

**INTERNATIONAL TRAINING COLLEGE - LINGUA**

*Towards Educational Excellence*

*NCFE Reg. No: R0014*

*NQA Accreditation No: 000244*



**DEPARTMENT OF EDUCATION**

**MAJOR TEST 1**

**MARCH 2023**

**EXAMINER: DR NIIPARE**

**QUALIFICATION : DIPLOMA IN EARLY CHILDHOOD DEVELOPMENT ( L5)**

**YEAR 1 : DIPLOMA IN EARLY CHILDHOOD DEVELOPMENT ( L5)**

**COURSE/SUBJECT : PROMOTE HEALTH DEVELOPMENT IN ECD PROGRAMME  
(L5&6)**

**DURATION : 1 HOUR**

**TOTAL MARKS : 50 MARKS**

**INSTRUCTIONS**

- ❖ Write your name and student number in the space provided.
- ❖ Answer all questions in the space provided below.
- ❖ Write neatly and clearly
- ❖ All Cell phones must be switched off during exam sessions

Student Name : \_\_\_\_\_

StudentSurname: \_\_\_\_\_

StudentNumber: \_\_\_\_\_

Date: \_\_\_\_\_

## ANSWER ALL QUESTIONS

### Question 1

(10 Marks)

Indicate whether each of the following statement is True or False in the spaces provided.

1.1	Early childhood is an ideal time to promote healthy habits	
1.2	A healthy tip that can be given to parents is to swap yoghurt for ice cream	
1.3	Poor nutrition can have an effect on the development of a child.	
1.4	Children can grow healthy even without eating vegetables	
1.5	Hand washing is the most important method to prevent chest and stomach infections.	
1.6	Children under 2 months do not show allergic reaction to certain foods	
1.7	All children get over their allergies by the age of 12 years	
1.8	Incorporating physical activities in learning programs does not promote any healthy development for children	
1.9	Sweeteners that are found in certain drinks are not good for children	
1.10	Good nutrition plays an important role in boosting the immune system	

**Question 2**

**(6 Marks)**

2.1 Define the following terms:

a. Health

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b. Safety

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c. Nutrition

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**Question 3**

**(10 Marks)**

Discuss any five (5) components that promote a good healthy environment

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**Question 4**

**(4 Marks)**

Explain why nutrition is important to human life.

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**Question 5**

**(5 Marks)**

Food Poison is a sickness people get from something they ate or drank. With this, name the common symptoms

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