



**NATIONAL OPEN UNIVERSITY OF NIGERIA
14-16 AHMADU BELLO WAY, VICTORIA ISLAND LAGOS
MARCH/APRIL 2016 EXAMINATION**

SCHOOL OF EDUCATION

COURSE CODE-ECE421

COURSE TITLE-HEALTH AND FAMILY LIFE EDUCATION

TIME ALLOWED - 2HOURS

INSTRUCTION-ANSWER QUESTION ONE (1) AND ANY OTHER TWO (2) QUESTIONS FROM THE ONES PROVIDED.

- 1a) Discuss the components of the health triangle (15 marks)
- b) Enumerate five (5) good health choices that can help balance the health triangle (10 marks)
- c) Define health as given by World Health Organisation (WHO) (5mrks)
- 2a) Explain the meaning of lifestyle (6mrks)
- b) State seven (7) health benefits of engaging in regular exercises (14mrks)
- 3) Enumerate ten (10) basic important healthy behaviours that make a wellness profile (20 marks)
- 4a) Identify five (5) factors that can influence the health of a mother and child (10mrks)
- b) Outline ten (10) ways to build strong family values
(10mrks)

