

Spring Semester Examination 2019
Paro College of Education
Royal University of Bhutan, Paro

Module: EAS306 Health and Nutrition

Programme: DECCD

Level: III

Writing Time: Three Hours

Full Marks: 100

DIRECTION

Do not write during the first 15 minutes. Use this time for reading the questions. You will get full three hours for answering the questions. Write the answers to all the questions in the answer sheets provided by the college. Read the directions to each section and to each question carefully before answering the questions. Once the writing time begins, you are not allowed to ask questions, speak with others, or move around. Do not leave the examination hall before you are certain that all the questions, as directed in the paper, have been answered.

SECTION A

Two Questions- 20 Marks

Answer ALL Questions

QUESTION 1

Direction: Each question below is followed by four responses. Choose the response that best fits the given question and write it in the answer sheet provided. (1x10=10 marks)

- a) This food group is the body's main source of energy.
 - A. Fats.
 - B. Proteins.
 - C. Carbohydrates.
 - D. Fruits and Vegetables.

- b) Which of the following is a fat soluble vitamin?
 - A. Vitamin C
 - B. Vitamin D
 - C. Vitamin B
 - D. Vitamin A

- c) The milk, cheese and yogurt are important for _____.
 - A. brain.
 - B. heart.
 - C. lungs.
 - D. strong bones.

- d) Protein is found in meat and we need it for healthy muscles. Which of these foods typically contains the most protein?
- A. Breakfast cereal.
 - B. Chicken sandwich.
 - C. Potato Chips.
 - D. Brown rice.
- e) Unsaturated fat is in the form of _____ at room temperature.
- A. gas
 - B. solid
 - C. liquid
 - D. vapour
- f) How many calories of energy does a gram of carbohydrate provide?
- A. 4 Calories.
 - B. 5 Calories.
 - C. 6 Calories.
 - D. 7 Calories.
- g) Which category does Legumes belong in the Food Guide Pyramid?
- A. Fruit/vegetable.
 - B. Bean/bread.
 - C. Meat/protein.
 - D. Bread/cereal.
- h) Which among these are bad for our heart health?
- A. Saturated fats
 - B. Mono unsaturated fats
 - C. Poly unsaturated fats
 - D. Omega 3 and Omega 6 fatty acids
- i) Which of the following is an example of child in the period of early childhood?
- A. An excitable five-year-old.
 - B. A ten-year-old whose world view is expanding
 - C. A seven-month-old who is beginning to eat baby food.
 - D. A fourteen-year-old who is about to finish middle school.
- j) Which of these is NOT considered a nutrient?
- A. Fats.
 - B. Fiber.
 - C. Mineral.
 - D. Vitamins.

QUESTION 2

Direction: Match the following. Write the correct letter from Column B against the number in Column A in your answer sheet. [2 x 5=10]

Column A	Column B
1. Tooth Decay	A. wipe instead of rinsing.
2. Plaque removal	B. dedicated to the oral health of children.
3. Fluoride	C. use water and soft cloth to clean the teeth.
4. After age 3	D. use pea size fluoridated toothpaste.
5. Until age 3	E. rebuilds dental enamel & reverse early tooth decay.
6. Alcohol-based hand rubs	F. clean your gum thoroughly.
7. Washing your hands regularly	G. occurs when foods containing carbohydrates (sugars and starches) are left on the teeth.
8. Hand hygiene	H. prevent the spread of illness, including colds and flu.
9. Tooth paste after brushing	I. the single most effective measure to reduce healthcare-associated infections.
10. Pediatric dentists	J. kill bacteria.
	K. prevent gum (periodontal) disease.

SECTION B

Four Questions -80 Marks

Directions: From the **FIVE** questions, choose any **FOUR** and write answers in the answer sheet provided.

QUESTION 3

‘Eating is so basic to life and health. As ECCD caregivers, we are keen to get it right in giving our children the best possible start in life.’ In relation to this statement answer the following;

- How were some of the challenges you faced with children while you fed or while they ate resolved?
- What were some of the motivations and strategies that you used to help them eating?
- How did you involve parents in resolving issues with fussy eaters?
- What are the challenges of dealing with Bhutanese parents when it comes to children’s food and nutrition?

[4 x 5 = 20]

QUESTION 4

Many programs overseas have been successfully implementing tooth brushing programme for years without an increase in childhood illness or infection. For some children, this has been their first exposure to tooth brushing; and it has led some families to adopt new and better oral health routines at home.

- a. Present some of the initiatives that you have carried out in your ECCD Centre for the dental health care of your children.
- b. Explain the correct teeth brushing procedures with illustration? [10+10=20]

QUESTION 5

Hands are the main pathways of germ transmission during health care. Hand hygiene is therefore the most important measure to avoid the transmission of harmful germs and prevent health care-associated infections.

- a. How do you facilitate and inculcate good hand washing habits and correct technique in your children at the ECCD Centre?
- b. Plan and present a hand washing day that you wish to conduct for your children and parents in your ECCD Centre) [10+10=20]

QUESTION 6

Using the information you learnt about nutrients during the residential school, identify the main nutrients in each of the food group and narrate the evidence of each food category in the daily intake of food by children in your ECCD Centre; lack of the main nutrients in each food group may also be reflected in your write-up; write a paragraph each corresponding to nutrients in each of the food group mentioned below; [5 x 4 =20]

- a. Bread, rice, pasta and other starchy foods.
- b. Fruit and vegetables.
- c. Milk and dairy foods.
- d. Meat, fish, egg, beans and other non-diary sources of protein.
- e. Foods and drinks high in fat and/or sugar.

QUESTION 7

By the time children come to an ECCD center the young child's desire for foods may be influenced by other children and well-liked relatives or educators. These important people can help strengthen children's healthy eating habits and shared eating experiences.

- a. Discuss on how the young child's desire for foods may be influenced by other children in their class, parents and caregivers like you.
- b. Explain in detail on how you have educated the parents in fostering healthy eating habits in your children. [12+8=20]