

National Institute of Open Schooling
Senior Secondary Course: Home Science
Lesson 11: Time and Energy Management
Worksheet-11

1. Do you think making a time plan will help you? Justify your answer.
2. How many types of workers are there? Give examples to explain the kind of work they do.
3. Discuss four changes you can make in your kitchen to simplify your work.
4. As a learner, if you feel tired and dissatisfied most of the time, what could be the possible reason? What can you suggest as a solution?
5. “Is it smart to organize work effectively”? Do you agree? Why?
6. Why is it necessary to simplify the amount of energy spent to complete any work?
7. Why do you think boredom fatigue is different from frustration fatigue?
8. Find out any four ways to simplify your work at home.
9. Should peak load periods be reduced? Write any two ways to do it.
10. In your opinion, one needs to manage time and energy efficiently? Give two reasons to support your answer.