

HOME SCIENCE (Code No. 064)
(CLASSES - IX AND X)
(2021-2022)

Home science is a practical science that is essential for every individual to handle challenging responsibilities of the life. Home Science as a discipline aims to empower learners by developing understanding of five different areas namely:

- | Foods and Nutrition
- | Human Development and Childhood Studies
- | Resource Management
- | Fabric and Apparel Sciences
- | Community Development and Extension

The subject helps students to understand changing needs of Indian society, academic principles as well as develop professional skills.

Objectives: The syllabus at Secondary level develops an understanding in the learners that the knowledge and skills acquired through Home Science facilitates development of self, family and community. It endeavours to -

- | Acquaint learners with the basics of human development with specific reference to self and child.
- | Help to develop skills of judicious management of various resources.
- | Enable learners to become alert and aware consumers.
- | Impart knowledge of nutrition and lifestyles to enable prevention and management of diseases.
- | Inculcate healthy food habits.
- | Help to develop understanding of textiles for selection and care of clothes.
- | Develop skills of communication to assist in advocacy and dissemination of knowledge to community.

Class - IX

Course Structure: Theory & Practical

Theory : 70 Marks

Time: 3 Hrs.

Practical : 30 Marks

No.	Units	Marks	No. of Pd.
1	Concept and scope of Home Science Education and recent trends	03	05
2	Human growth & Development – I	08	25
3	Family and Values	08	20
4	Food, Nutrition and Health	15	45
5	Fiber and Fabric	15	34
6	Resource Management	14	34
7	Measures of Safety and Management of Emergencies	07	17
	Total	70	180
	Practical	30	40
	Grand Total	100	220

Unit I : Concept and scope of Home Science Education and recent trends 05 Pd

- a) Concept of Home science
- b) Fields of Home Science
- c) Relevance of study of Home Science and career options
- d) Recent trends

Unit II : Human Growth & Development – I

25 Pd

- a) Concept of growth and development
- b) Principles of growth and development
- c) Factors affecting growth and development (environmental and heredity)

- d) Age specific milestones (Birth to 3 years)-Physical, motor ,social, emotional, cognitive and language

Unit III : Family and Values

20 Pd

- a) Concept and types of family
- b) Role of family in Holistic development of an individual (Physical, Social, Psychological and spiritual)
- c) Ethical and value based society (need for happy family, respect and care for each member of family, Dignity of labour, work distribution within the family)
- d) Importance of Girl Child.
- e) Influence of various factors on a family : Globalisation, urbanisation, migration, technology and media.

Unit IV : Food, Nutrition and Health

45 Pd

- a) Definition of food, nutrition, nutrient, Health and nutritional status.
- b) Food and its functions (Physiological, social and psychological)
- c) Nutrients : sources and functions
- d) Relationship of food, health and diseases
- e) Malnutrition : concepts and components (over nutrition and under nutrition)
- f) Concept of Balanced Diet
- g) Methods of cooking and processing
- Cooking methods : Dry methods, moist methods, combination methods
 - Processing methods : Germination, Fermentation, Mutual supplementation / Combination
 - Conservation of nutrients while cooking and processing

Unit V : Fibre and Fabric

34 Pd

- a) Definition of Fiber and Yarn
- b) Classification of fiber on the basis of origin and length
- c) Characteristics of fibers : feel, appearance, colour fastness, length, strength, absorbency, shrinkage, elasticity, effect of heat and sunlight.

- d) Methods of construction of fabric – brief description of weaving, knitting and felting.
- e) Selection of fabric : Factors affecting selection of fabric (age, purpose, occupation, fashion, figure, climate, comfort and cost).

Unit VI : Resource Management

34 Pd

- a) Resources : Definition and characteristics
- b) Types of resources (Human : Time, Energy, Knowledge and attitude
Non-Human : Money, materialistic goods and community resources)
- c) Waste Management – Need to refuse, reduce, reuse, repair and recycle waste.
- d) Proper disposal of kitchen waste (Biodegradable : Composting, Vermicomposting, biogas and bagass. Non Biodegradable : Inceneration, Land fills and recycle)

Unit VII : Measures of Safety and Management of Emergencies

17 Pd

- a) Accident prone / Unsafe Zones at home
- b) Need of safety at home
- c) Measures of safety against burns, electric shocks, cuts, fractures, bites, poisoning
- d) First Aid : Concept and Importance

Practicals

40 Periods

30 Marks

- 1) Observation of physical development in a child from birth to three years
- 2) Observation of motor skills in a child from birth to 3 years.

- 3) Role of family members: collage / chart etc.
- 4) Design educational games specific to functions / sources of nutrients.
- 5) Weights and measures: Equivalents / conversions of Ounce, gram, cup, teaspoon, tablespoon, how to use a kitchen weighing scale.
- 6) Identification of fruits, vegetables, spices, oils, sugars, cereals, and lentils
- 7) Food processing method demonstration: Germination and Fermentation.
- 8) Collection and Identification of fibre: physical and burning tests.
- 9) Create a slogan/poster for proper disposal of domestic waste .
- 10) Prepare a first aid kit and practice giving first aid for burns, cuts, bites, fractures, electric shocks (group activity)

**SCHEME FOR PRACTICAL EXAMINATION
CLASS IX HOME SCIENCE**

M.M-30

I. LAB ACTIVITY-

- | | |
|--|---------|
| a)Observation of physical development in a child from birth to three years | 3 marks |
| OR | |
| Observation of motor skills in a child from birth to 3 years. | |
| b)Prepare and Present a dish using germination OR fermentation(With fire/without fire) | 7 Marks |
| c)Identification of fibre using physical and burning tests. | 3 Marks |
| | |
| II. First Aid Kit | 5 Marks |
| III. File Work | 10Marks |
| IV. Viva | 2 Marks |

Class - X

Course Structure: Theory & Practical

Theory : 70 Marks

Time: 3 Hrs.

