

*Avinashilagam Institute for Home Science and Higher Education for Women*

Continuous Internal Assessment II – October 2018

Time : 2 Hrs.

Class : II BED

Max Marks: 40

Semester – III

15BPDO01 – Generic Elective

Exercise and Weight Management for Teens

PART – A

Circle the Correct Answer

5 x 1 = 5

1. Diabetic people need to  
a) Increase water intake    b) Reduce water intake    c) Eliminate any physical activity  
d) Enhance any physical activity
2. Most of animal fats are  
a) saturated fats    b) unsaturated fats    c) monounsaturated fats    d) monosaturated fats
3. Lack of dietary fiber causes  
a) kwashiorkor    b) Rickets    c) dysentery    d) constipation
4. Health is  
a) Physical well being    b) Mental well being    c) Social well being    d) All of the above
5. A synonym for heart attack is :  
a) Myocardial Infarction    b) Heart Diseases    c) Artery    d) Pumping

PART – B

Answer the following in one or two sentences

5 X 2 = 10

6. Define Calorie
7. Define Exercise
8. What is Diet?
9. Define Fat

10. Define Carbohydrate

**PART - C**

**3 x 5 = 15**

**Answer the following questions**

11. Write about Weight loss workouts?
12. Write your suggestions for healthy living to diabetic persons
13. List any 10 Minor games

**PART - D**

**1 x 10 = 10**

**Answer the following questions**

- 14 a. Explain the benefits of doing regular exercises and maintaining a healthy diet plan  
(OR)
- 14 b. Write about the various exercise program

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