

National Institute of Open Schooling
Secondary Course: Home Science
Lesson 15: Managing Time and Energy
Worksheet -15

1. You are preparing for your Grade 10 exams which are scheduled two months from now. Make a study time plan of two months for smooth preparation of exams.
2. Neera, a 40 year old homemaker, does all the household chores herself. She hardly gets any time for herself. She complains that her schedule doesn't allow her to pursue any hobby or to socialize. In what ways can you provide solution to her problem?
3. Dovetailing is an important strategy in reducing time and energy. Give four suggestions to your mother about dovetailing activities in cooking practices.
4. List the importance of leisure period.
5. 'Working constantly leads to physical fatigue only. There is nothing called mental or emotional fatigue'. Do you agree with this statement? Give reasons.
6. Morning time is very hectic time for Riya who works in an MNC. She does cutting chopping and cooking in the morning; irons uniforms of her school going kids, prepares their tiffins and bags. As a result, she often reaches late to her office and feels embarrassed there.
In the light of above information, explain the term 'Peak Load' period and suggest three effective solutions to reduce her peak load.
7. List four appliances of your home that have reduced the time and energy to perform the household chores.
8. You have been assigned the task of laying the dinner table. Give few examples of tables setting where you can combine activities and reduce extra movements.
9. Working at proper heights and keeping things near the place of use can improve work efficiently and can reduce fatigue. How can you incorporate this concept in your day to day activities?
10. Your friend is suffering from neck and back pain from past few weeks due to incorrect posture. Give him few suggestions of correct sitting postures.