



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, CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment II – October, 2024

Class: III UG

**Major: BC/BT, Botany, Eco, Eng, Psychology, Chemistry, B.Com,
FSMD, IDRM,**

Time: 2Hours

Marks: 60

**Semester V
Generic Elective
21BHDO01 Teen's Health**

Course outcomes

- Understand the concept and developmental stages of adolescence.
- Apprehend the changes problems and needs of teens
- Recognize the nutritional requirements and balanced diet for youth
- Aware the need for healthy life and life style modification
- Appraise the strategies for promoting the reproductive health of young people
- Transforming the skills to become healthy individual

Part A

Choose the correct answers (6x1=6)

1. Behavioral conditions characterized by severe and persistent disturbance in eating behaviors and associated distressing thoughts and emotions are called _____ CO₃K₁
a. good nutrition b. optimal relaxation c. eating disorders d. societal pressure
2. The time in life when a boy or girl becomes sexually mature is called _____ CO₂K₄
a. identity b. puberty c. menopause d. menarche
3. "Growth spurt" refers to _____ CO₂K₂
a. Sudden weight gain b. rapid increase in height
c. emotional disturbance d. psychological imbalance
4. Which of the following diseases is not sexually transmitted? CO₃K₂
a. syphilis b. herpes c. warts d. dysmenorrhea
5. Menstrual hygiene Day is observed on _____ every year CO₄K₃
a. April 1 b. Nov 14 c. May 28 d. Sep 22
6. _____ provides a space away from both social and school pressures CO₃K₂
a. Yoga b. Drugs c. Stress d. Alcohol

Part B

Answer the following (3 x 6 = 18)

7. a. Enumerate the tips for healthy diet for teenagers. CO₃K₂
(or)
b. Explain the factors influencing nutrition of adolescents CO₃K₂
8. a. Give an overview of factors causing eating disorders. CO₄K₄
(or)
b. Enlist the objectives of Menstrual Hygiene Day. CO₄K₄
9. a. Summarize the benefits of regular physical activities/ exercises. CO₂K₄
(or)
b. Bring out the stress relief techniques involved in yoga CO₂K₃

Part C

Answer in detail (3x12 = 36)

10. a. Highlight the symptoms of any three types of eating disorders. CO₂K₂
(or)
b. Explain the signs, symptoms and stages of puberty. CO₂K₂
11. a. Outline the strategies for management of menstrual wastes. CO₄K₃
(or)
b. Explicate the causes and effects of teen age pregnancy CO₄K₃
12. a. Suggest some strategies for coping peer pressure during adolescence CO₃K₃
(or)
b. Appraise the need for developing skills to become healthy individual. CO₃K₃