

CHAPTER 4 – MANAGEMENT OF TIME, ENERGY & MONEY

PART A

I Answer the following questions (1 Mark)

1. What is Time Management?
2. Mentions the three dimensions of Time.
3. What is peak load?
4. What is Leisure?
5. Define Energy.
6. What is Income?
7. How is calorie measured?
8. Expand BMR.
9. List budget items.
10. What is fatigue?
11. What is the tentative time plan?
12. Give examples for type of activities.

PART B

II Answer the following questions (2 Marks)

1. What is a calorie?
2. How can energy be managed?
3. How do we get energy?
4. Define family income.
5. List sources of income.
6. Mention types of income with example.
7. What are the important functions of money?
8. What is Psychic income?
9. What is real income?
10. Give example for manual effort.
11. Give example for pedal effort.
12. Give example for Torsal effort.
13. What is the function of energy in the body?
14. Write about evaluation of Time plan.
15. Discuss about controlling Time plan.
16. Give example for mental effort.
17. Give example for visual effort.
18. Mention the Calories required by Men & Women for various activities.
19. What is balance budget?
20. What is deficit budget?

21. What is surplus budget?

PART C

III Answer the following questions (3 Marks)

1. List advantages of the Time plan.
2. What are the functions of energy in the body?
3. What are the advantages of the Time plan?
4. List the ways for supplementing family income.
5. What are the types of efforts required by a person to perform task?
6. List the advantages of budgeting.
7. Prepare a table for Time & Activity plan.
8. What are the procedures to be followed in making a Time plan?

PART D

IV Answer the following questions (5 Marks)

1. Discuss energy demands during different stages in the family life cycle.
2. What is the energy cost of household activities?
3. Explain types of family budget.
4. Enlist the steps in drawing the budget.