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THE OPEN UNIVERSITY OF SRI LANKA
FACULTY OF EDUCATION
CERTIFICATE IN PRE-SCHOOL EDUCATION PROGRAMME
FINAL EXAMINATION 2019/2020
EPC1238/ESC1138 – HEALTH AND NUTRITION
DURATION – TWO (02) HOURS

Date: 24.06.2023

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. Define the term “Malnutrition”.
02. Mention **three (03)** general principles that should be followed when planning a nutritious balanced meal for a family.
03. Write **three (03)** contagious diseases that are common among young children in Sri Lanka.
04. State **four (04)** functions of Carbohydrates in our body.
05. Write **five (05)** common home accidents that pre-school children would be facing in their homes.
06. State **two (02)** important facts in giving first aid for a child who is in an emergency situation.
07. List names of **five (05)** food items that are placed at the bottom of the food pyramid.
08. Write **three (03)** causes for the spoilage of food.

(05 x 08 = 40 marks)

PART - II

09. Young children in pre-schools acquire good health habits.
- i. Explain **four (04)** good health habits that could be cultivated among the young children in pre-schools. (08 marks)
 - ii. Discuss Teachers' role in developing these good health habits among the young children through activities in a pre-school. (06 Marks)
 - iii. Explain how a teacher could educate parents in developing good health habits among their children. (06 marks)
10. i. Define the term "Food and Nutrition". (02 marks)
- ii. List **six (06)** major nutrients which are contained in food and classify them into **three (03)** categories according to their use in our body. (06 marks)
 - iii. Copy the following table in your answer script and write two sources which contain each of the following vitamins, and state two symptoms for the deficiency of each vitamin. (12 marks)

Vitamin	Sources	Symptoms
Vitamin A		
Vitamin C		
Vitamin D		

11. i. State **three (03)** health practices that should be considered when you are preparing food in your kitchen. (06 marks)
- ii. a. Indicate **three (03)** reasons to explain why food should be cooked. (03 marks)
 - b. Explain **three (03)** factors that we have to pay attention during cooking. (03 marks)
 - iii. Describe a suitable recipe and the procedures you'll take to prepare a healthy and appealing raw vegetable salad. (08 marks)

12. "Breast feeding is a mother's gift herself, her baby and the earth"
- i. By giving **three (03)** advantages that a mother could gain through breast feeding of her baby, explain how it would be a gift for herself. (06 marks)
 - ii. What is complementary feeding? Describe the preparation of complementary food for a baby aged 8-9 months. (08 marks)
 - iii. Describe **three (03)** common mistakes that parents/adults frequently make when they feed their children. (06 marks)
- 13.
- i. Explain what is a "deficiency disease"? (04 marks)
 - ii. Describe symptoms (at least two) of the following deficiency diseases.
(a) Marasmus
(b) Anaemia (08 marks)
 - iii. State **four (04)** features that could be observed in a child with a good nutritional status. (08 marks)

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