prevent 1,200 cases (valued at $50 per case).	[CLO1,PLO1,C3]	2
2.	(a)	Define the different methods of data collection.	[CLO2,PLO1,C1]	3
	(b)	Analyze the 4th step of community needs assessment process.	[CLO2,PLO1,C4]	2
3.	(a)	If your target population is adolescent girls and you want to conduct a community needs assessment, identify the types of data you would need to collect for the assessment.	[CLO2,PLO1,C3]	3
	(b)	Explain the scientific issues with examples that may arise during data collection.	[CLO2,PLO1,C5]	2
4.	(a)	Analyze the different levels of food security.	[CLO3,PLO2,C4]	3
	(b)	Define food security and nutrition security.	[CLO3,PLO2,C1]	2
5.	(a)	Evaluate the underlying causes of food insecurity and examine the policies or programs designed to address these causes.	[CLO3,PLO2,C5]	3
	(b)	'All hungry people are food insecure, but not all food insecure people are hungry' – Explain.	[CLO3,PLO2,C2]	2