

**Avinashilingam Institute for Home Science and Higher Education for Women  
(Deemed to be University) Coimbatore – 641 043**

Bachelor of Education Degree Examination – April 2019

IV Semester

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

Time: 3 Hrs

Max. Marks: 100

**17BEDC10/15BEDC13 Education for Health and Nutrition**

**Part – A**

**10 X 1 = 10**

**Choose the Correct Answer**

1. Select the socio economic condition affecting the health of a person
  - a. income
  - b. heredity
  - c. exercise
  - d. sleep
2. Health education method is useful for children through,
  - a. Discussion
  - b. Lectures
  - c. Role play
  - d. Radio program
3. Omega '3' fatty acid intake can be increased by taking in
  - a. vegetables
  - b. fruits
  - c. eggs
  - d. fish
4. Minerals that help in maintaining fluid balance in the body
  - a. Iron and Iodine
  - b. Calcium and Phosphorus
  - c. Sodium and Potassium
  - d. Chlorine and Fluorine
5. Environment friendly method of disposing waste is
  - a. Recycling
  - b. Incineration
  - c. Disposal in Oceans
  - d. Land filling
6. Global warming can be reduced by increasing
  - a. vehicle usage
  - b. electricity consumption
  - c. the number of trees
  - d. use of electronic devices
7. Path of will power is
  - a. Raja yoga
  - b. Karma yoga
  - c. Bhakthi yoga
  - d. Jnana Yoga
8. To attain stable condition in both mind and body after yoga this is preferred
  - a. meditation
  - b. sleep
  - c. rest
  - d. walking
9. Identify the good carbohydrate from below
  - a. white bread
  - b. white rice
  - c. cane sugar
  - d. whole wheat
10. A person with celiac disease should avoid
  - a. amino acid
  - b. fatty acid
  - c. gluten
  - d. starch

**Part – B**

**5 X 6 = 30**

**Answer the following questions**

**Answer should not exceed 400 words or two pages**

11. a. Explain the importance of Health. How will you achieve good health ?  
(or)
11. b. What are the approaches to health education ?
12. a. Explain the importance of balanced diet. How will you formulate a balanced diet ?  
(or)
12. b. Elaborate on the causes, symptoms and treatment of Iron Deficiency Anaemia.
13. a. Write a note on 'Sustainable foods'.  
(or)
13. b. Discuss the methods of purification of water. What is the need for it ?
14. a. Mention the four streams of yoga. Briefly describe each of them.  
(or)
14. b. Is yoga a science or art ? Explain.
15. a. What types of fat are good for health ?  
(or)
15. b. How can we live green ?

**Part – C**

**5 X 12 = 60**

**Answer the following questions**

**Answer should not exceed 800 words or four pages**

16. a. Explain the various dimensions of health.  
(or)
16. b. How can health education programs be organized in schools ?
17. a. Bring out the role of macronutrients on health.  
(or)
17. b. Explain the functions of food. Pointout the sources and deficiency symptoms of fat soluble vitamins.
18. a. Write an essay on safe disposal of household waste.  
(or)
18. b. Describe the various types of pollution and the means to control them.
19. a. Write about the eight limbs of yoga.  
(or)
19. b. Differentiate yoga and meditation. What are their health benefits ?
20. a. How can you boost you digestive capabilities and get maximum nourishment ?  
(or)
20. b. Why is it important to maintain weight ? How will you achieve it ?

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