

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

**Continuous Internal Assessment Test I - February 2019**  
**SEMESTER IV**

Class : II B.Ed  
Major: Education

Time: 2 Hrs.  
Max. Marks: 60

**17BEDC10 – Education for Health and Nutrition**

**PART – A**

**Choose the correct answer**

**5 x 1 = 5**

1. Citrus fruits are an excellent source of  
a. Vitamin C    b. Vitamin D    c. Iron    d. Calcium  
CO1    K1
2. Which is not a source for air pollution  
a. Industries    b. Automobiles  
CO5    K2
3. Which gas is responsible for Global warming?  
a. Nitrogen    b. Carbon dioxide    CO5    K3  
c. Sulphur dioxide    d. Methane
4. Who is believed to be the father of Yoga?  
a. Maharishi Patanjali    b. Krishnamacharya    CO3    K1  
c. Gautama Buddha    d. Shankaracharya
5. The literal meaning of the word “Yoga” is  
a. inner peace & tranquility    b. joining together    CO3    K2  
c. Hindu system of philosophy & meditation    d. controlled breathing

**PART – B**

**Answer the following in one or two sentences**

**5 x 2 = 10**

6. Define Nutrition.    CO1    K1
7. Draw My Plate.    CO1    K5
8. What do you mean by healthy sustainable food?    CO5    K2
9. Mention the causes for air pollution.    CO5    K2
10. Define Yoga.    CO3    K1

**PART – C**

**Answer ALL Questions**

**3 x 5 = 15**

**Answer should not exceed 200 words or one page**

11. a. Explain Basic five.    CO1    K2
11. b. Plan a day’s menu for a Pregnant woman.    CO1    K6
12. a. How can household waste be disposed safely?    CO5    K3
12. b. As a future teacher, what is your role in promoting pollution free environment?    CO5    K4
13. a. Yoga is an art and science –Justify.    CO3    K6
13. b. Enumerate the techniques and components of Pranayama.    CO4    K2

**PART – D**

**Answer the following**

**2 x 15 = 30**

**Answer should not exceed 700 words or four pages**

14. a. Highlight the importance of Macro nutrients in our body.    CO1    K4
14. b. Elucidate the main benefits to Urban gardening.    CO5    K6
15. a. Discuss the various streams of Yoga.    CO3    K2
15. b. Explain the importance and values of Yoga in our life.    CO4    K2