



THE OPEN UNIVERSITY OF SRI LANKA
 FACULTY OF EDUCATION
 BACHELOR OF EDUCATION (HONOURS) IN PRIMARY
 EDUCATION
 LEVEL - 03
 FINAL EXAMINATION – 2023/2024
 EPU3236 – CURRICULUM STUDIES AND PRACTICUM -
 HEALTH NUTRITION AND SAFETY MEASURES
 DURATION – TWO (02) HOURS

Date: 31.05.2025

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. Briefly explain the importance of integrating health, nutrition, and physical education into the pre-school and primary school curriculum.
02. a. Define the term Body Mass Index (BMI) (02 marks)
 b. Dilakshi weights 25 kg and her height is 120cm. Using the appropriate formula, calculate her BMI (03 marks)
03. List **five (05)** characteristics of a well-nourished child.
04. Identify and explain **three (03)** physical benefits and **three (03)** mental benefits that children can gain from participating in physical education programs.
05. What is the primary aim of first aid? Provide a brief explanation.
06. Why should schools prioritize physical activities for young children as part of their overall wellbeing and development?
07. State **three (03)** important factors that parents should consider when planning meals for young children and briefly explain the significance of each.
08. Why is it important for parents to be informed about childhood immunization?

(5 x 8 = 40 marks)

PART – II

09. Explore the development of motor skills in children by addressing the following:
- (a) Describe the **three (03)** phases of motor skill development, providing relevant examples. (05 marks)
 - (b) Differentiate between locomotor and non-locomotor skills, and give examples for each. (07 marks)
 - (c) Explain the importance of movement in promoting children's learning and the development of motor skills. (08 marks)
10. As a teacher, you have been assigned to conduct an awareness programme for parents on the "Nutrition of preschool children".
- (a) Explain **four (04)** key strategies you would encourage parents to adopt during the session, highlighting the importance of each strategy in promoting optimal nutrition for young children. (10 marks)
 - (b) Design appropriate activities that could be implemented during the session to effectively communicate the above strategies to parents. (10 marks)
11. Address the following aspects related to the health and physical wellbeing of young children.
- (a) Define the terms Health and Physical Wellbeing with reference to young children. (05 marks)
 - (b) Describe the key health and physical attributes that contribute to the wellbeing of young children. (07 marks)
 - (c) Discuss two global best practices aimed at promoting the health and physical wellbeing of young children, giving relevant examples. (08 marks)

12. i. Identify the main causes of the following health conditions among young children in Sri Lanka.
- (a) Malnutrition
 - (b) Obesity (06 marks)
- ii. Suggest effective strategies to reduce the prevalence of the following conditions among Sri Lankan children.
- (a) Malnutrition
 - (b) Obesity (14 marks)
13. “Safety in early childhood educational settings is very important”.
- i. Explain the significance of ensuring safety and protection in pre-school and primary school settings. (10 marks)
 - ii. Describe the practical measures that can be implemented to minimize and prevent hazards, injuries, and dangerous situations in these settings. (10 marks)

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