

## ALLAMA IQBAL OPEN UNIVERSITY, ISLAMABAD

### WARNING

1. PLAGIARISM OR HIRING OF GHOST WRITER(S) FOR SOLVING THE ASSIGNMENT(S) WILL DEBAR THE STUDENT FROM AWARD OF DEGREE/CERTIFICATE, IF FOUND AT ANY STAGE.
2. SUBMITTING ASSIGNMENT(S) BORROWED OR STOLEN FROM OTHER(S) AS ONE'S OWN WILL BE PENALIZED AS DEFINED IN "AIOU PLAGIARISM POLICY".

**Course:** Health, Safety and Nutrition in Early Years (8290)      **Semester:** Autumn, 2026  
**Level:** BS ECCE

**Please read the following instructions for writing your assignments.  
(AD, BS, BEd, MA/MSc, MEd) (ODL Mode)**

1. All questions are compulsory and carry equal marks, but within a question, the marks are distributed according to its requirements.
2. Read the question carefully and then answer it according to the requirements of the question.
3. Avoid irrelevant discussion/information and reproducing from books, study guide or allied material.
4. Handwritten scanned assignments are not acceptable. However, the students who attempt their assignments in Urdu/Arabic may upload a scanned copy of their handwritten assignments (in PDF format) on the University LMS. The size of the file should not exceed 5 MB.
5. Upload your typed (in Word or PDF format) assignments on or before the due date.
6. Your own analysis and synthesis will be appreciated.
7. Late assignments can't be uploaded at LMS.

**Total Marks:** 100

**Pass Marks:** 50

### ASSIGNMENT No. 1 (Units 1–5)

- Q.No. 1** Define child wellbeing. Discuss the nature of a child's wellbeing in detail. What are the key indicators of child wellbeing? Explain the relationship between mental wellbeing and mental health. **(20)**
- Q.No. 2** What is meant by assessing children's health? Describe the different phases of the early years of a child's life. Discuss the growth and development issues of a child. Differentiate between heredity and environmental factors affecting child development. **(20)**

- Q.No. 3** Write a detailed note on caring for children with special medical conditions. Discuss discrimination against special children. Describe the various ways of caring for special children, including feeding, sleeping, potty training, and dealing with challenging behavior. **(20)**
- Q.No. 4** What is a high-quality environment in early childhood education? Explain the three components of early childhood environments: physical environment, social environment, and temporal environment. What does a high-quality environment look like in an early childhood setting? **(20)**
- Q.No. 5** Define safety management in schools. Discuss in detail the infrastructure requirements for ensuring the safety and security of children in schools. Also explain the roles and responsibilities of teachers in safeguarding children. **(20)**

**Total Marks: 100**

**Pass Marks: 50**

## **ASSIGNMENT No. 2**

**(Units 5–9)**

- Q.No. 1** What is child maltreatment? Discuss the historical evolution of child abuse and neglect. Explain the different types of abuse and neglect, including physical abuse, emotional/verbal abuse, sexual abuse, physical neglect, and emotional/psychological neglect. Also describe their signs and symptoms. **(20)**
- Q.No. 2** Explain the dynamics of abuse and neglect. Discuss the characteristics of abusive/neglectful adults. What is the role of a teacher in early identification and reporting of child abuse and neglect? Differentiate between safeguarding, prevention, and protection of children with examples. **(20)**
- Q.No. 3** What is the importance of breastfeeding in Islam? Discuss the nutritional composition of breast milk, including fats, carbohydrates, proteins, vitamins, minerals, and anti-infection factors. Describe the benefits of breastfeeding for both baby and mother. **(20)**
- Q.No. 4** Define meal planning. Discuss the importance of planning and serving nutritious and economical meals for children. What are the issues related to unplanned and innutritious meals? Provide practical suggestions for developing good eating habits in children. **(20)**
- Q.No. 5** What is nutrition education? Discuss the rationale behind the importance of nutrition education in early childhood. Explain the concept of nutrition education and its effectiveness in improving children's health and eating behaviors. How can technology be used in nutrition education? **(20)**