



**THE OPEN UNIVERSITY OF SRI LANKA**

**FACULTY OF EDUCATION**

**BACHELOR OF EDUCATION (HONOURS) IN PRIMARY EDUCATION**

**LEVEL - 03**

**FINAL EXAMINATION – 2020/2021**

**EPU3236 – CURRICULUM STUDIES AND PRACTICUM -**

**HEALTH NUTRITION AND SAFETY MEASURES**

**DURATION – TWO (02) HOURS**

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Date: 21.01.2023

Time: 01.30 p.m. – 03.30 p.m.

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

**PART - I**

01. State **five (05)** characteristics of a well nourished child.
02. Explain the concept of 'Health' in your own words.
03. Explain briefly, what is fine motor development of a child by citing **three (03)** fine motor skills.
04. Describe **three (03)** characteristics of a child who has physical fitness.
05. Explain aims of 'First Aid' by citing **three (03)** facts.
06. State **five (05)** dominant variables in the incidence of malnutrition in pre-school children.
07. Explain the importance of immunization programme launched by the World Health Organization (WHO) by citing **two (02)** facts.
08. "Integration of physical education subject in the regular curriculum of school programmes is very important". Justify this statement by citing **three (03)** facts.

(5 x 8 = 40 marks)

**PART - II**

09. i. Explain why the human body requires food by citing **three (03)** facts. (06 marks)
- ii. a) State the nutrients that should be included in a balanced diet. (03 marks)
- b) Prepare a menu which include a balanced diet for a lunch of a pre-school child (Mention the nutrients that include in each food item that included in your menu) (05 marks)
- iii. Discuss **two (02)** strategies that parents can follow to develop good food habits in their children from early stages. (06 marks)
10. i. a) State **three (03)** common illnesses that can be suffered by pre-school and Primary School children. (03 marks)
- b) Explain the symptoms of **one (01)** common illnesses that you mentioned above. (03 marks)
- ii. Discuss **three (03)** strategies that a pre-school/primary teacher can follow to minimize the injuries that can be happened to children within the school setting. (06 marks)
- iii. Explain the First Aid treatments that can be given for a dislocation of joints. (08 marks)
11. As a teacher you were assigned to conduct an awareness programme for parents on well-being of pre-school children.
- i. Explain **four (04)** strategies that you encourage the parents to follow with in this awareness session by highlighting the importance of each strategy to facilitate the well-being of children. (08 marks)

- ii. Plan suitable activities that you can implement during the awareness session to explain the above mentioned strategies to parents.  
(08 marks)
- iii. Discuss the **two (02)** challenges that you may face when planning the above mentioned awareness programme.  
(04 marks)
12. i. Explain the importance and value of physical activities for young children by citing **three (03)** benefits of physical activities.  
(06 marks)
- ii. a) State the **three (03)** stages of motor skill development of a child.  
(03 marks)
- b) Explain the development occurs in one stage that you mentioned above  
(03 marks)
- iii. Select **two (02)** locomotor skills and discuss the importance of practicing those two (02) skills for young children.  
(08 marks)
13. i. Explain briefly **two (02)** health and physical attributes associated with wellbeing of young children.  
(04 marks)
- ii. a) State **three (03)** best global practices to ensure health and physical wellbeing of young children.  
(03 marks)
- b) Explain **three (03)** measures that are taken under any one best global practice that you mentioned above to ensure health and physical wellbeing of young children.  
(06 marks)
- iii. Discuss **two (02)** challenges that the Sri Lankan Government is facing when implementing the above mentioned global practices.  
(07 marks)

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