



*Rambal*

# 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 (now MoE)

Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

**Bachelor's Degree Examination – November 2025**

**V Semester**

**Class : III UG/2022(R)**

**Major : All Majors**

**Time: 3 Hours**

**Max. Marks: 60**

**23BVBSP5/ 21BXSP05 Health Education and Nutrition**

**Part A**

**20 x 1 = 20**

**Choose the Correct Answer**

1. Which is the main source of energy in our diet?  
a. Protein  
b. Carbohydrates  
c. Minerals  
d. Vitamins
2. Which is the definition of health given by the WHO?  
a. Absence of disease  
b. A state of complete physical, mental and social well-being  
c. Only physical fitness  
d. Being free from mental stress
3. Which day is celebrated as World Health Day?  
a. 1<sup>st</sup> March  
b. 7<sup>th</sup> April  
c. 6<sup>th</sup> October  
d. 10<sup>th</sup> December
4. Which mineral is important for the formation of hemoglobin in blood?  
a. Iron  
b. Calcium  
c. Iodine  
d. Potassium
5. Which programme promotes cleanliness and sanitation in India?  
a. Ayushman Bharat  
b. Swachh Bharat Mission  
c. National Nutrition Mission  
d. Mid-Day Meal Scheme
6. Which one of the following is an unhealthy habit?  
a. Sharing food  
b. Bathing twice a day  
c. Drinking boiled water  
d. Eating without washing one's hand
7. Which vitamin is essential for good eyesight?  
a. Vitamin A  
b. Vitamin D  
c. Vitamin K  
d. Vitamin E
8. Which of the following is a sign of good mental health?  
a. Constant worry  
b. Lack of sleep  
c. Ability to manage stress effectively  
d. Difficulty in social interactions
9. Which nutrient provides the highest amount of energy per gram?  
a. Carbohydrate  
b. Protein  
c. Fat  
d. Vitamins
10. Which percentage of daily calories should come from carbohydrates in a balanced diet?  
a. 10–20%  
b. 25–35%  
c. 55–65%  
d. 80–90%
11. Healthy BMI range is \_\_\_\_\_.  
a. 18.5 - 24.9  
b. 19.5-25.9  
c. 16-23  
d. 21-26
12. Which of the following is a non-communicable disease?  
a. Malaria  
b. Asthma

