

**B.SC. DEGREE (C.B.C.S.S) EXAMINATION, OCTOBER 2018**  
**(2016 Admission Regular & 2015 Admission Supplementary)**  
**SEMESTER V - OPEN COURSE ( HOME SCIENCE )**  
**HSSDTAB - LIFE SKILL STRATEGIES AND TECHNIQUES**

Time : 3 Hours

Maximum Marks : 80

**Part A****I. Answer all questions. Each question carries 1 marks****(6x1=6)**

1. The food group that occupies the lowest rung of the food guide pyramid
2. What are food groups?
3. Define budget?
4. Name the principle of design that creates a continuous line movement.
5. What is intra-personal communication?
6. Enlist the symptoms of low self- esteem.

**Part B****II. Answer any Seven questions. Each question carries 2 marks****(7x2=14)**

7. Mention the need of fibre in diet?
8. State the role of vegetables and fruits in diet
9. Define Leisure time
10. What is the importance of budget?
11. Mention your remarks on selection of a costume for an interview
12. Why is negotiation important?
13. Write on assertiveness and its significance in personality development
14. Write short notes on Group Discussion?
15. Are leadership skills inborn or something that can be developed as part of training?
16. Define SMART goals.

**Part C****III. Answer any Five questions. Each question carries 6 marks****(5x6=30)**

17. What is the role of iron and folic acid in an adolescent girl's diet?
18. What is the importance of fats and oils in the diet?
19. Discuss the physiological functions of food.
20. Describe different techniques for smart time management.
21. Write on the basics of good grooming for attending an interview.
22. How does one improve the communication skills?
23. What are the factors required for good team work?
24. What are the benefits of strong team work at employment?

**Part D****IV. Answer any Two questions. Each question carries 15 marks****(2x15=30)**

25. Elaborate on the role of micro and macro nutrients in diet with proper classification of both.
26. What are the strategies of managing time? Give a feasible time management schedule for an adolescent.
27. Elaborate the design elements of good costume. How can the selection of wrong colours affect the individuals?
28. Explain the gestures and body language required for effective communication.