

AVINASHILINGASM INSTITUTE FOR HOME SCIENCE AND HIGHER
EDUCATION FOR WOMEN, Coimbatore – 641 043.
Continuous Internal Assessment Test II - March 2019
SEMESTER IV

Class : II B.Ed.

Time: 2 Hrs.
Max. Marks: 60

17BEDC10 – Education for Health and Nutrition

PART – A

Choose the correct answer

5 x 1 = 5

1. Deficiency of Thiamine leads to
 - a. Anaemia
 - b. Beri beri
 - c. Rickets
 - d. Pellagra
2. Which of the following is a non communicable disease?
 - a. Malaria
 - b. Typhoid
 - c. Tuberculosis
 - d. Diabetes
3. Which of the following nutrient is known as Sunshine Vitamin.
 - a. Vitamin A
 - b. Vitamin C
 - c. Vitamin D
 - d. Vitamin K
4. This nutrient is most important for healthy bones
 - a. Vitamin A
 - b. Iron
 - c. Calcium
 - d. Niacin
5. About half of your diet should contain
 - a. Milk and milk products
 - b. Fats and sugars
 - c. Nuts and oil seeds
 - d. Grains and Vegetables

PART –B

Answer the following in one or two sentences

5 x 2 = 10

6. Define Health.
7. Write any two functions of Vitamin C.
8. Classify Vitamins.
9. Mention the food sources of Iron.
10. What is Snackification?

PART – C

Answer the following

3 x 5 = 15

Answer should not exceed 200 words or one page

11. a. Elucidate the nature and importance of health.
(or)
11. b. Explain the factors influencing Health .
12. a Bring out the role of B complex vitamins in our body.
(or)
12. b. Prepare a poster on “ Health and Nutrition”.
13. a. Write short note on Digestive wellness.
(or)
13. b. Explain the factors responsible for obesity among adolescents.

PART – D

Answer the following

2 x 15 = 30

Answer should not exceed 700 words or four pages

14. a. Describe the principles and methods of Health Education.
(or)
14. b. Discuss any four major Health education Programmes in India .
15. a. Explain the functions ,deficiency diseases and food sources of Vitamin A.
(or)
15. b. Good Carbohydrates Vs Bad Carbohydrates- Discuss.
