



THE OPEN UNIVERSITY OF SRI LANKA

FACULTY OF EDUCATION

DIPLOMA IN EARLY CHILDHOOD AND PRIMARY

EDUCATION – LEVEL 3 – 2020/2021

FINAL EXAMINATION

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

DURATION – TWO (02) HOURS

Date: 29.07.2023

Time: 09.30 a.m. – 11.30 a.m.

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

### PART - I

01. Mention **five (05)** factors affecting the mental health of a pre-school child.
02. Why is it important to give a mother protein – rich foods during the pregnancy?
03. Mention **four (04)** factors that influence malnutrition in pre-school children.
04. Explain the difference between active immunity and passive immunity.
05. List **five (05)** reasons, why a nutritious diet is important for a healthy life.
06. What is meant by a 'balanced diet'?
07. Define the term 'Malnutrition'.
08. State **five (05)** steps that you would have to follow when isolating a patient?  
(5 x 8 = 40 marks)

### PART - II

09. i. What is meant by giving first aid? (04 marks)
- ii. a) How can a wound be infected? (02 marks)
- b) How could you recognize an infected wound of a child in a pre-school classroom. Describe briefly by mentioning **four (04)** ways. (04 marks)

- iii. Briefly explain the steps that you would take to administer first aid to an injured child in the pre-school classroom. (10 marks)
10. i. Mention **four (04)** communicable diseases caused by vectors. (04 marks)
- ii. Briefly describe **two (02)** diseases that you have mentioned above. (08 marks)
- iii. Briefly explain **four (04)** steps that you could have taken to reduce communicable diseases caused by vectors. (08 marks)
11. i. State **four (04)** reasons as to why breastmilk is considered to be the best food for a baby? (04 marks)
- ii. Mention **five (05)** factors that should be considered when preparing and appealing a healthy meal for a pre-school child. (05 marks)
- iii. a) Mention **five (05)** nutrients that should be given to a child aged between 1 – 2 years. (03 marks)
- b) Plan a 'day's menu' by including above mentioned nutrients. (08 marks)
12. i. What is a 'deficiency diseases? (04 marks)
- ii. List out **four (04)** deficiency diseases common among the pre-school children and explain **two (02)** of those. (08 Marks)
- iii. List **three (03)** poor eating habits in pre-school children that could affect the developing deficiency diseases and explain **two (02)** such habits. (08 marks)
13. i. State **five (05)** health habits that should be developed among pre-school children. (05 marks)
- ii. Mention **three (03)** areas that should be used when providing a good school environment for the pre-school children and explain two (02) of those. (07 marks)
- iii. Briefly explain **two (02)** areas that you expect to discuss in educating parents to ensure the healthy well-being of pre-school children. (08 marks)