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Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD)
Re-accredited with A++ Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment – I – March 2022 IV Semester

Class : II B.Ed.

Time : 2 Hours
Max. Marks : 60

18BEDC10 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 Choose the Correct Answer

6 x 1 = 6

- Which of the following is not dimension of health? CO1 K4
a. social b. physical c. mental d. nutritional
- A droplet infection is CO1 K2
a. Covid 19 b. Cholera c. Typhoid d. Dengue
- Which of the following works with calcium to build strong bones? CO2 K4
a. Vitamin D b. Vitamin A c. Vitamin C d. Iron
- The disease which is caused by protein-energy malnutrition is CO2 K2
a. Pellagra b. Marasmus c. Goitre d. Scurvy
- Which of the following is a Biodegradable waste? CO3 K3
a. Plastics b. Polythene c. Glass d. Kitchen waste
- Increased levels of air pollution results in _____ CO3 K4
a. Soil erosion b. Global warming c. Respiratory problems d. All of the above

PART – B

3x 6 = 18

Answer the following

Each answer should not exceed 400 words or two pages

- a. Explain the factors influencing Health. CO1 K2
(or)
- b. Suggest the means to maintain sanitation and hygiene in educational institutions. CO1 K3
- a. How good Nutrition boosts your health? CO2 K4
(or)
- b. Explain Basic Five food group. CO2 K2
- a. Prepare a poster on creating Environmental awareness among school children. CO3 K6
(or)
- b. Elucidate sustainable food. CO3 K2

PART – C

3 x 12 = 36

Answer the following

Each answer should not exceed 800 words or four pages

- a. Explain any four Health education programmes in India. CO1 K2
(or)
- b. Describe the principles and methods of Health Education. CO1 K2
- a. Highlight the importance of Macro Nutrients in our body. CO2 K4
(or)
- b. Explain Food Guide Pyramid. Plan a day's menu for a Diabetic patient. CO2 K6
- a. Suggest the means to have a safe drinking water. CO3 K3
(or)
- b. Elucidate the types of pollution and its preventive measures. CO3 K2