

Social and health issues

SECTION B

1. Explain four physiological factors that might influence food choices for the pre-schoolers.
2. State three physiological importance of food in life of pre-schoolers.
3. State and explain three reasons why you would encourage your pre-schoolers to take in a lot of water.
4. What six managerial measures would you adopt to prolong the life span of your first aids kits?
5. List and explain six appropriate means which you can employ to develop desirable expressions of feeling in your pupils.
6. Identify the four steps that can be used for behaviour modeling.
7. Suggest four reasons by which the school - community must collaborate to promote environmental health and sanitation in your school.
8. Outline two causes and preventive measures each of malaria infection.
9. Outline three consequences each of the following social skills;
 - a. good social skills
 - b. poor social skills
10. Suggest four reasons why it is important for pre-school teachers to have knowledge on nutrition.
11. Suggest two modes of transmission each for the following common diseases;
 - a. intestinal infection
 - b. congenital diseases
12. Outline five reasons why pre-school educators need education on common diseases among pre-school children.
13. Describe five actions schools need to take to build a healthy school environment.
14. State five environmental management strategies to adopt as a pre-school head to protect, conserve and sustain the various elements of the school environment.
15. Identify two signs and symptoms for each of the following diseases that affect pre-school children (intestinal infection, respiratory tract infection and malaria).
16. For each of the diseases named in the above question, mention two measures to

prevent their effects on the pre-school children.

17. Explain four critical reasons for having structured program for growing children in an institution of learning.
18. What five characteristics distinguish pre-school children from other developing children?
19. Identify six health challenges that confront children with poor nutrition.

Section A

1. Which one of the following attribute does not describe the condition of growth among pre-school children?
a. developing b. increasing c. maturing d. thinking
2. The ability of the pre-school child to exhibit the same behaviour and attitude repeatedly is referred to as...
a. effectiveness b. efficiency c. consistency d. repetition
3. The following individuals are involved in promoting emotional wellbeing and healthy expression of the pre-schoolers' feeling except...
a. caregivers b. parents c. peers d. teachers
4. The temperaments of the pre-school child are used to help in understanding one of of the child.
a. attitude b. knowledge c. personality d. skills
5. The following are first crises responses to support pre-school children are raped except...
a. arrange for medical care
b. ensure the safety of the victim
c. ensure that the culprit is given instant justice
d. report the issue to the proper authority
6. Which one of the following is the procedure for giving first aid to a pre-school child who suffers from burns?
a. avoid opening blisters

- b. cool the legs with water
 - c. cover the affected area
 - d. pull cloths adhered to legs
7. Which one of the following first aid kits is needed by a first aider to administer first aid to a pre-school child who sustained fracture?
- a. artery forceps
 - b. gauze pads
 - c. slings
 - d. splints
8. The following nutrients are energy giving nutrients except...
- a. carbohydrates
 - b. fats & oils
 - c. proteins
 - d. vitamins
9. Which of the following vitamins would you suggest to a parent whose child is suffering from poor bone formation?
- a. A
 - b. D
 - c. E
 - d. K
10. The following health conditions are caused by malnutrition except...
- a. anaemia
 - b. goiter
 - c. hernia
 - d. rickets
11. What is the name of the end product nutrient pre-schoolers obtain from protein?
- a. amino acid
 - b. fatty acid
 - c. glucose
 - d. glycerol
12. Which of these vitamins result in poor formation of bones and teeth in infants?
- a. vitamin A
 - b. vitamin B
 - c. vitamin C
 - d. vitamin D
13. Which one of these in the school setting promotes consistency in the life pre-schoolers?
- a. daily singing
 - b. games and play
 - c. morning assembly
 - d. tangible reinforces
14. The following are environmental management strategies in the pre-school except...
- a. burning of refuse
 - b. conservational practices
 - c. protecting landscape
 - d. sustainable practices
15. Chewing ginger or drinking ginger tea results in intestinal infection.

True or False

16. Onset of symptoms of respiratory tract infection usually begins 1 – 3 days after exposure to microbial pathogen.

True or False

17. The child needs fewer calories but relatively more protein and mineral for physical growth.

True or False

18. In young children, anaemia and paleness can begin within a day or two when affected by malaria.

True or False

19. Avulsions may affect soft tissue and torn edges of a body.

True or False

20. The school environment which has all things working in harmony is known as.....

21. Two ways to best educate on ensuring a conducive environment are

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22. What is the best way to prevent the outbreak of respiratory tract infection among school children?

23. Which group of diseases is a threat to physical growth of children?

24. Which area of development influences food attitudes, behaviour patterns and habits.

25. How do we call the third stage of growth in human life?

26. Why should a small quantity of food be served at a time to children?

27. The two needs of the body that food satisfies are

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28. What two nutrients do children obtain when they eat fruits and vegetables?

