



National Open University of Nigeria
Plot 91, Cadastral Zone, NnamdiAzikwe Express Way, Jabi- Abuja

Faculty of Education
October/November Examination 2016

Course code-ECE 421

Course Title- Health and Family Living

Credit Unit - 2

Time Allowed- 2hours

Instruction-Answer question one (1) and any other two (2)

1a. Discuss the dimensions of health triangle-15marks

b. Outline five health inventory that will help you know about your health.-15marks

2. Explain briefly, five cardinal points of attaining good health. 20marks

3a. Define wellness -10marks

b. Enumerate ten (10) basic important wellness profile. 10marks

4. Explain the important safety measures that can help prevent fire accidents at home. 20 marks