



*Neeraj*

## 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 2023 IV Semester

Class: II B.Ed.

Time : 3 Hours  
Max. Marks : 100

#### 21BEDC10 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. This refers to sound mind and a physically fit body. CO1 K3  
a. Hygiene                      b. Health                      c. Cleanliness                      d. Wealth
2. This refers to personal hygiene. CO1 K4  
a. Wealth                      b. Cleanliness                      c. Health                      d. Nutrition
3. The food item with more carbohydrates and fats is CO2 K5  
a. bread and butter                      b. rice and pulses                      c. egg and fish                      d. pulses
4. The good source of iron is CO2 K5  
a. Green vegetables                      b. Potato                      c. Tomato                      d. Beetroot
5. It helps to maintain normal body mass index (BMI). CO3 K3  
a. Exercise                      b. Posture                      c. Balanced diet                      d. Recreation
6. One of the following fuels causes minimum environmental pollution. CO3 K3  
a. Diesel                      b. Petrol                      c. Hydrogen                      d. Coal
7. The process of achieving perfection through practice is called CO4 K3  
a. Karma Yoga                      b. Bhakti Yoga                      c. Jnana Yoga                      d. Raja Yoga
8. The yoga that helps in fostering love of faith in and surrender to God. CO4 K3  
a. Karma Yoga                      b. Bhakti Yoga                      c. Jnana Yoga                      d. Raja Yoga
9. This is a trend in consumers snack in place of meals. CO5 K2  
a. Brunch                      b. Snackification                      c. Fasting                      d. Intermittent fasting
10. One of the following is not a good fat. CO5 K4  
a. Monounsaturated                      b. Polyunsaturated                      c. Trans                      d. Omega-3

**Part B**                      **5 x 6 = 30**  
**Answer ALL questions**  
**Each answer should not exceed 400 words or two pages**

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|--|--------|
| 11.a. Discuss the physical dimensions of health.<br>(or)         | CO1 K2 |
| 11.b. Write a short note on health education programmes.         | CO1 K3 |
| 12.a. Describe food guide pyramid with relevant example.<br>(or) | CO2 K2 |
| 12.b. Explain in detail on nutrition sources.                    | CO2 K2 |
| 13.a. Analyse the importance of safe drinking water.<br>(or)     | CO3 K4 |
| 13.b. Write a short note on urban gardening.                     | CO3 K3 |
| 14.a. What is yoga and give its significance?<br>(or)            | CO4 K1 |
| 14.b. Write a note on Pranayama.                                 | CO4 K3 |
| 15.a. Discuss in detail on weight wellness.<br>(or)              | CO5 K3 |
| 15.b. Delineate the importance of Gluten free diet.              | CO5 K3 |

**Part C**                      **5 x 12 = 60**  
**Answer ALL questions**  
**Each answer should not exceed 800 words or four pages**

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|---|--------|
| 16.a. Explain the principles and methods of health education.<br>(or)   | CO1 K2 |
| 16.b. Discuss in detail about school sanitation and Hygiene.  | CO1 K2 |
| 17.a. Sketch the nutrients functions and their deficiency symptoms.<br>(or)   | CO2 K3 |
| 17.b. Explain in detail on Balanced diet.   | CO2 K2 |
| 18.a. Discuss in detail about Global pollution.<br>(or)   | CO3 K2 |
| 18.b. Analyse the importance of safe disposal of harmful household products. Suggest a way to practice the same effectively in community. | CO3 K4 |
| 19.a. Discuss in detail on Streams of Yoga with illustration.<br>(or)   | CO4 K2 |
| 19.b. Explain and sketch the techniques and components of Suryanamaskar.  | CO4 K3 |
| 20.a. Compare and contrast good and bad Carbohydrates with suitable illustrations.<br>(or)  | CO5 K4 |
| 20.b. Explain the concept of Go green in detail and design a plan to implement the same in community.                                     | CO5 K3 |

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