

**Avinashilingam Institute For Home Science And Higher Education For Women**

**Coimbatore – 641 043.**

**Continuous Internal Assessment Test I -February 2020**

**SEMESTER IV**

Class : II B.Ed  
Major: Education

Time: 2 Hrs.  
Max. Marks: 60

**18BEDC10- 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 Guid 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**

**5 x 1 = 5**

**Choose the correct answer**

1. Which one of the following diseases is communicable? CO1 K  
a. Cholera      b. Diabetes      c. Rickets      d. Scurvy
2. Which of the following is not dimension of health? CO1 K  
a. physical      b. social      c. emotional      d. nutritional
3. What does Pranayama focus on CO4 K  
a. bone      b. muscle      c. breathing      d. digestion
4. \_\_\_\_\_ is path of wisdom CO4 K  
a. Raja Yoga      b. Jnana Yoga      c. Bhakthi Yoga      d. Karma Yoga
5. About half of your diet should contain CO5 K  
a. Milk and milk products      b. Fats and Sugars  
c. Nuts and oil seeds      d. Fruits and Vegetables

**PART – B**

**5 x 2 = 10**

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

6. Define Health. CO1 K1
7. What is Yoga? CO4 K2
8. Write the importance of Yoga. CO4 K4
9. What is Snackification? CO5 K2
10. What are the ways to improve digestive health. CO5 K4

**PART – C**

**3 x 5 = 15**

**Answer the following**

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

11. a. Explain the factors influencing health. CO1 K2  
(or)
11. b. Elucidate the nature and importance of health. CO1 K2
12. a. Bring out the health benefits of Yoga. CO4 K4  
(or)
12. b. Prepare a poster on Yoga and Health education. CO4 K6
13. a. Good fat vs Bad fat –Discuss. CO5 K4  
(or)
13. b. Explain the factors responsible for obesity among adolescents. CO5 K4

**PART – D**

**2 x 15 = 30**

**Answer All the Questions**

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

14. a. How are various dimensions of health interdependent? CO1 K2  
(or)
14. b. Explain various streams of Yoga. CO4 K2
15. a. What are the benefits and techniques of Pranayama? CO4 K4  
(or)
15. b. Differentiate between Good Carbohydrates and Bad Carbohydrates. CO5 K4

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