



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 Test I – February/March 2025
SEMESTER- IV

Class: II B.Ed.

Max. Marks: 60
Time: 2 Hrs

22BEDC10/23BEDC10- 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

1. World Health Day is celebrated on
a. 1st March b. 7th April c. 6th May d. 2nd June CO1K1
2. Expand ICDS
a. Integrated Child Development Services b. Indian Child Development System
c. Individual Child Development Services d. International Child Development System CO1K2
3. Sunshine vitamin is
a. Vitamin B b. Vitamin C c. Vitamin D d. Vitamin K CO2K1
4. About half of your diet should be made up of
a. Fruits and milk b. Milk and cheese
c. Fats and sugars d. Grains and vegetables CO2K2
5. Which of the following is not a waterborne disease?
a. Measles b. Typhoid c. Cholera d. Hepatitis CO3K1
6. Acid Rain is due to
a. Water Pollution b. Air Pollution c. Soil Pollution d. Noise Pollution CO3K2

PART – B

Answer ALL questions

3 x 6 = 18

Each answer should not exceed 200 words

7. a. Enumerate the factors influencing health. CO1K2
(OR)
7. b. Discuss the importance of Sanitation facilities in school. CO1K2
8. a. Draw Food Guide Pyramid and explain it. CO2K3
(OR)
8. b. Plan a day's menu for a pregnant woman. CO2K6
9. a. Write short note on Basic Five Food group recommended by ICMR. CO3K6
(OR)
9. b. Prepare a poster on Environmental Issue. CO3K6

PART – C

Answer ALL questions

3 x 12 = 36

Answer should not exceed 800 words

10. a. Describe the dimensions of health. CO1K2
(OR)
10. b. Write about the Methods of Health Education with suitable example. CO1K6
11. a. Elaborate the functions, deficiency diseases and sources of protein. CO2K2
(OR)
11. b. Analyse the role of trace elements in human nutrition. CO2K4
12. a. Suggest the means to have a safe drinking water. CO3K6
(OR)
12. b. Elucidate the types of pollution and its preventive measures. CO3K2

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