

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 is binge eating?
2. Comment on social media as a channel for communication.
3. What do you understand by the term energy management?
4. Write a note on fast foods.
5. What is an interview?
6. What do you understand by the term energy management? *(6×1 = 6 marks)*

Part B (Brief answer questions)

Answer any **seven** questions.

Each question carries 2 marks.

7. What is the importance of healthy eating habits?
8. What is good design?
9. What is inter personal communication?
10. Comment on the importance of body language.
11. Discuss income management?
12. Write a note on bulimia.
13. What is obesity?
14. Write a note on assertiveness.
15. Explain how you will select a costume for an interview
16. Comment on the changing trends in food habits.

(7×2 = 14 marks)

(P.T.O)

Part C

Answer any **five** questions.

Each question carries **6 marks**.

17. Comment on the dietary guidelines for adolescents.
18. Explain the importance of lines in dress.
19. What is meant by effective communication?
20. Comment on the various stress management techniques
21. What foods should be avoided to reduce the incidence of undernutrition in adolescents?
22. What are the elements of a good costume for a stout adolescent?
23. What is the meaning of environmental pollution?
24. Write a note on the job application process.

(5 × 6 = 30 marks)

Part D

Answer any **two** questions.

Each question carries **15 marks**.

25. Explain the role of diet in the growth and development during adolescence.
26. Write an essay on Sexually Transmitted Diseases.
27. Write an essay on the role of communication in improving interpersonal relationships.
28. What are the strategies of managing time? Give a feasible time management schedule for an adolescent.

(2 × 15 = 30 marks)