

2016

(November)

HOME SCIENCE

(Major)

Course : 501

(Family Nutrition)

Full Marks : 80

Pass Marks : 32 (Backlog) / 24 (2014 onwards)

Time : 3 hours

*The figures in the margin indicate full marks
for the questions*

1. State whether the following statements are true or false : 1×5=5
- (a) RDA is determined according to human nutrient requirement.
 - (b) During pregnancy minerals like calcium, phosphorus and iron are required less.
 - (c) Honey is adulterated by mixing material yellow.

- (d) Nutrition affects development as well as development affects nutrition.
- (e) Assessment of nutrition status of individuals is essential in combating malnutrition.

2. Fill in the gaps : 1×4=4

- (a) Mass communication media is used in _____ education.
- (b) The ISI mark on food is a guarantee of _____ quality.
- (c) A good variety of common _____ will supply adequate quality of all nutritional essentials.
- (d) The RDA was revised by Expert Group of _____ in 2010.

3. Write the full forms of the following : 2×6=12

- (a) WHO
- (b) FAO
- (c) SNP
- (d) BMI
- (e) ICMR
- (f) FPO

4. Answer in brief : $3 \times 5 = 15$

- (a) Write the importance of meal planning.
- (b) Name the basic five food groups.
- (c) Name the nutrients required for normal functioning of the body.
- (d) Body building materials and caloric need are more during adolescence. Why?
- (e) Define community nutrition.

5. Write the objectives of community nutrition. 6

6. Write any two methods of assessing nutritional status. 8

7. Discuss the nutritional requirements while planning diet for adolescents. 10

8. What is meant by food adulteration? Mention four commonly used adulterants with their effects on health. $2+8=10$

Or

Write any two laws governing food standard significance. $5+5=10$

9. What is a balanced diet? Discuss the factors affecting balanced diet. 10

Or

What is meant by food groups? Write in your words how basic five food groups help in planning balanced diet. 2+8=10

Total No. of Printed Pages—4

5 SEM TDC HSC M 3

2 0 1 6

(November)

HOME SCIENCE

(Major)

Course : 503

(Family Resource Management)

Full Marks : 80

Pass Marks : 32 (Backlog)/24 (2014 onwards)

Time : 3 hours

*The figures in the margin indicate full marks
for the questions*

1. Fill up the gaps : 1×5=5
- (a) Energy is a ____ resource.
 - (b) Goal is desirable and ____.
 - (c) ____ is the mapping out the course of action to reach the goal.
 - (d) All ____ are limited.
 - (e) Saving is a ____ habit.

2. Write true or false :

1×5=5

- (a) Planning is vital to the success of management process.
- (b) Decision making does not take place until one recognizes it is necessary.
- (c) Bond is an ownership type of investment.
- (d) Credit is built upon confidence.
- (e) Bending, leaning, turning and sitting need pedal effort.

3. Give very short answer of the following :

2×5=10

- (a) Name two specific resources.
- (b) Name two tools in time management.
- (c) Write two characteristics of value.
- (d) Write two disadvantages of credit.
- (e) Write two importances of family budget.

4. Write short notes on any four of the following : 5×4=20

(a) Expanding family stage

(b) Time as a leisure

(c) Flexible standard

(d) Real income

(e) Basis of credit

5. What is tax? Give a note on the types of tax . 2+5=7

6. Explain the process of management in detail. 7

Or

Enumerate the steps of decision making.

7. Define resources. "Quality of life is determined by the use of resources." Explain. 6

8. How can a budget help a family to manage its finance wisely? Write in your own words. 10

Or

Discuss any two methods of handling family income. 5+5=10

9. Discuss the causes of psychological fatigue and mention the ways how a person can reduce psychological fatigue. $3+7=10$

Or

Define work simplification. Discuss the techniques of work simplification. $2+8=10$

504 paper will

Total No. of Printed Pages—4

5 SEM TDC HSC M 3

2016

(November)

HOME SCIENCE

(Major)

Course : 503

(Family Resource Management)

Full Marks : 80

Pass Marks : 32 (Backlog)/24 (2014 onwards)

Time : 3 hours

*The figures in the margin indicate full marks
for the questions*

1. Fill up the gaps : 1×5=5
- (a) Energy is a ____ resource.
 - (b) Goal is desirable and ____.
 - (c) ____ is the mapping out the course of action to reach the goal.
 - (d) All ____ are limited.
 - (e) Saving is a ____ habit.

2. Write true or false :

1×5=5

- (a) Planning is vital to the success of management process.
- (b) Decision making does not take place until one recognizes it is necessary.
- (c) Bond is an ownership type of investment.
- (d) Credit is built upon confidence.
- (e) Bending, leaning, turning and sitting need pedal effort.

3. Give very short answer of the following :

2×5=10

- (a) Name two specific resources.
- (b) Name two tools in time management.
- (c) Write two characteristics of value.
- (d) Write two disadvantages of credit.
- (e) Write two importances of family budget.

4. Write short notes on any *four* of the following : $5 \times 4 = 20$

(a) Expanding family stage

(b) Time as a leisure

(c) Flexible standard

(d) Real income

(e) Basis of credit

5. What is tax? Give a note on the types of tax .

$2+5=7$

6. Explain the process of management in detail. 7

Or

Enumerate the steps of decision making.

7. Define resources. "Quality of life is determined by the use of resources." Explain.

6

8. How can a budget help a family to manage its finance wisely? Write in your own words. 10

Or

Discuss any two methods of handling family income.

$5+5=10$

(4)

9. Discuss the causes of psychological fatigue and mention the ways how a person can reduce psychological fatigue. $3+7=10$

Or

Define work simplification. Discuss the techniques of work simplification. $2+8=10$
