



Nanniyar

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

**Bachelor of Education Degree Examination - May 2022
IV Semester**

Class : II B.Ed.

Time : 3 Hours

Max. Marks : 100

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

10 x 1 = 10

Choose the Correct Answer

1. Which of the following is not a dimension of health? CO1 K2
a. Nutritional b. Physical c. Social d. Mental
2. Which of the following is an effective method in teaching health Education? CO2 K2
a. Exhibitions b. Group discussion c. Symposium d. Role playing
3. Which country does yoga originate from? CO3 K1
a. Bangladesh b. Thailand c. India d. China
4. How many activities are there in Pranayama? CO4 K1
a. one b. Three c. Two d. Four
5. _____ are responsible for pollution of water. CO4 K4
a. Oil refineries b. Paper factories c. Sugar mills d. All the above
6. When Algae grow on the surface of water, it prevents CO5 K4
a. access of bacteria in water b. access of sunlight in water
c. growth of fungi d. growth of ferns and mosses
7. Which grain is naturally gluten-free? CO2 K1
a. Rice b. Rye c. Barely d. Wheat
8. Milk is deficient in which of the following vitamin CO2 K1
a. vitamin A b. B complex c. vitamin C d. vitamin D
9. Protein is essential CO3 K4
a. to maintain proper fluid regulation b. to add fibre to the diet
c. for brain work d. to provide instant energy
10. The World Health day is celebrated on CO1 K1
a. 1st March b. 7th April c. 6th October d. 10th December

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. State the nature and importance of Health. CO1 K1
(or)
- 11.b. Identify the Principles of Health Education. CO1 K2
- 12.a. Explain the Food Guide Pyramid. CO2 K4
(or)
- 12.b. Differentiate between Micro and Macro nutrients. CO2 K2
- 13.a. What is Global pollution? Why is global pollution a problem? CO3 K4
(or)
13. b. Point out the environmental benefits of urban gardening. CO3 K3
- 14.a. Describe the limbs of Yoga. CO4 K2
(or)
- 14.b. Examine the concept and techniques and components of Pranayama. CO4 K4
15. a. Write a short note on Good fat vs Bad fat. CO5 K2
(or)
- 15.b. Tell about uses of Gluten free diets. CO5 K3

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Explain the dimensions of health. CO1 K2
(or)
- 16.b. How will you conduct health education programmes in your School? CO1 K6
- 17.a. Summarize the need and purpose of nutrition for our health. CO2 K4
(or)
- 17.b. Analyze the functions of food and deficiency symptoms, sources of daily requirements for health. CO2 K4
- 18.a. Appraise the value of harmful household products. CO3 K4
(or)
- 18.b. Write a short essay on healthy and sustainable food. CO3 K2
- 19.a. How is Yoga different from Meditation? CO4 K2
(or)
19. b. Illustrate the recent trends in yoga with examples. CO4 K2
- 20.a. Point out the sources of good carbohydrates. CO5 K4
(or)
- 20.b. Explain the ways of maintaining the digestive wellness. CO2 K4
