

**Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University) Coimbatore – 641 043**

Bachelor of Education Degree Examination – April 2018
IV Semester

Class : II B.Ed.

Time: 3 Hrs
Max. Marks: 100

15BEDC13 Education for Health and Nutrition

Part – A

10 X 1 = 10

Choose the correct answer

1. Identify the social dimension of health from the following
 - a. healthy relationships
 - b. coping with stress
 - c. conservation of water resources
 - d. problem solving ability
2. In health education, the role of teacher does not include
 - a. assisting in health education
 - b. providing resource materials
 - c. coordinating with the community
 - d. directing health education
3. Fibre is present in large accounts in
 - a. greens
 - b. milk
 - c. meat
 - d. eggs
4. The food group you should eat least
 - a. fruits & vegetables
 - b. cereals
 - c. fat
 - d. meat
5. The right way to dispose food
 - a. throwing into garbage
 - b. giving away to charity
 - c. food composting
 - d. both 'b' and 'c'
6. The following is a food borne disease
 - a. cholera
 - b. chickenpox
 - c. AIDS
 - d. malaria
7. Which of the following is a benefit of yoga ?
 - a. needs less time
 - b. fat burning effects
 - c. stress reducing
 - d. no restriction needed
8. Raja yoga is linked with the parts of
 - a. action
 - b. willpower
 - c. worship
 - d. knowledge
9. The food which is rich in good CHO
 - a. Candy
 - b. Rice
 - c. Potato
 - d. Apple
10. The motto of 'gogreen' is
 - a. reduce
 - b. never use
 - c. reuse
 - d. both a and c

Part – B

5 X 6 = 30

Answer the following questions

Answer should not exceed 400 words or two pages

11. a. Explain the importance of health education.
(or)
11. b. How will you promote mental health among your students?
12. a. Explain the use of food guide pyramid with the help of a diagram.
(or)
12. b. What are the signs and symptoms of iron deficiency anemia ? List out dietary sources of Iron.
13. a. Discuss the harmful effects of any six, household products.
(or)
13. b. How can household waste be disposed safely ?
14. a. What are 'limbs of yoga' ?
(or)
14. b. How does yoga help to promote our body, spirit and mind?
15. a. What are the precautions you would take to maintain your digestive wellness ?
(or)
15. b. Why are some carbohydrates bad ? Explain with examples.

Part – C

5 X 12 = 60

Answer the following questions

Answer should not exceed 800 words or four pages

16. a. Explain the objectives and method of health education.
(or)
16. b. What is the nature and importance of health ? Explain the factors influencing health.
17. a. What is meant by balanced diet ? Point out the deficiency diseases due to insufficient intake of various nutrients in the diet.
(or)
17. b. Explain the functions of carbohydrates and proteins. Differentiate between Kwashiorkor and marasmus.
18. a. What is meant by sustainable food ? Explain the 8 principles of sustainable food.
(or)
18. b. What are the effects of various kinds of pollution ?
19. a. What are the health benefits of yoga in daily life ?
(or)
19. b. What are the techniques of pranayama?
20. a. Explain about the concept and use of good fat and bad fat.
(or)
20. b. Bring out the complications of obesity. Suggest measures to prevent and treat obesity.
