



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category A by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with A+ Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Education Degree Examination – June 2021
IV Semester

Class: II B. Ed. / 2017 Batch (Repeater)

Time : 3 Hours
Max. Marks : 100

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: Gain knowledge on 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

10 X 1=10

1. The World Health Day is celebrated on CO1 K1
 - a. 1st March
 - b. 7th April
 - c. 6th October
 - d. 10th December
2. Cleanliness, physical exercise, rest and sleep are a part of CO1 K2
 - a. hygiene
 - b. social hygiene
 - c. personal hygiene
 - d. none of the above
3. The single most effective way to prevent the transmission of disease is by CO1 K3
 - a. antibiotics
 - b. hand washing with water only
 - c. hand washing with soap and water
 - d. taking medicine
4. Which of the following statements is true about contamination? CO3 K3
 - a. Contamination is caused by the entry of germs by an insect bite
 - b. Contamination is caused by the entry of germs by an animal bite
 - c. Contamination is caused by the entry of germs into drinking water or edible foods.
 - d. None of the above
5. The main cause of contagious disease is due to CO3 K2
 - a. contaminated Air
 - b. contaminated Food
 - c. poor hygienic conditions
 - d. all of the above
6. Which of the following factors is not necessary for a healthy person? CO2 K2
 - a. Vaccination
 - b. Balanced diet
 - c. Personal hygiene
 - d. Fast food
7. What causes acid rain? CO3 K2
 - a. Sulfur and nitrogen compounds from power plants, factories and motor vehicles
 - b. Sulfur and nitrogen compounds given off by plants as the weather warms in the summer
 - c. Carbon dioxide from power plants, factories and motor vehicles
 - d. Carbon dioxide and methane given off by arctic soils as they warm in the spring
8. Which process is used to remove dirt and sand from wastewater? CO3 K3
 - a. Aeration
 - b. Chlorination
 - c. Sedimentation
 - d. Flocculation
9. Sanitation is the ____ means of promoting health through prevention of human contact with the hazards of waste. CO1 K2
 - a. hygienic
 - b. proper
 - c. better
 - d. perfect
10. Which agency handles global health issues? CO1 K1
 - a. World Health Organization, WHO
 - b. Food and Agriculture Organization, FAO
 - c. Centres for Disease Control, CDC
 - d. Food and Drug Administration, FDA

Part B
Answer ALL questions

5 x 6 = 30

Each answer should not exceed 400 words or two pages

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|---|--------|
| 11.a. Write a note on mental health.
(or) | CO1 K2 |
| 11.b. How health education programmes be conducted in schools? | CO1 K6 |
| 12.a. Explain the food pyramid.
(or) | CO2 K2 |
| 12.b. Prepare a chart of Macro and Micro nutrients required for our body. | CO2 K6 |
| 13.a. Elucidate on sustainable food.
(or) | CO3 K3 |
| 13.b. Create a plan for urban gardening. | CO3 K6 |
| 14.a. Analyze the advantages of Karma yoga.
(or) | CO4 K4 |
| 14.b. Summarize the techniques of pranayama. | CO4 K2 |
| 15.a. Snackification- Write a note on it.
(or) | CO5 K2 |
| 15.b. Critically analyze the role of good fat and bad fat. | CO5 K4 |

Part C
Answer ALL questions

5 x 12 = 60

Each answer should not exceed 800 words or four pages

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| 16.a. How can you maintain your emotional health in day to day life?
(or) | CO1 K2 |
| 16.b. Suggest the means to maintain sanitation and hygiene in educational institutions. | CO1 K4 |
| 17.a. Elaborate the need for balanced diet in every day's life.
(or) | CO2 K4 |
| 17.b. List out the common deficiency symptoms and suggest the food to overcome it. | CO2 K2 |
| 18.a. Differentiate bhakti yoga from Gnana yoga.
(or) | CO3 K2 |
| 18.b. Yoga as a science and Art-Justify. | CO3 K5 |
| 19.a. Suggest the means to have a safe drinking water.
(or) | CO4 K4 |
| 19.b. Elucidate the types of pollution and its preventive measures. | CO4 K2 |
| 20.a. Write a note on Gluten free diets.
(or) | CO5 K2 |
| 20.b. How can you go green in your daily life style? | CO5 K2 |
