

TB245783J

Reg. No : .....

Name : .....

**BACHELOR'S DEGREE (C.B.C.S) EXAMINATION, NOVEMBER 2024**

**2022 ADMISSIONS REGULAR**

**SEMESTER V - OPEN COURSE**

**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. State any two protective foods.
2. Enlist the mandatory food labels.
3. What is diet planning?
4. List the different types of lines.
5. What is a time norm and time cost?
6. Define design.
7. List the different elements of design.
8. Define grooming ?
9. Differentiate active and passive listening.
10. Define negotiation?
11. List the advantages of written communication.
12. Define Ikebana.

**Part B**

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

**(6x5=30)**

13. Relate the risk factors and preventive measures for cardiovascular diseases.
14. Define menu planning. Explain the principles to be followed in planning menu.
15. Explain the various components of a flower arrangement.
16. Discuss the functional and decorative accessories for different rooms in a house.
17. Give an account of shape and its importance in dress designing.
18. Explain the role and types of design elements in dress designing.
19. Evaluate the role of formal and informal communication.
20. Explain the core life skills as suggested by the World Health Organization(WHO).
21. Elaborate on the role of different baking ingredients.

**Part C**

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

**(2x15=30)**

22. Explain the physiological, psychological and social functions of food.
23. Discuss the importance of different food groups with special reference to the basic five food group system followed in India.
24. Elaborate on basics shapes in floral arrangements with illustration.
25. Explain different stress management techniques.