



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category A by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with A+ Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Education Degree Examination – July 2020
IV Semester

Class: II B.Ed. / 2016 Batch (R)

Time : 2 Hours
Max. Marks : 50

18BEDC10 / 15BEDC13 Education for Health and Nutrition

Course Outcomes:

- CO1: Develop the ability to use various methods and techniques for teaching health education
CO2: Design individualized eating plans utilizing diet planning principles and the Food Guide Pyramid
CO3: Acquaint the students with ways and means to protect our environment
CO4: Practice Yoga to enhance abilities of body and mind
CO5: Describe how nutrition and lifestyle choices impact the life cycle.

Part A **10 x 1 = 10**
Choose the Correct Answer

1. According to WHO, 'Health is' CO1 K2
a. absence of disease b. absence of infirmity
c. management of illness d. physical, mental and social wellbeing
2. The food group which is at the top of the pyramid is CO2 K2
a. meat b. fruits
c. cereals d. fats
3. Pellagra is caused due to the deficiency of CO2 K1
a. Thiamine b. Niacin
c. Pyridoxine d. Biotin
4. A garden maintained in urban houses has CO3 K1
a. economic value b. aesthetic value
c. both 'a & b' are correct d. both 'a & b' are in correct
5. Select the biodegradable waste from the following: CO3 K2
a. Plastic b. Vegetable peel
c. Glasses d. Aluminium cans
6. We can live green by using more of the following: CO3 K1
a. Bottled water b. Plastic
c. Cloth d. Electricity
7. Which of the following is a non- toxic household product? CO3 K1
a. Napthalene b. Baking soda
c. Paint d. Furniture polish
8. This is the benefit of pranayama. CO4 K2
a. It purifies blood b. It exposes knowledge
c. It calms the mind d. It inculcates detachment
9. The food rich in monounsaturated fat is CO5 K1
a. butter b. cheese
c. lard d. vegetable oil
10. The best time for 'Suryanamaskar' is CO4 K1
a. early morning b. mid day
c. evening d. after food

Part B**3X6=18**

Answer any three of the following
Each answer should not exceed 400 words or two pages

11. How would you promote hygiene in schools? C01 K3
12. Explain the factors causing ill health. How will you overcome them? C01 K2
13. Draw the food guide pyramid and explain its usage. C02 K2
14. Bring out the functions of proteins. How will you promote your protein intake? C02 K2
15. Write about some commonly used harmful household products. What safety measures would you adopt? C03 K2
16. Explain the merits of urban gardening. How will you maintain a kitchen garden? C03 K2
17. Explain the techniques of pranayama. C04 K2
18. How does yoga contribute to health? Explain with examples. C04 K2
19. What type of snacks is bad for health? How does it affect health? C05 K2
20. Explain the use of 'good fat' and 'bad fat'. C05 K3

Part C**2X11=22**

Answer any two of the following
Each answer should not exceed 800 words or four pages

21. Explain the interdependency of various dimensions of health. C01 K2
22. Do you feel health education is important in schools? Why? What components would you include for health education? C01 K4
23. Point out the importance of balanced diet. How will you use basic five groups in preparing a balanced diet? C02 K2
24. Explain the functions of food. Mention the B - complex vitamins, their functions and deficiency diseases. C02 K2
25. What are the sources of water? How would you ensure safety of water for drinking purposes? C03 K2
26. Write an essay on 'Sustainable foods'. C03 K2
27. Explain the science of yoga. C04 K3
28. Write about the various streams of yoga. C04 K2
29. "All carbohydrates are good for health"- Do you agree with this statement? Justify your response. C05 K5
30. How can body weight be controlled? Why is it essential? C05 K3
