

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 BATNA?
2. Comment on mass media as a channel for communication.
3. Define stress?
4. Write a note on changing food habits.
5. What is peak height velocity?
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 consuming adequate fruits and vegetables?
8. What do you understand by the term money management?
9. Comment on negotiation and assertiveness.
10. Discuss substance abuse.
11. What is good design?
12. Write a note on dietary guidelines for adolescents.
13. What is active listening?
14. Write a note on conflict management.
15. What is the meaning of environmental pollution?
16. Comment on life style diseases. (7×2 = 14 marks)

**(P.T.O)**

### **Part C**

Answer any **five** questions.

Each question carries **6 marks**.

17. Comment on the nutrient requirements for adolescents.
18. What are the elements of a good costume for a tall adolescent?
19. What is the importance of effective communication in our day to day life?
20. What are the characteristic of a good family budget?
21. Discuss the factors to be considered when attending an interview.
22. What are the points to be considered in being well groomed?
23. What are the elements of a good costume for a tall adolescent?
24. Write a note on the importance of group discussion in career enhancement.

*(5 × 6 = 30 marks)*

### **Part D**

Answer any **two** questions.

Each question carries **15 marks**.

25. Discuss in detail the changing trends in food culture and its impact on adolescent health.
26. Write an essay on HIV aids.
27. Explain the role of verbal and non verbal communication in our day to day living.
28. What are the strategies of managing energy? Give detailed work simplification methods for energy management.

*(2 × 15 = 30 marks)*