

(h) Role of family and peers during adolescence

4. Answer **any three** questions from the following : $10 \times 3 = 30$

(i) What is puberty ? Write about the physical and physiological changes during puberty. $2 + 8 = 10$

(ii) Discuss the problems of adolescence.

(iii) Write a note on creativity in adolescence.

(iv) What is intelligence ? Write about the causes of the development of intelligence during adolescence. $2 + 8 = 10$

(v) Write an explanatory note on adolescence interface with media.

(vi) What are different stages of adulthood ? Write about the characteristics of adulthood. $3 + 7 = 10$

(vii) What do you mean by middle adulthood ? Write about the physical changes in middle adulthood. $2 + 8 = 10$

(viii) What is parenting ? Explain in detail about different styles of parenting. $2 + 8 = 10$

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3 (Sem-4/CBCS) HSC HC 1

2022

HOME SCIENCE

(Honours)

Paper : HSC-HC-4016

(Human Development-II)

(Development in Adolescence and Adulthood)

Full Marks : 60

Time : Three hours

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

1. State whether the following statements are True or False : (**any seven**) $1 \times 7 = 7$

(a) Adolescence is the transition period between late childhood and adulthood.

(b) An important physical change during puberty is the emergence of primary sexual characteristics.

- (c) Adolescence's emotions are more intense than childhood emotion.
- (d) Attainment of sexual maturity is because of the secretion of hormones from pituitary gland.
- (e) 40-60 years is known as young adulthood period.
- (f) Most of the adolescents suffer from identity crisis.
- (g) Middle adulthood is a period of achievement.
- (h) There are individual differences in the process of aging.
- (i) Adolescence is the period of extreme pressure and tension.
- (j) Permissive parents are more demanding and not responsive.

2. Answer briefly (**any four**) : $2 \times 4 = 8$

- (i) Define adolescence.
- (ii) How is adolescence different from childhood ?
- (iii) Mention *two* causes leading to heightened emotionality during adolescence.

- (iv) What do you mean by moral development ?
- (v) Define adulthood.
- (vi) Mention *two* developmental tasks during early adulthood.
- (vii) What is monogamy marriage ?
- (viii) Mention *any two* physiological changes during old age.

3. Write short notes on the following :
(**any three**) $5 \times 3 = 15$

- (a) Developmental tasks during adolescence
- (b) Impact of peer influence in adolescence
- (c) Language development during adolescence
- (d) Physiological changes during early adulthood
- (e) Signs of emotional disturbances during adolescence
- (f) Significance of health and nutrition in adulthood
- (g) Polygamy marriage and its types

- (c) Explain the physiological changes of pregnant women. Elicit the nutritional guideline for pregnant women.

5+5=10

- (d) Discuss the nutritional related problem of elderly.

- (e) Explain why and how nutrition for sports person is different.

- (f) Discuss the growth reference/standards of ICMR and NCHS standard. Write about the healthy food choice of a pre-schooler. 5+5=10

- (g) Discuss the methods of assessment of nutritional requirement.

- (h) Discuss the nutritional requirement of an adolescence.

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3 (Sem-4/CBCS) HSC HC 2

2022

HOME SCIENCE

(Honours)

Paper : HSC-HC-4026

(Nutrition : A Life Cycle Approach)

Full Marks : 60

Time : Three hours

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

1. Write **True or False** against the following statement : **(any seven)** $1 \times 7 = 7$

- (a) Locally available food should be preferred during meal planning.
- (b) Blood volume expands by 50 per cent during pregnancy.
- (c) Osteoporosis is common among adolescence.

- (d) Gestational diabetes is common among lactating mothers.
- (e) Low birth weight babies are born with a birth weight of less than 2500g.
- (f) There is no oedema in Kwashiorkor
- (g) Protein requirement increases during pregnancy.
- (h) Calcium requirement decreases in old age.
- (i) Bulimia nervosa is a nutritional disorder among the pre-school children.
- (j) Energy dense food are preferred during disaster.

2. Answer the following questions in brief :
(any four) : $2 \times 4 = 8$

- (a) Who is a reference woman ?
- (b) What is a weaning food ?
- (c) What do you mean by 'pica' ?
- (d) Define 'growth and development'.
- (e) Write *two* benefits of colostrum.
- (f) Define RDA.

- (g) Write *two* ways to improve the diet with low cost budget.
- (h) Write *two* dietary modification during old age.

3. Write short notes from the following :
(any three) $5 \times 3 = 15$

- (a) Importance of breast feeding
- (b) Food groups
- (c) Nutritional concern during adolescence
- (d) Dietary guidelines for Indian
- (e) Protein energy malnutrition in pre-school
- (f) Packed lunch
- (g) Feeding problem of a pre-mature baby
- (h) Food exchange list

4. Answer **any three** of the following :
 $10 \times 3 = 30$

- (a) Discuss the principles of diet planning.
- (b) Elaborate the factors affecting meal planning.

(b) A garment has different components. What are they ? Explain in few lines *any three* of them with illustration. $2+8=10$

(c) What are the factors which favours and retards fashion ?

(d) What is seam ? Which seam requires finishes and why ? Write about the different types of basic seams.

$$1+2+7=10$$

(e) What are the different stages in fashion cycle ? Explain with a neat diagram.

(f) Explain the theories of fashion with proper diagram.

(g) "The use of different lines in a garment design can improve the personality of a person." Justify with diagram.

(h) Explain with the help of diagram structural and applied design.

Total number of printed pages-4

3 (Sem-4/CBCS) HSC HC 3

2022

HOME SCIENCE

(Honours)

Paper : HSC-HC-4036

(Fashion Design Concept)

Full Marks : 60

Time : Three hours

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

1. State whether the following statements are correct (✓) **or** incorrect (×) : **(any seven)**

$$1 \times 7 = 7$$

(i) Line is one of the principles of design.

(ii) Pocket is regarded as a garment components.

(iii) An item or look that is in fashion for a short period is called high street.

- (iv) The shape of a clothing style is garment.
- (v) The surface appearance and the feel of the fabric is texture.
- (vi) Silhouette is the outline of a garment.
- (vii) Rhythm and emphasis have similar meaning.
- (viii) Pinked edge is one of the finishes given to a french seam.
- (ix) Horizontal lines in a dress makes a person look taller and slimmer.
- (x) A fashion which lasts for a long period is called classic.

2. Answer **any four** from the following questions in brief : $2 \times 4 = 8$

- (a) Mention the elements of design.
- (b) What do you mean by dart equivalent ?
- (c) What do you mean by clothing ?
- (d) How can emphasis be given to a garment ?
- (e) What is proportion in design ?

- (f) What are the different types of balance in fashion design ?
- (g) What do you mean by trims ?
- (h) What are plackets ?

3. Write short notes on **any three** of the following : $5 \times 3 = 15$

- (a) Sleeves
- (b) Necklines
- (c) Collars
- (d) Yokes
- (e) Pockets
- (f) Role of a fashion designer
- (g) Conformity and individuality
- (h) Conspicuous consumption and emulation

4. Answer **any three** of the following questions : $10 \times 3 = 30$

- (a) What style and type of garment will you select for an Indian lady who has a short and stout figure ?