

TB205320V

Reg. No :

Name :

BACHELOR'S DEGREE (C.B.C.S.) EXAMINATION, NOVEMBER 2022
2020 ADMISSIONS REGULAR AND 2019, 2018 ADMISSIONS SUPPLEMENTARY
SEMESTER V - OPEN COURSE (HOME SCIENCE)
HS5D01AB18 - LIFE SKILL STRATEGIES AND TECHNIQUES

Time : 3 Hours

Maximum Marks : 80

Part A

I. Answer any Ten questions. Each question carries 2 marks

(10x2=20)

1. Define food additives? Give 2 examples.
2. Recall the food grouping by ICMR.
3. What is meant by Recommended Dietary Allowances(RDA)?
4. Define design.
5. Differentiate between physical and psychological fatigue.
6. Differentiate peak time and lean time.
7. Define grooming.
8. List the various principles of design.
9. List the advantages of written communication.
10. Define life skills.
11. Examine the use of gestures in communication.
12. Mention about a Japanese form of flower arrangement.

Part B

II. Answer any Six questions. Each question carries 5 marks

(6x5=30)

13. Cite the role of any two additives in food processing.
14. Discuss the risk factors for lifestyle diseases.
15. Explain the various components of a flower arrangement.
16. Detail the steps in planning a budget and develop a model budget for Rs.10,000/-.
17. Elaborate how you will select personal costumes for attending a marriage function.
18. Elaborate the various aspects of good grooming.
19. Cite the barriers to effective communication?
20. Differentiate interpersonal and intrapersonal communication.
21. Write the procedure for making an accessory suitable for the room of an adolescent girl.

Part C

III. Answer any Two questions. Each question carries 15 marks

(2x15=30)

22. Discuss the important information to be provided on a food label.
23. Explain lifestyle diseases and food habits that contribute to the onset of the same.
24. Elaborate on basics shapes in floral arrangements with illustration.
25. Explain the different types of interviews and the importance of acquiring interview skills.