

**THE OPEN UNIVERSITY OF SRI LANKA
CERTIFICATE IN PRE-SCHOOL EDUCATION
FINAL EXAMINATION – 2007
ESC 1127/ESC 1138 – HEALTH AND NUTRITION**



DURATION : TWO (02) HOURS

DATE : 10th June 2007

TIME : 1.30 p.m. – 3.30 p.m.

ANSWER FOUR (04) QUESTIONS ONLY.

01.
 - i. Describe the term Food and Nutrition.
 - ii. Describe the importance of nutrition on health.

02.
 - i. Write two physiological and two social functions of food.
 - ii. State the important principles which should be kept in mind when planning a balanced diet or meal.

03.
 - i. Write five measures in minimizing loss of nutrients and flavours in food preparation.
 - ii. State six advantages of breast feeding.

04.
 - i. What are the important factors to be consider in attending to day to day clothes of pre school children.
 - ii. Draw a suitable dress pattern for a pre school girl who is attending a pre school.

05. i. Explain the terms “Active and Passive” immunity.
- ii. Write a paragraph on “Health is wealth”
06. i. What first aid would you give your little brother who has spilt kerosene oil from a bottle lamp on his body accidentally?
- ii. State the aims and responsibilities of a first aider.

- Copyrights reserved -