



**THE OPEN UNIVERSITY OF SRI LANKA**

**FACULTY OF EDUCATION**

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

**LEVEL - 03**

**FINAL EXAMINATION – 2022/2023**

**EPU3236 – CURRICULUM STUDIES AND PRACTICUM -**

**HEALTH NUTRITION AND SAFETY MEASURES**

**DURATION – TWO (02) HOURS**

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Date: 11.02.2024

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. Explain the concept “Health” in your own words with the help of the definition given by World Health Organization (WHO).
02. List **five (05)** factors that influence the nutritional status of young children.
03. State **five (05)** actions that have to be taken by pre-school/schools to keep and maintain a safe environment for children in their schools.
04. Explain the importance of physical education for children by citing three (03) examples.
05.
  - i. Mention **two (02)** common illness that children can suffer from.
  - ii. Briefly describe **one (01)** of them by giving explanation about the symptoms of and causes for the illness.
06. Explain the **three (03)** characteristics of a well-balanced diet.
07. Provide **four (04)** suggestions to fulfill the nutritional needs of a pregnant mother.
08. Explain **five (05)** gross motor skills that can be observed among the young children.

(5 x 8 = 40 marks)

## **PART – II**

09. i. Briefly explain the term malnutrition. (03 marks)
- ii. Discuss **three (03)** strategies to minimize malnutrition and obesity among young children. (06 marks)
- iii. Suggest **three (03)** strategies to minimize malnutrition and obesity among young children. (06 marks)
- iv. If you have been requested to give an advice for parents on “How to support children to develop good food habits from early childhood” Discuss **five (05)** aspects that you should include in your advice. (05 marks)
10. i. Write **three (03)** main features shown by the children with physical wellbeing. Briefly explain your answers. (06 marks)
- ii. Mention **four (04)** best practices implemented by different organizations and governments to ensure health and physical wellbeing of young children. (04 marks)
- iii. Examine how one of the above-mentioned practices can contribute to the health and physical wellbeing of young children. (04 marks)
- iv. Discuss the importance of paying attention on the health and physical wellbeing of young children. (06 marks)
11. Preschoolers and young children need opportunities to exercise and develop their physical condition.
- i. Discuss the importance of physical activities for young children by citing **three (03)** benefits of physical activities. (06 marks)
- ii. a. Name **five (05)** physical activities that can be conducted at pre-schools for large muscle development of young children. (05 marks)
- iii. “Block play (Building Blocks) often provides opportunities for the development of many areas”
- Justify this statement by citing **three (03)** learning opportunities related to block play that can be used by a teacher to facilitate children’s development in many areas. (06 marks)

12. The care takers and teachers should take pre-cautions to minimize and avoid hazards, injuries, and dangerous situations in school settings.
- i. State **three (03)** common injuries that can happen in the school environment. (06 marks)
  - ii. Discuss the first aid treatment that can be given **two (02)** of the above-mentioned injuries. (06 marks)
  - iii. World Health Organization has introduced global immunization programme to protect children from many preventable diseases.  
Suppose as a teacher you were assigned to deliver a parental awareness speech on “protecting children on preventable diseases”  
Discuss briefly the major aspects that you would include in your speech. (08 marks)
13. Physical activities play a major role in the development of motor skills and movement concepts among young children.
- i. Briefly explain **three (03)** stages of motor skill development. (06 marks)
  - ii. Mention **four (04)** activities of young children that require fine motor skills. (04 marks)
  - iii. Plan **two (02)** activities to develop fine motor skills among preschoolers using integrated approach of teaching. (10 marks)

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