

HOME SCIENCE (Code No. 064)
(CLASSES - IX AND X)
(2022-23)

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.

Home Science (Code No. 064)

Class - IX (2022-23)

Course Structure: Theory& Practical

Time:3 Hrs.

Theory : 70Marks

Practical : 30Marks

No.	Units	Marks	No. of Pd.
1	Concept and scope of Home Science Education and recent trends	03	03
2	Human growth & Development – I	08	24
3	Family and Values	08	15
4	Food, Nutrition and Health	15	24
5	Fiber and Fabric	15	20
6	Resource Management	14	28
7	Measures of Safety and Management of Emergencies	07	12
	Total	70	126
	Practical	30	28
	Grand Total	100	154

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

- 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

- 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

- 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

- 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

Unit V : Fibre and Fabric

- 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.

Unit VI :Resource Management

- 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

- 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

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 or 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 characteristics and burning tests.
9. Create a slogan or 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)

M.M-30

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 characteristics and burning tests.	3Marks
II.	First Aid Kit	5 Marks
III.	File Work	10Marks
IV.	Viva	2 Marks

Home Science (Code No. 064)
Class - X (2022-23)

Course Structure: Theory& Practical
Time:3 Hrs.

Theory : 70Marks
Practical : 30Marks

No.	Units	Marks	No. of Pd.
1	Human Growth & Development – II	12	20
2	Management of Resources	12	20
3	Food and Personal Hygiene	08	16
4	Meal Planning	13	30
5	Food Safety and Consumer Education	12	20
6	Care and Maintenance of Fabrics and Apparel	13	20
	Total	70	126
	Practical	30	28
	Grand Total	100	154

Unit I : Human growth &development II

- 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(3 to11 years)-Age specific milestones- Physical, motor ,social, emotional, cognitive and language
- c. Adolescents : Special Features- Physical and biological, motor ,social, emotional, Cognitive and language

Unit II: Management of Resources: Time, Energy and Money

- a) Time Management - Definition and Importance
- b) Time plans - Factors affecting time plan
- c) Energy Management : Definition and Importance
- d) Fatigue and work Simplification

Unit III : Food and Personal Hygiene

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

Unit IV :Meal Planning

- 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 given by ICMR
- d) Use of food groups in planning balanced meal for self and family.

Unit V : Food Safety and Consumer Education

- a) Problems faced by Consumer- 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 these adulterants on human health,
- c) Food Safety Standards-FSSAI (2006)

Unit VI : Care and Maintenance of Fabrics and Apparel

- a) Cleaning and finishing agents used in routine care of clothes.
- b) Stain Removal
- c) Storage of cotton, silk, wool and synthetics

Practicals

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 stains from white cotton fabric: curry, grease, 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.

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

M.M-30

I	LAB ACTIVITY	Marks
a)	Plan a balanced meal for yourself	5 Marks
b)	Prepare a time plan for self for one day	5 Marks
c)	Remove any two stain from white cotton sample- curry, grease, ball pen ink, lipstick, tea and coffee	5 marks
II	Play Material	8 Marks
III	File Work	5 Marks
IV	Viva	2 Marks

QUESTION PAPER DESIGN 2022-23**HOME SCIENCE (CODE NO. 064)CLASS- IX& X****TIME: 3 HOURS****Max. Marks: 70**

S. No	Competencies	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: Internal Choice of 30% will be given

Easy- 20%

Average- 60%

Difficult- 20%