



THE OPEN UNIVERSITY OF SRI LANKA

FACULTY OF EDUCATION

DIPLOMA IN EARLY CHILDHOOD AND PRIMARY EDUCATION

FINAL EXAMINATION - 2019

EPD3234/ESD1134– CURRICULUM STUDIES AND PRACTICUM – HEALTH
NUTRITION AND SAFETY MEASURES

DURATION – TWO (02) HOURS

Date: 03rd March 2019

Time. 10.00 a.m. – 12.00 noon

Answer All Questions in Part I and any three (03) questions from Part II.

PART - I

01. Explain what is Recommended Dietary Allowance. (RDA)
02. Explain who is a First Aider.
03. Describe the purpose of using Child Health Development Record (CHDR).
04. 'Breast milk is the ideal food for an infant from birth to six months'
Confirm this statement giving **three (03)** reasons.
05. Explain why minerals are essential for infants in the first year of life by citing examples.
06. State **four (04)** symptoms of the disease 'Mumps'.
07. Explain the suitable age of infants to introduce supplementary food giving **two (02)** reasons.
08. State **four (04)** measures that can be taken by primary school teachers to stop child abuse.

(5 x 8 = 40 marks)

PART - II

09. (i) Explain the concept 'Immunity'. (06 marks)
- (ii) Discuss 'Active Immunity' and its importance. (06 marks)
- (iii) Name the vaccine which should be given to females between the age 15 - 44 years to prevent a specific disease, Explain the symptoms of that disease. (08 marks)
10. (i) Explain what is 'Protein Energy Malnutrition' (06 marks)
- (ii) State **three (03)** symptoms to identify children of the age of 0-5 years suffering from Protein Energy Malnutrition. (06 marks)
- (iii) Discuss **four (04)** reasons for the above mentioned deficiency disorder. (08 marks)
11. (i) Explain **three (03)** reasons causing failure in obtaining proper growth in young children. (06 marks)
- (ii) Discuss **three (03)** measures that can be taken by parents to minimize the above condition. (06 marks)
- (iii) Explain **four (04)** factors that promote mental well-being of a child. (08 marks)
12. (i) State **four (04)** home accidents common to young children take place due to carelessness of the parents/caretakers. (04 marks)
- (ii) Discuss **three (03)** measures that should be followed by parents/care takers to minimize home accidents. (09 marks)
- (iii) Explain citing **three (03)** examples, why primary schools should implement proper sanitation practices. (07 marks)
13. (i) Describe why a pregnant mother should pay attention to her nutrition. (06 marks)
- (ii) Discuss **three (03)** reasons for poor nutrition that may occur during the pregnancy period. (06 marks)
- (iii) Explain the role of the family ensuring a proper nutrition to the pregnant mother. (08 marks)