

TB145520

Reg. No.....

Name.....

**B. Sc. DEGREE (C.B.C.S.S) EXAMINATION, OCTOBER, 2016  
FIFTH SEMESTER- OPEN COURSE (HOME SCIENCE)  
HSC5LST – LIFE SKILL STRATEGIES AND TECHNIQUES**

**Time: Three Hours**

**Maximum: 80 Marks**

**Part A**

All questions are to be answered. Each question carries 1 mark.

1. What are food groups?
2. What is assertiveness?
3. Define work simplification?
4. Comment on the importance of good nutrition.
5. Comment on non verbal communication.
6. What do you mean by wardrobe planning?

*(6×1 = 6 marks)*

**Part B (Brief answer questions)**

Answer any seven questions.

Each question carries 2 marks.

7. What is the importance of a balanced diet?
8. What are different methods of coping stress?
9. What is intra personal communication?
10. What are the design elements for good costume?
11. Discuss the importance of savings in family budget ?
12. Write a note on anorexia nervosa.
13. What are goals?
14. Write a note on advocacy.
15. Explain the meaning of wardrobe smartness.
16. Comment on the increasing popularity of junk foods.

*(7×2 = 14 marks)*

**(P.T.O)**

### **Part C**

Answer any **five** questions.

Each question carries **6 marks**.

17. Comment on the different types of group discussions.
18. Comment on the various stress management techniques
19. How do you resolve conflicts effectively?
20. What are the pre requisite for sound marital relationship?
21. What foods should be avoided to reduce the instances of obesity in an adolescent?
22. What are the points to be considered in being well groomed?
23. What different waste management techniques?
24. Comment on the Food Guide pyramid.

*(5 × 6 = 30 marks)*

### **Part D**

Answer any **two** questions.

Each question carries **15 marks**.

25. Give the importance of including all food groups in a daily diet. Plan a day's menu for an adolescent.
26. Write an essay on deterrents to adolescent health.
27. Write an essay on verbal and non verbal communication.
28. What are the strategies for work simplification for energy management.

*(2 × 15 = 30 marks)*