

**THE OPEN UNIVERSITY OF SRI LANKA
DIPLOMA IN YOUTH IN DEVELOPMENT WORK
FINAL EXAMINATION – 2005/2006
SECOND SEMESTER – LEVEL IV
NSD 2112 YOUTH AND HEALTH**



DATE: 25th June 2006

TIME: 1.30pm – 3.30pm

Answer Question 1 and Question 2 and any two other questions

1. Answer briefly the following:

- (a). Describe how you would plan a programme of health education with the minimum available resources to improve the health practices of the people.
(7 marks)
- (b). How would you involve youth in health promotion and disease prevention activities in the control of dengue epidemic in your locality?
(7 marks)
- (c). What is Primary Health Care and how can youth get involved in this work?
(7 marks)
- (d). What are the four categories of services for young men and women that the Commonwealth Youth Programme recommends?
(4 marks)

2. Nutrition education is an important area for youth in development work. In this context, answer the following questions:

- (a) State as to what functions are performed by Protein in a diet and list six (06) food sources from which it can be obtained.
(7 marks)
- (b) Provide a list of vitamins according to their solubility.
(5 marks)
- (c) Who is a lacto vegetarian and how would you advice such a person to plan his or her diet?
(5 marks)
- (d) As a youth, how would you organize the community to grow their own vegetables and fruits in their gardens in the rural areas?
(8 marks)

3. (a) Briefly list the social and economic benefits that can be obtained through education on contraceptives. (8 marks)
- (b) List the contraception methods that you learnt from this module. (5 marks)
- (c) Briefly discuss the reasons for termination of pregnancy (5 marks)
- (d) What measures can you take as a youth worker in the prevention and management of unsafe abortion? (7 marks)
4. Discuss briefly the following.
- (a) List the common Sexually Transmitted Diseases treated in Sri Lanka. (7 marks)
- (b) Who are the most likely persons to contract sexually transmitted diseases? (7marks)
- (c) Why is it necessary to educate the youth about sexually transmitted diseases? (7 marks)
- (d) What are the four ways in which HIV / AIDS spread? (4 marks)
5. (a) List the problems associated with alcohol and drug abuse and explain how it affects the youth. (6 marks)
- (b) As a youth worker how would you target the youth in your area and educate them about alcohol and drug abuse ? (6 marks)
- (c) Briefly outline a day's programme for school children about smoking and its after effects. (7 marks)
- (d) What institutions/ organizations would you approach for assistance to organize promotional activities for youth to minimize smoking? (6 marks)