

**Avinashilingam Institute for Home Science And Higher Education for Women
Coimbatore – 641 043.**

**Continuous Internal Assessment Test II - April 2021
SEMESTER IV**

Class : II B.Ed
Major : Education

Time: 2 Hrs.
Max. Marks: 30

18BEDC10/17BEDC10 - 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

6 x 1 = 6

**Answer all questions
(Multiple choice questions)**

- | | |
|--|------------------|
| 1. The depletion in the Ozone layer is caused by | CO3 K3 |
| a. Chlorofluorocarbons | b. Nitrous Oxide |
| c. Carbon dioxide | d. Methane |
| 2. Which one of the following cause global warming? | CO3 K2 |
| a. Carbon dioxide b. Oxygen c. Nitrogen d. Hydrogen | |
| 3. What is the one word meaning of Yoga? | CO4 K1 |
| a. Yogi b. Sadhana c. Meditation d. Join or Unite | |
| 4. What does Pranayama focus on | CO4 K2 |
| a. bones b. muscle c. breathing d. blood | |
| 5. BMI is related to | CO5 K2 |
| a. body fat b. muscle mass c. height d. Haemoglobin level | |
| 6. Excess gain in weight leads to | CO5 K4 |
| a. increased life expectancy b. good health | |
| c. physical mobility d. Metabolic disorders | |

PART – B

2 x 6= 12

**Answer any two questions
(2 out of 4 Questions)**

Answer should not exceed 400 words

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|-----|---|-----|----|
| 7. | Explain the benefits of Urban Gardening. | CO3 | K2 |
| 8. | Bring out the health benefits of Yoga. | CO4 | K2 |
| 9. | Plan a day's menu for an obese college going adolescent girl. | CO5 | K6 |
| 10. | Good fat vs Bad fat -Discuss. | CO5 | K4 |

PART – C

1 x 12 = 12

**Answer any one question
(1 out of 2 Questions)**

Answer should not exceed 800 words

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|-----|--|-----|----|
| 11. | Explain the benefits and techniques of Pranayama. | CO4 | K2 |
| 12. | Why is Digestive Wellness important ? What are the ways to improve digestive health. | CO5 | K4 |