

**FINAL EXAMINATION****BACHELOR OF EARLY CHILDHOOD EDUCATION (HONOURS)**

COURSE : CHILDREN'S HEALTH, NUTRITION AND SAFETY

COURSE CODE : ECC2013

DURATION : 3 HOURS

INSTRUCTIONS TO CANDIDATES:

1. This question paper consists of **THREE (3)** parts : PART A (10 questions)
: PART B (8 questions)
: PART C (2 questions)
2. Answer **ALL** questions from PART A, PART B and PART C.
 - i. Answer PART A in the Objective Answer Sheet.
 - ii. Answer PART B and C in the Answer Booklet Provided.
3. Please check to make sure that this examination pack consists of:
 - i. The Question Paper
 - ii. An Answer Booklet
 - iii. An Objective Answer Sheet
4. Do not bring any material into the examination hall.
5. Please write your answer using permanent ink.

MYKAD/**PASSPORT NO :** _____**ID. NO. :** _____**LECTURER :** _____**SECTION :** _____

DO NOT OPEN THIS QUESTION PAPER UNTIL YOU ARE TOLD TO DO SO

This question paper consists of 5 printed pages including the front page.

PART A: MULTIPLE CHOICE

Answer ALL questions.

1. What nutrient is crucial for brain growth during early childhood?
 - A. Iron
 - B. Calcium
 - C. Vitamin D
 - D. Omega-3 Fatty Acids

2. What is the recommended daily amount of physical activity for children aged 3 to 5 years?
 - A. 30 Minutes
 - B. 60 Minutes
 - C. 90 Minutes
 - D. 120 Minutes

3. What is the primary role of an early childhood educator regarding children's safety?
 - A. To ensure emotional support
 - B. To provide academic instruction
 - C. To organise extracurricular activities
 - D. To monitor and prevent potential hazards

4. Which of the following is a common sign of food allergies in children?
 - A. Weight gain
 - B. Improved sleep
 - C. Increased appetite
 - D. Swelling of the face

5. Which of the following practices can help prevent the spread of illness in a childcare setting?
 - A. Reducing snack time
 - B. Regular hand washing
 - C. Minimising outdoor play
 - D. Allowing children to share food

6. What is the recommended maximum screen time for children aged 2 years and below according to health guidelines?
 - A. 1 hour per day
 - B. No screen time
 - C. 2 hours per day
 - D. 30 minutes per day

7. Which of the following foods is considered a healthy snack for young children?
- A. Potato chips
 - B. Gummy bears
 - C. Sugary cereal
 - D. Whole-grain crackers
8. What is the best way for early childhood educators to engage with parents about their child's health and nutrition?
- A. By sending email annually
 - B. Through monthly newsletters
 - C. By daily update via WhatsApp
 - D. By having parent-teacher meetings
9. Which of the following strategies can help children develop healthy eating habits?
- A. Encouraging family meals
 - B. Restricting all sweets and treats
 - C. Ignoring children's food preferences
 - D. Forcing children to eat certain foods
10. In the event of a medical emergency, what is the first step an educator should take?
- A. Administer first aid
 - B. Call the child's parents
 - C. Call emergency services
 - D. Wait for the situation to improve

(TOTAL: 10 MARKS)

PART B: SHORT STRUCTURED

Answer ALL Questions

1. Identify **TWO (2)** important reasons for promoting a healthy lifestyle in a childcare center.

(4 marks)

2. Describe **TWO (2)** suitable practices that encourage nutritious eating among children.

(4 marks)

3. Explain **TWO (2)** strategies for introducing new foods to children.

(4 marks)

4. Describe **THREE (3)** levels of solid food intake for supporting children's growth and development.

(6 marks)

5. Determine the **THREE (3)** important of breastfeeding.

(6 marks)

6. As a teacher, explain **THREE (3)** actions to manage a disease outbreak in a preschool.

(6 marks)

7. Emergency aid is immediate and temporary assistance provided to a person or child who is injured, suddenly fall ill, or experiences a medical emergency. Identify **FIVE (5)** purposes of emergency aid for the children.

(10 marks)

8. Providing a safe environment is essential for every childcare center. Thus, determine **FIVE (5)** ways in improving childcare and kindergarten safety.

(10 marks)

(TOTAL: 50 MARKS)

PART C: LONG ESSAY

Answer ALL questions.

Question 1

Energy is fundamental to a child's growth, development, and daily activities. Elaborate **FIVE (5)** key nutrients that provide energy for children with example.

(20 marks)

Question 2

Children with special needs may require a tailored diet to accommodate medical conditions, developmental challenges, and sensory preferences. Create a full one-day meal plan, including breakfast and lunch, that meets their special dietary requirements.

(20 marks)

(TOTAL: 40 MARKS)

(TOTAL: 100 MARKS)

END OF QUESTION PAPER