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29. The use of structured approach in pre-school requires that pre-schoolers are rigidly controlled.

True or False

30. It takes many years for pre-school children to learn desirable ways to express strong emotions and interact appropriately with others.

True or False

31. The growth of pre-school children varies in different environment and seasons.

True or False

32. Pre-school children who are introverts are quiet and tend to be alone most of the time.

True or False

33. An ambivert pre-school child exhibits both the characteristics of the extrovert and introvert children.

True or False

34. Goiter can be prevented among pre-school children who are given a lot of vitamin A in their diet.

True or False

35. Minerals are considered macro nutrients that help pre-school children to grow faster.

True or False

36. At childhood, children have little or no appetite for food and parents who are aware of this are relaxed.

True or False

37. The main psychological development task during infancy is establishment of trust and distrust.

True or False

38. Most of viral respiratory infections spread when pre-school children come into contact with animal droppings.

True or False

39. A healthy school environment requires the involvement of virtually only the head and few staff.

True or False

40. Breast milk helps protect the child against diarrhea and many infections.

True or False

41. Congenital herpes may be acquired by the baby as it passes through the mother's birth canal.

True or False

42. Emphasis should be on punishing negative behaviours during social skills intervention.

True or False

43. Deficiency of vitamin B1 may lead to a condition called beriberi in children.

True or False

44. First aid administered to a pre-schooler helps treat adverse condition.

True or False

45. When there is a casualty, the first aider should wait until the victim is moved to a conducive place before administering care.

True or False

46. One means by which pre-schoolers can be helped to express themselves and master challenges is

47. What is the best action to stop bleeding sustained at the forehead by a pre-schooler?

48. Which first aid kit would you use to remove old dressing material from a wound sustained by your pupil?

49. When should children who engage in pro social behaviours be rewarded?

50. The two nutrients classified as protective and regulatory nutrients are called

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51. All the following are types of bleeding except...
- a. arterial b. capillary c. hemorrhage d. venous
52. All the following are social factors that affect food choices of pre-schools except...
- a. advertisement b. allergy c. culture d. education
53. Which open wound is mostly sustained by pre-schoolers?
- a. avulsion b. abrasion c. laceration d. punctured
54. Malaria in Ghana is mainly caused by plasmodium...
- a. falciparium b. malariae c. ovale d. vivax
55. Under which of these diseases be bilhazia be classified?
- a. digestive diseases
- b. gastro enteritis diseases
- c. respiratory infection
- d. schistomiasis diseases
56. Which of the following group of people are especially vulnerable as far as malnutrition is concerned?
- i. children ii. convalescents iii. elderly iv. Infants v. pregnant women
- a. I and II b. I, II, III and IV c. I, III, IV and V d. I, II, III, IV and V
57. Which of the following is not a technique to be used to encourage desirable of feelings?
- a. cooperation and competition
- b. praise and blame
- c. pleasure and pain
- d. reward and promotion
58. Which of the following skills can be classified as survival skills?

- a. asking for permission
 - b. asking for help
 - c. deciding what to do
 - d. rewarding yourself
59. Which of the following cannot be classified as a consequence of social skills imparted on safety?
- a. anger management
 - b. active listening
 - c. conflict management
 - d. poor academic output
60. Which nutrient is usually present in the body of a new born child at birth?
- a. calcium
 - b. iodine
 - c. iron
 - d. sodium
61. Which one of the following nutrients is not an energy giving nutrient?
- a. carbohydrates
 - b. fats & oil
 - c. minerals
 - d. protein
62. Factors that influence food choices can be classified into how many groups?
- a. five
 - b. four
 - c. six
 - d. three
63. Young children usually learn appropriately through...
- a. giving gifts
 - b. punishment
 - c. repetition
 - d. taking turns
64. Which one of the following is not a way to shape anti-social behaviours?
- a. consistency
 - b. directions
 - c. firm – redirection
 - d. modeling
65. Which one of the following is not suitable for a pre-schooler to perform to promote environmental health and sanitation in schools?
- a. proper disposal of refuse
 - b. picking of pure water sachet
 - c. removal of cobwebs
 - d. weeding of the school compound

66. All these are intestinal infection except...

- a. cholera b. dysentery c. neonatal disease d. thyphoid

67. Routines are established early in life of pre-schoolers.

True or False

68. It takes individuals few days to learn appropriate ways to express emotions and interact appropriately with others.

True or False

69. Malnutrition is one of the agents that affect the physical growth of pre-schoolers.

True or False