Practical : 30 Marks

No.	Units	Marks	No. of Pd.
1	Human Growth & Development – II	12	30
2	Management of Resources	12	30
3	Food and Personal Hygiene	08	18
4	Meal Planning	13	42
5	Food Safety and Consumer Education	12	30
6	Care and Maintenance of Fabrics and Apparel	13	30
	Total	70	180
	Practical	30	40
	Grand Total	100	220

Unit I : Human growth & development II

(30 periods)

- a. Play (birth-5 years), role of play in growth & development of children.
Types of play-active, passive, natural, serious and exploratory,
selection of play material for children.
- b. Childhood(3years onwards)-Age specific milestones- Physical, motor ,social, emotional,cognitive and language
- c. Adolescents : Special Features- Physical and biological, motor ,social, emotional, cognitive and language
- d. Problems of Adolescents:Consequences and management-
Eating disorders(Anorexia Nervosa ,Bulimia Nervosa)
Substance abuse
Issues related to sex

Unit II : Management of Resources : Time, Energy & Money (30 periods)

- a) Time Management - Definition & Importance
- b) Time plans - Factors affecting time plan
- c) Energy Management : Definition and Importance

- d) Fatigue and work Simplification
- e) Family Income & Types : Expenditure & Importance of Saving

Unit III : Food & Personal Hygiene (18 periods)

- a) Principles of hygienic handling of food, including serving of food.
- b) Hygiene in kitchen
- c) Personal hygiene of food handler
- d) Hygiene during food storage

Unit IV : Meal Planning (42 periods)

- a) Concept of Meal Planning
- b) Factors affecting meal planning : age, sex, climate, occupation, cost of food items, number of family members, occasion, availability of food, family traditions, likes and dislikes
- c) Basic food groups
- d) Use of food groups in planning balanced meal for self and family.

Unit V : Food Safety and Consumer Education (30 periods)

- a) Problems faced by Consumer-Mal-practices of traders, price variation, poor quality, Faulty weights and measures, non-availability of goods, misleading information, lack of standardized products
- b) Food adulteration : Concept, adulterants(Metanil yellow,Argemone ,Kesari dal) and harmful effects of adulteration,
- c) Food Safety Standards-FSSAI (2006)
- d) Consumer Education-Consumer Rights and Responsibilities

Unit VI : Care and Maintenance of Fabrics and Apparel (30 periods)

- a) Cleaning and finishing agents used in routine care of clothes.
- b) Stain Removal
- c) Storage of cotton, silk, wool and synthetics
- d) Readymade garments- selection, need , workmanship and care label.

Practicals

40 Periods

30 Marks

1. Make a suitable play material for children between birth to 5 years (group activity)
2. Plan a balanced meal for yourself.
3. Make a time plan to self for one day.
4. Write a report on any five malpractices you have observed in the market and write your responsibilities as a consumer in each context.
5. Prepare a slogan/poster to create awareness on consumer education
6. Remove stain from white cotton fabric : curry, paint, ball pen ink, lipstick, tea and coffee
7. List five areas of agreement and disagreement each with parents, siblings and friends, and give your suggestion to improve the relationships.
8. Examine positive and negative qualities of one readymade and one tailor made garment.
9. Prepare a care label for a readymade garment according to its fabric and design.

**SCHEME FOR PRACTICAL EXAMINATION
CLASS X HOME SCIENCE**

M.M-30

I LAB ACTIVITY

- a) Plan a balanced meal for yourself. 3 Marks
- b) Prepare a time plan for self for one day. 4 Marks
- c) Remove one stain from white cotton sample-curry, paint, ball pen ink, lipstick, tea and coffee 3Marks
- d) Examine four each positive and negative qualities of one readymade and one tailor made garment. 4Marks
- e) Prepare a care label for a readymade garment according to its fabric and design. 4Marks

II Play Material 5 Marks

III File Work 5 Marks

IV Viva 2 Marks

QUESTION PAPER DESIGN 2021-2022
HOME SCIENCE (CODE NO. 064)
CLASS- IX and X

TIME: 3 HOURS

Max. Marks: 70

S. No	Typology of Questions	Total Marks	% Weightage
1.	Knowledge and understanding based questions terms, concepts, principles, or theories; Identify, define, or recite interpret, compare, contrast, explain, paraphrase information)	28	40%
2.	Application - or knowledge/concepts based questions (Use abstract information in concrete situation, to apply knowledge to new situations. Use given content to interpret a situation, provide an example, or solve a problem)	21	30%
3..	Formulation, analysis, Evaluation and creativity based question (Appraise, judge, and /or justify the value or worth of a decision or outcome, or to predict outcomes) Classify, compare, contrast, or differentiate between different pieces of integrate unique piece of information from a variety of sources)	21	30%
TOTAL		70	100

Note: No Chapter wise weightage, care should be taken to cover all chapters.

Scheme of questions

Weightage to difficulty level of questions

S. No.	Estimated difficulty	Percentage
1	Easy	20
2	Average	60
3	Difficulty	20