

*Kambalig*



**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 [now MoE]  
Re-accredited with an 'A++' Grade by NAAC CGPA 3.65/4, Category I by UGC  
Coimbatore - 641 043, Tamil Nadu, India

**Continuous Internal Assessment Test II – March 2026**

**IV SEMESTER**

**Class : II B. Ed**  
**Major: Education**

**Time: 2 Hours**  
**Maximum Marks: 60**

**23BEDC10 Education for Health and Nutrition**

**Course Outcomes:**

**At the end of the course, students will:**

- 1 develop the ability to use various methods and techniques for teaching health education.
- 2 design individualized eating plans utilizing diet planning principles and the Food Guide Pyramid.
- 3 acquaint the students with ways and means to protect our environment.
- 4 practice Yoga to enhance abilities of body and mind.
- 5 describe how nutrition and lifestyle choices impact the life cycle.

**PART – A**

**Choose the correct answer**

**6 x 1 = 6**

1. Which of the following is considered a harmful household product? **CO3 K1**  
a. Vinegar      b. Paint thinner      c. Camphor      d. Incense stick
2. Which practice helps urban gardeners grow plants without soil? **CO3 K4**  
a. Crop rotation      b. Hydroponics  
c. Drip irrigation      d. Mulching
3. The stream of yoga that focuses on meditation and self-discipline is **CO4 K2**  
a. Bhakti Yoga      b. Raja Yoga      c. Karma Yoga      d. Jnana Yoga
4. Surya Namaskar mainly consists of **CO4 K1**  
a. 5 postures      b. 8 postures      c. 10 postures      d. 12 postures
5. Snackification refers to **CO5 K3**  
a. Skipping meals  
b. Replacing traditional meals with frequent small snacks  
c. Eating only junk food  
d. Fasting regularly
6. Which is an example of a bad fat? **CO5 K2**  
a. Olive oil      b. Nuts      c. Trans fat      d. Avocado

**PART – B**

**Answer ALL questions**

**3 x 6 = 18**

**Each answer should not exceed 400 words or Two Pages**

7. a. Explain the importance of labeling and storing hazardous household products safely. **CO3 K3**  
(or)
7. b. What is urban gardening? Explain its benefits to urban families. **CO3 K2**
8. a. Analyse the eight limbs of Ashtanga Yoga. **CO4 K4**  
(or)
8. b. Define Pranayama and explain its types. **CO4 K2**
9. a. Explain the concept of "Old is New" and discuss the revival of traditional foods in promoting sustainable nutrition. **CO5 K3**  
(or)
9. b. Differentiate between good fat and bad fat with examples. **CO5 K4**

**PART – C**

**Answer ALL questions**

**3 x 12 = 36**

**Each answer should not exceed 800 words or Four Pages**

10. a. Explain the types of harmful household products and discuss detailed methods for their safe disposal. **CO3 K2**  
(or)
10. b. Discuss various types of urban gardening practices suitable for cities. **CO3 K2**

11. a. Write in detail the four main streams of Yoga and their significance. CO4 K3  
(or)
11. b. Describe the role of Yoga in promoting physical, mental, and spiritual well-being with suitable examples. CO4 K3
12. a. Explain strategies for achieving Weight Wellness through balanced diet and physical activity. CO5 K3  
(or)
12. b. Discuss the differences between Good Carbohydrates and Bad Carbohydrates and their role in weight management and metabolic health. CO5 K3

**No. of Copies: 60**

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