

**Royal University of Bhutan**  
**Paro College of Education**  
**Spring Semester, Examination 2021**

**Module:** EAS306 (Health and Nutrition)    **Programme :** Diploma (ECCD)    **Level :** III  
**Full Marks:** 100    **Writing Time:** 3 Hours

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**Instructions:** You will get 15 minutes to download the questions, 15 minutes for reading the questions, full three hours for answering the questions and 30 minutes for uploading the answers on VLE. Read the directions to each section and each question carefully before answering the questions.

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**Instructions:** There are **ELEVEN** questions. Choose and answer any **TEN** questions. All the questions carry equal marks.

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**Question 1**

Define the following terms. (5x2=10)

- Discretion choices
- Food pyramid
- Anaphylaxis
- Osteoporosis
- Food additives

**Questions 2**

How will the following factors affect the health of a child? Explain. (4x2.5=10)

- Environmental factors
- Social factors
- Cultural factors
- Economic factors

**Question 3**

- a. What kind of signs and symptoms one may experience, if an individual is allergic to a particular food? (5)
- b. Name five body parts that will be affected by Anaphylaxis. (5)

**Question 4**

- a. Why is it important to develop and implement a safety guideline for children in the ECCD centers? (5)
- b. “Physical health alone is not everything” *Anonymous*. Critically examine the given statement and justify your understanding of it. (5)

**Question 5**

What remedies can a child care provider provide for the following dental emergencies of children in the Centre? (5x2=10)

- Knocked out tooth
- Broken tooth
- Bitten tongue or lip
- Toothache
- An object caught between teeth

**Question 6**

“Hands are the main pathways of germ transmission. Hand hygiene is therefore the most important measure to avoid the transmission of harmful germs and prevent health care associated infections”. (World Health Organization)

Based on the above statement, answer the following questions (a) and (b).

- a. How can you facilitate and inculcate good hand washing habits and correct technique in your children at the ECCD centre? (6)
- b. What are the four common health problems related to poor diet for children in the Bhutanese context. (4)

**Question 7**

How does the triple burden of malnutrition harms children, adolescents and women? Explain. (4x2.5=10)

**Question 8**

- a. Why do childcare providers have a key role to play in introducing children to a wide variety of foods and establishing a pattern of regular meals and healthy snacks? (5)

“Learning about one’s body and the family’s lifestyle is vital today, as many young children and adults have less-active bodies but more-active stomachs”. (Centers for Disease Control and Prevention)

- b. Based on the above statement, how can you help children to develop healthy eating habits? (5)

**Question 9**

- a. Explain five ways to handle perishable food safely as per the recommendation provided by the Government of Newfoundland and Labrador. (5)
- b. What is the difference between whole grain and refined grain? (2x2.5=5)

**Question 10**

- a. Explain three important functions of food. (6)
- b. What would be the consequences, if children aren’t very active physically? (4)

**Question 11**

- a. Name five most common acute illnesses that the children experience in the ECCD Centers. (5)
- b. What are five things that should be considered when providing food to young children? (5)